

# NUTRITION AND DIETETICS

## Curriculum Guide for Academic Year 2020-2021

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Students planning to **transfer** to a four-year college or university should refer to the ASSIST web site at [www.assist.org](http://www.assist.org) and **consult a counselor** before beginning a program of study. Please call 562-938-4561 for the LAC, or (562) 938-3920 for PCC to schedule a meeting with a counselor. Students may also wish to visit the Transfer Center on either campus.

### Program of study leading to: Associate in Arts (A.A.) Degree

#### Dietetic Service Supervisor Program

<u>REQUIRED COURSES</u>		UNITS	In Progress	Completed Grade
NUTR 20	Nutrition and Life (F, SP, S)	3		
NUTR 21	Food Selection and Meal Preparation (F, SP)	4		
NUTR 224	Sanitation, Safety and Equipment (F)	3		
NUTR 225	Intro. Food Service/Work Organization (SP)	3		
NUTR 227	Supervision and Training Techniques (SP)	3		
NUTR 228	Food Production Management (SP)	3		
NUTR 230A	Clinical Field Experience I (2 semesters required) (F, SP)	2.5		
NUTR 230B	Clinical Field Experience I	2.5		
NUTR 231	Menu Planning and Food Purchasing (F)	3		
† NUTR 232	Therapeutic Diets (SP)	3		
<b>DIETETIC SERVICE SUPERVISOR PROGRAM TOTAL UNITS</b>		<b>30</b>		

#### Nutrition Assistant Program

<u>REQUIRED COURSES</u>		UNITS	In Progress	Completed Grade
Complete the coursework required for the Dietetic Service Supervisor Program above		30		
<b>IN ADDITION, complete the courses listed below.</b>				
† NUTR 234	Advanced Nutrition Care (F)	3		
NUTR 235	Advanced Medical Nutrition Therapy (SP)	3		
† NUTR 236	Dietetic Professional Development Seminar (SP)	1		
NUTR 240A	Clinical Field Experience II (2 semesters required) (F, SP)	3		
NUTR 240B	Clinical Field Experience II	3		
<b>Subtotal Units</b>		<b>13</b>		
<b>NUTRITION ASSISTANT PROGRAM TOTAL UNITS</b>		<b>43</b>		

For graduation with an **Associate in Arts (A.A.) Degree with a major in Nutrition and Dietetics:**

- Minimum Unit Requirements:** §Any course that appears on a curriculum guide and the General Education Pattern (Plan A) may fulfill both major and general education requirements (Approved by College Curriculum Committee Spring 2012). For this degree, complete a minimum of 60 units in courses numbered 1-599. Please note that additional elective units may be required to meet this minimum based upon courses selected to fulfill General Education for the Associate Degree.

**Dietetic Service Supervisor Major** 30 units  
**General Education/A.A. §** 25 units

**Associate Degree requirements continued from the previous page:**

2. **Scholarship:** Maintain an **overall grade point average (GPA) of 2.0** (“C” average) based on all accredited college work applied to the degree, no matter where completed. For this **field of concentration, complete each course above with a grade of “C” or better**, or “P” if course is graded on a P/NP basis.
3. **Residence for the Degree:** Complete at least 12 semester units of the required 60 semester units in residence at Long Beach City College in order for the college to grant an Associate of Arts and/or an Associate of Science Degree.
4. **Residence for the Field of Concentration:** Complete fifty percent (50%) or more of the unit requirements for this field of concentration in residence; this means:  
 For the **Dietetic Supervisor program**, complete **at least 15 units** of the required 30 **at Long Beach City College**.  
 For the **Nutrition Assistant program**, complete **at least 21.5 units** of the required 43 **at Long Beach City College**.  
 Credit earned by exam, where applicable, may be included.
5. **General Education and Proficiency Requirements:** Complete the required A.A./A.S. General Education and Proficiency requirements\*, otherwise known as “Plan A”. For Plan A requirements, refer to the general catalog or view it online at <http://osca.lbcc.edu> . A Nutrition Assistant must have a minimum of an Associate Degree but degree may be from another accredited institution.
6. Complete and submit the degree application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/> . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the “Important Dates” link to view the actual deadline for each semester.
7. Competency Testing Procedures: Students must also successfully pass a competency examination with 70% accuracy before a Certificate of Achievement is awarded at the conclusion of the DSS and NA programs. Student must contact the Nutrition And Dietetics Director to arrange for testing once they have completed all program requirements.

\*The requirements for general education/proficiency and the field of concentration (major) need to be from the same catalog year. This catalog year may be any year between the year of initial enrollment to the present, provided continuous enrollment is maintained throughout. See the catalog for definition of "continuous enrollment".

