

# NUTRITION AND DIETETICS

## Curriculum Guide for Academic Year 2021-2022

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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 24	Sanitation, Safety and Equipment (F)	3		
NUTR 25	Intro. Food Service/Work Organization (SP)	3		
NUTR 227	Supervision and Training Techniques (SP)	3		
NUTR 28	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 31	Menu Planning and Food Purchasing (F)	3		
† NUTR 32	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 34	Advanced Nutrition Care (F)	3		
NUTR 35	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.

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

Nutrition Assistant Major	43 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.

<u><b>Dietetic Service Supervisor REQUIRED COURSES</b></u>		<b>In</b>	
		<b>Progress</b>	<b>Completed</b>
<b>TOTAL UNITS Dietetic Supervisor Program</b>	<b>30</b>	<input type="text"/>	<input type="text"/>

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**

Formula Room Technician Required Major Coursework:		Units	In Progress	Completed Grade
NUTR 20	Nutrition and Life	3		
NUTR 21	Food Selection and Meal Preparation	4		
NUTR 24	Sanitation, Safety and Equipment	3		
NUTR 32	Therapeutic Diets	3		
NUTR 34	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 255	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 28 and NUTR32 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 Completion, Certified Dietary Manager (CDM) Board Exam Preparation 4320**

Required Coursework:		HOURS	In Progress	Completed Grade
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/> . 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**

Cake Decorating Techniques Required Coursework:		HOURS	In Progress	Completed Grade
FT 651	Cake Decorating Techniques	54		
FT 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:

<b>FALL SEMESTER</b>	<b>SPRING SEMESTER</b>	<b>SUMMER SESSION</b>
NUTR 20 °	NUTR 20 °	NUTR 20 °
NUTR 21	NUTR 25	G.E. Requirement for A.A. Degree
NUTR 24	NUTR 227	
NUTR 230A	NUTR 28	
NUTR 31	NUTR 230B	
<b>Total: 15.5 Units</b>	NUTR 21	
	NUTR 232	
	<b>18.5 Units</b>	

Required for Nutrition Assistant program only:

<b>FALL SEMESTER</b>	<b>SPRING SEMESTER</b>	<b>SUMMER SESSION</b>
NUTR 234	NUTR 235	G.E. Requirement for AA degree
NUTR 240	NUTR 236	
G.E. Requirements	NUTR 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.

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

The Certified Dietary Manager program provides topics including information, resources, and insights to facilitate students' preparation for the national credentialing examination for dietary managers in health care institutions. Topics cover the five competency areas included in the Certified Dietary Manager (CDM) Board exam, namely: Nutrition, Foodservice, Personnel and Communications, Sanitation and Food Safety, and Business Operations.

Program Student Learning Outcomes:

- Describe the various topics of the CDM Board Exam BluePrint.
- Pass all three sections of the CDM Board Practice Exam including Personnel and Communications section, Sanitation and Food Safety section and Business Operations section with a score of 75% or higher.

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.