

# NUTRITION AND DIETETICS

## Curriculum Guide for Academic Year 2018-2019

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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*

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

#### *Nutrition Assistant Program*

| <b>REQUIRED COURSES</b>  |   | <b>UNITS</b> | <b>In Progress</b> | <b>Completed Grade</b> |
|--|---|--------------|--------------------|------------------------|
| Complete the coursework required for the Dietetic Service Supervisor Program above |   | 30           |                    |                        |
| <b>IN ADDITION, complete the courses listed below.</b>                             |   |              |                    |                        |
| † F_N 234  | Advanced Nutrition Care (F)                                 | 3            |                    |                        |
| F_N 235  | Advanced Medical Nutrition Therapy (SP)                     | 3            |                    |                        |
| † F_N 236  | Dietetic Seminar (SP)                                       | 1            |                    |                        |
| F_N 240  | Clinical Field Experience II (2 semesters required) (F, SP) | 3,3          |                    |                        |
| <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.

|  |          |
|--|----------|
| <b>Dietetic Service Supervisor Major</b> | 30 units |
| <b>General Education/A.A. §</b>          | 25 units |

|                                  |          |
|----------------------------------|----------|
| <b>Nutrition Assistant Major</b> | 43 units |
| <b>General Education/A.A. §</b>  | 25 units |

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

- 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.
- 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.
- 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.
- 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.
- 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.
- 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**

**TOTAL UNITS Dietetic Supervisor Program**

**30**

**In  
Progress      Completed**

|  |  |
|--|--|
|  |  |
|--|--|

For graduation with a **Dietetic Service Supervisor Certificate of Achievement:**

- 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.
- 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.
- 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.
- 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.
- 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:**

|          |   |   |  |  |
|----------|---|---|--|--|
| F_N 26   | Nutrition for the Active Person         | 1 |  |  |
| F_N 233  | Special Topics in Health Care Dietetics | 1 |  |  |
| F_N 250  | Nutrition for Culinary Arts             | 2 |  |  |
| F_N 253  | Food Handler Certification              | 1 |  |  |
| F_N 255C | Nutrition for Adults & Aging            | 1 |  |  |
| F_N 255D | Vegetarian Lifestyle                    | 1 |  |  |
| F_N 256  | Weight Control & Energy Balance         | 2 |  |  |

|         |                      |
|---------|----------------------|
| F_N 260 | Cultural Foods       |
| F_N 261 | Cooking for Wellness |
| F_N 262 | Cooking for Singles  |

|   |  |  |
|---|--|--|
| 1 |  |  |
| 1 |  |  |
| 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 F\_N 228 and F\_N232 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 the 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> |
|-------------------------|-------------------------------------|--------------|--------------------|------------------------|
| F_N 20                  | Nutrition and Life                  | 3            |                    |                        |
| F_N 21                  | Food Selection and Meal Preparation | 4            |                    |                        |
| F_N 224                 | Sanitation, Safety and Equipment    | 3            |                    |                        |
| F_N 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>.

**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:

| <b>FALL SEMESTER</b>     | <b>SPRING SEMESTER</b> | <b>SUMMER SESSION</b>            |
|--------------------------|------------------------|----------------------------------|
| F_N 20 °                 | F_N 20 °               | F_N 20 °                         |
| F_N 21                   | F_N 225                | G.E. Requirement for A.A. Degree |
| F_N 224                  | F_N 227                |                                  |
| F_N 230                  | F_N 228                |                                  |
| F_N 231                  | F_N 230                |                                  |
| <b>Total: 15.5 Units</b> | F_N 21                 |                                  |
|                          | F_N 232                |                                  |
|                          | <b>18.5 Units</b>      |                                  |

Required for Nutrition Assistant program only:

| <b>FALL SEMESTER</b>         | <b>SPRING SEMESTER</b> | <b>SUMMER SESSION</b>          |
|------------------------------|------------------------|--------------------------------|
| F_N 234                      | F_N 235                | G.E. Requirement for AA degree |
| F_N 240                      | F_N 236                |                                |
| G.E. Requirements            | F_N 240                |                                |
| <b>Total: 5 + G.E. total</b> | <b>8 + G.E. total</b>  |                                |

## **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.

### **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.

° F\_N needs to be taken only once but must be taken prior to or concurrently with F\_N 232.