**Program of study leading to:  
Certificate of Achievement**

**REQUIRED COURSES—Complete the required courses for the specific program as listed in the Associate Degree requirements box on the first page.**

**Dietetic Service Supervisor REQUIRED COURSES**

<b>TOTAL UNITS Dietetic Supervisor Program</b>	<b>30</b>	<b>In Progress</b>	<b>Completed</b>
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For graduation with a **Dietetic Service Supervisor Certificate of Achievement:**

1. Complete each of the **REQUIRED COURSES** listed above with a **minimum grade of “C”**, or P if course is graded on a P/NP basis.
2. Complete fifty percent (50%) or more of the unit requirements for this field of concentration in residence; this means  
 For the **Dietetic Service Supervisor program**, complete **at least 15 units** of the required 30 **at LBCC**.  
 Credit earned by exam, where applicable, may be included.
3. Competency Testing Procedures: Students must also successfully pass a competency examination with 70% accuracy before a Certificate of Achievement is awarded at the conclusion of the DSS program. Student must contact the Nutrition And Dietetics Director to arrange for testing once they have completed all program requirements.
4. Competency Testing Procedures: Students must also successfully pass a competency examination with 70% accuracy before a Certificate of Achievement is awarded at the conclusion of the DSS programs. Student must contact the Nutrition And Dietetics Director to arrange for testing once they have completed all program requirements.
5. Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/> . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the “Important Dates” link to view the actual deadline for each semester.

Program of study leading to:  
**Certificate of Achievement, Formula Room Technician**

<b>Formula Room Technician Required Major Coursework:</b>		<b>Units</b>	<b>In Progress</b>	<b>Completed Grade</b>
NUTR 20	Nutrition and Life	3		
NUTR 21	Food Selection and Meal Preparation	4		
NUTR 224	Sanitation, Safety and Equipment	3		
NUTR 232	Therapeutic Diets	3		
NUTR 234	Advanced Nutrition Care	3		
COSA 1	Computer Information Competency	1		
<b>TOTAL UNITS</b>		<b>17</b>		

For graduation with an **Formula Room Technician Certificate of Achievement:**

1. Complete each of the **REQUIRED COURSES** listed above with a **minimum grade of "C"**.
2. Complete fifty percent (50%) or more of the unit requirements for this field of concentration in residence; this means at **least 8.5 units** of the required 17 must be **completed at Long Beach City College**. Credit earned by exam, where applicable, may be included.

Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/> . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the "Important Dates" link to view the actual deadline for each semester.

For both the **Associate in Arts** and the **Certificate of Achievement**, the following courses are recommended, **BUT ARE NOT REQUIRED** to earn either.

**RECOMMENDED but not required courses:**

NUTR 26	Nutrition for the Active Person	1		
NUTR 233	Special Topics in Health Care Dietetics	1		
NUTR 250	Nutrition for Culinary Arts	2		
NUTR 253	Food Handler Certification	1		
NUTR 255C	Nutrition for Adults & Aging	1		
NUTR 255D	Vegetarian Lifestyle	1		
NUTR 256	Weight Control & Energy Balance	2		
NUTR 260	Cultural Foods	1		
NUTR 261	Cooking for Wellness	1		
NUTR 262	Cooking for Singles	1		

**Recommended for the Natural Sciences Requirement:**

BIO 60 (preferred), BIO 2, PHYSI 1, ANAT 1, or any CHEM.

**Recommended for the Proficiency in Mathematics:**

It is recommended that the student complete this proficiency prior to enrollment in NUTR 228 and NUTR232 by presenting a passing score on the placement test or successful completion of a mathematics course at the level of elementary algebra (MATH 110 or 220) or higher.

**Recommended for Social Sciences Requirement: SOCIO 1 or PSYCH 1**

Program of study leading to:  
**Certificate of Accomplishment**

**Certificate: Formula Room Technician 4321**

<b>REQUIRED COURSES</b>		<b>UNITS</b>	<b>In Progress</b>	<b>Completed Grade</b>
NUTR 20	Nutrition and Life	3		
NUTR 21	Food Selection and Meal Preparation	4		
NUTR 224	Sanitation, Safety and Equipment	3		
NUTR 232	Therapeutic Diets	3		
<b>TOTAL UNITS</b>		<b>13</b>		

For graduation with a **Certificate of Accomplishment**:

- Math Proficiency:** Students must assess into **MATH 815** or higher, or complete **MATH 805** for this certificate with a minimum grade of "C", or "P" if course is graded on a P/NP basis.
- Complete the above required courses with a minimum grade of "C", or "P" if course is graded on a P/NP basis.
- Fifty percent (50%) or more of the required units must be completed in residence at LBCC. Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu>.

Program of study leading to:

**Certificate of Completion, Certified Dietary Manager (CDM) Board Exam Preparation 4320**

<b>Required Coursework:</b>		<b>HOURS</b>	<b>In Progress</b>	<b>Completed Grade</b>
NUTR 601	CDM Board Exam Preparation 1	18		
NUTR 602	CDM Board Exam Preparation 2	18		
<b>TOTAL HOURS</b>		<b>36</b>		

Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at [http://admissions.lbcc.edu/](http://admissions.lbcc.edu) . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the "Important Dates" link to view the actual deadline for each semester.

Program of study leading to:  
**Certificate of Completion, 4322**

<b>Cake Decorating Techniques Required Coursework:</b>		<b>HOURS</b>	<b>In Progress</b>	<b>Completed Grade</b>
NUTR 651	Cake Decorating Techniques	54		
NUTR 652	Cake Decorating for Special Occasions	54		
<b>TOTAL HOURS</b>		<b>108</b>		

Complete and submit the certificate application form to the Admissions and Records office during your final semester of course work. These forms are available in the Admissions and Records office, or online at <http://admissions.lbcc.edu/> . Refer to the Schedule of Classes (<http://schedule.lbcc.edu>) and click the "Important Dates" link to view the actual deadline for each semester.

**Registered Dietitian Pathway** –Students are also encouraged to pursue a transfer option to an accredited registered dietitian program at a four-year university. The professional credential of "RD" – Registered Dietitian, is the next step in the dietetics career ladder following the Dietetic Service Supervisor and Nutrition Assistant offered at LBCC. Many courses will transfer from LBCC to a four-year Nutrition And Dietetics. Please speak to the Nutrition And Dietetics Director for more information and clarification of this process.

**Suggested Sequence of Classes**

This is not an educational plan, as course offerings, student schedules, and circumstances vary. Students must meet all the prerequisites to be eligible for the sequence of classes.

A typical schedule for first-year fulltime students in the DSS and NA programs as follows:

Nutrition and Dietetics 2020-2021

**Supervisor: AA = 1320; C-ACH = 3320; C – ACH = 3221; C – ACC = 4321;**

Assistant: AA = 1321; C-COM = 4322; C-COM = 4320

Departmental Phone: 562-938-4193 or 938-4193, Web site: <http://www.lbcc.edu/dietetics/>

Information on this sheet is subject to change without notice. Any updates to this guide are posted at <http://osca.lbcc.edu> .

**FALL SEMESTER**  
NUTR 20 °  
NUTR 21  
NUTR 224  
NUTR 230  
NUTR 231  
**Total:** 15.5 Units

**SPRING SEMESTER**  
NUTR 20 °  
NUTR 225  
NUTR 227  
NUTR 228  
NUTR 230  
NUTR 21  
NUTR 232  
18.5 Units

**SUMMER SESSION**  
NUTR 20 °  
G.E. Requirement for A.A. Degree

Required for Nutrition Assistant program only:

**FALL SEMESTER**  
NUTR 234  
NUTR 240  
G.E. Requirements  
**Total:** 5 + G.E. total

**SPRING SEMESTER**  
NUTR 235  
NUTR 236  
NUTR 240  
8 + G.E. total

**SUMMER SESSION**  
G.E. Requirement for AA degree

## Career Opportunities

This program is designed to train students to be employed as Dietetic Service Supervisors and Nutrition Assistants who function as managers/ supervisors and nutritional care specialists in health care and nutrition related facilities.

### **DIETETIC SERVICE SUPERVISOR:**

The Dietetic Service Supervisor is the food service director of a health care facility, is a member of the dietetic team, functioning under the supervision of a Registered Dietitian, or administrator. This program is the state approved program meeting federal OBRA and Title 22 requirements of the California State Department of Public Health – Licensing and Certification Regulation for food service supervisors in general acute care hospitals, acute psychiatric hospitals, skilled nursing facilities, rehabilitation and convalescent hospitals, and intermediate care facilities. Completers are also employed in community nutrition agencies, school lunch, adult and child nutrition programs.

Upon successful completion of the program, the student is eligible to apply for a Dietetic Service Supervisor Certificate. The student may also receive the Associate in Arts degree if graduation requirements are completed.

### **NUTRITION ASSISTANT:**

The Nutrition Assistant is a member of the dietetic health care team, functioning under the direction of a Registered Dietitian. This program instructs the student in nutritional care, teaching techniques, nutrition principles, diet modification, nutritional counseling, and food service management. Nutrition Assistants are trained to function as nutritional care specialists in hospitals, clinics, and other health care facilities. Completers are also employed in long-term care, public health settings, child & elder care nutrition programs, weight management programs, W.I.C. and in food service management.

For the Nutrition Assistant Program, students must fulfill the Associate Degree requirements. Final competency exams must also be successfully passed at the conclusion of both programs. The students will then have earned both the Associate Degree and the TWO Certificates of Achievement.

## Program Mission and Outcomes

The mission of the Nutrition and Dietetics degree at Long Beach City College is the development of the student competency to provide nutritional care services in food service management and clinical nutrition care.

Outcomes:

- Synthesize the theory and principle of clinical nutrition care.
- Manage a Healthcare Kitchen to industry standards.
- Develop and conduct a nutrition presentation within a community agency.

Cake Decorating Techniques Program Outcomes:

- Apply design concepts and techniques in creating cakes/products for special occasions.
- Use a variety of decorating techniques.
- Illustrate the use of cake decorating tools in the commercial setting.

### Legend

† This course has a prerequisite. Prerequisite courses must be complete with at least a "C" or "P" grade. Refer to the General Catalog (<http://www.lbcc.edu/cat/index.html>), the Schedule of Classes (<http://schedule.lbcc.edu/>), or the online Credit Course Outline (<http://wdb-asir.lbcc.edu/coursecurriculum/coursedetails/>) for specific prerequisite information.

° NUTR needs to be taken only once but must be taken prior to or concurrently with NUTR 232.