

# DIETETICS (DTC)

## DTC-101 Orientation to Dietetics (1 credits)

This seminar course will introduce the student to the educational and professional requirements within the field of dietetics. Students will be introduced to and understand the dietetics program curriculum standards and opportunities for personal and professional development within the college and community. An overview of the evolution of the field as well as current and future trends of dietetics will be provided. The course will explore career opportunities, career planning and professional roles and responsibilities of the registered dietitian. Students will be introduced to and understand the governance of dietetics practice including the Academy of Nutrition and Dietetics' Code of Ethics and the Standards of Professional Performance. This course is one hour per week.

## DTC-105 Introduction to Culinary Skills (3 credits)

This introductory course provides hands-on instruction in the dietetics lab (kitchen) on food preparation and culinary techniques. The course is designed for students of all majors who would like to enhance their food preparation skills. Food selection and preparation will focus on healthy food choices. An introduction to basic nutrition will be provided with a concentration on the public health effect of poor nutrition choices. Open to all students.

Course Types: Teamwork

## DTC-210 Food and Culture (2 credits)

This two-credit course will introduce the student to the study of the social, cultural, and psychological factors which influence food selection. Cultural eating patterns and nutrition-related health problems of various ethnic and racial groups will be explored. An introduction to basic food preparation and culinary techniques will be used to further investigate food choices of various cultures. An emphasis will be placed on the strong influence of culture on food attitudes and behaviors which affects the counseling strategy of the health care professional. The effect of globalization on food selection and health will be studied. Assignments address current research regarding food and culture and encourage the student to explore nutrition practices of culturally diverse clients. This course consists of one lecture hour and two lab hours. Open to all majors; required course for dietetics majors.

Course Types: Cultural Competence; Culture Comp/Glob Society

## DTC-250 Food Science (2 credits)

This is a fundamental course in the basic principles of food preparation. Emphasis is on food chemistry, the function of ingredients, and food preparation skills.

Course Types: Critical Analysis; Thinking Process

Corequisite(s): Take DTC-250L

## DTC-250L Food Science Laboratory (1 credits)

This laboratory course is designed to demonstrate and illustrate the chemical and physical properties of foods. Students will prepare and evaluate different foods using various chemical, instrumental and sensory analysis techniques.

Corequisite(s): Take DTC-250

## DTC-306 Principles of Nutrition (3 credits)

The course will introduce the student to nutrition science and public health issues related to nutrition. The fundamentals of carbohydrates, protein, lipids, vitamins, minerals and metabolism will be explored. Emphasis will be placed on diet planning and analysis, energy balance and the role of diet and physical activity in a healthy lifestyle and disease prevention. Highlights of current topics in nutrition, such as eating disorders, vegetarian lifestyles, and fad diets will also be addressed.

Course Types: Information Literacy; Thinking Process

Prerequisite(s): Take BIO-108 or ESS-101; Take CHE-102 or CHE-111

## DTC-319 Nutritional Biochemistry (3 credits)

This advanced course provides an in-depth study and discussion of the biochemistry and physiology of macronutrients and micronutrients. Applied topics, including regulation of metabolism, fluid and electrolyte balance, and energy balance/body composition, are presented and explained in terms of related biochemistry and physiology. This course consists of three lecture hours.

Prerequisite(s): Take BIO-108 BIO-303 DTC-306

## DTC-326 Nutrition Education and Communication (3 credits)

This course presents the development, use, and evaluation of methods and materials for teaching nutrition to different audiences. Emphasis is given to both group and individual instruction in school, community, worksite, employee, and patient education settings. Communication skills essential for professional practice will include; lesson plan development, evaluation and publication of educational materials, public speaking, and the use of assessment tools to document learning.

Prerequisite(s): Take DTC-306

## DTC-327 Nutrition Throughout the Life Cycle (3 credits)

This three-credit course will examine nutritional needs and issues throughout the life span with special emphasis on preconception, pregnancy, lactation, infancy, childhood, adolescence and aging. Normal nutrition topics and nutrition-related conditions and interventions will be studied for each stage of the life cycle. Nutrient needs and recommendations will be addressed as well as age-related physiological changes. Specific attention will be given to current public health issues and model public food and nutrition programs. Current evidence-based practice recommendations will be covered with use of position papers by the Academy of Nutrition and Dietetics and American Academy of Pediatrics. This course consists of three lecture hours.

Course Types: Problem-Solving; Thinking Process

Prerequisite(s): Take (DTC-306) or (NTR-325)

**DTC-328 Nutrition for Fitness & Athletic Performance (2 credits)**

This two-credit course will introduce the student to the integrated science of nutrition and exercise physiology. The course will explore macro- and micronutrient needs as related to energy demands, cellular function, and growth, maintenance, and repair. Students will explore how optimal nutrition is essential for optimal performance. The course will focus on scientifically sound, evidence-based practice and examine sources of unsound sport nutrition recommendations. Assignments will allow students to gain a greater understanding of the energy requirements of exercise as well as the barriers to increased physical activity. This course consists of two lecture hours.

Course Types: Creative Thinking

Prerequisite(s): Take (DTC-306) or (NTR-325)

**DTC-389 Special Topics (3.00000 credits)****DTC-409 Food Service Operations (2 credits)**

This course provides an introduction to the structure and function of a food service department. Food service subsystems are discussed from an organizational, operational and leadership perspective. This course will introduce the following operational areas: menu planning; procurement including purchasing, receiving and storage; food production and service. As needed, discussion will include information on food safety, sanitation and management of human resources related to these topics.

Corequisite(s): Take DTC-409L

**DTC-409L Quantity Food Preparation Lab (1 credits)**

This course focuses on the food preparation, cooking methods and technical skills required to produce food products on a large scale. This includes, but is not limited to: the use and maintenance of institutional equipment; planning and coordinating food production; use of food service math skills; recipe standardization; cooking methods and terms; evaluating food for quality from various recipe categories; as well as the application of food safety principles. The nutritional components of each food will be reviewed to ensure students are aware of quality and nutritional values of various foods and the methods to be used in for maintaining nutritional quality throughout preparation and service.

Corequisite(s): Take DTC-409

**DTC-410 Food Service Management II (3 credits)**

This course studies food service subsystems from an organizational and leadership perspective. This course will introduce the following operational areas: principles of financial control of food and labor, techniques for analyzing and managing costs, development of a business plan executive summary, and management of human resources including personnel recruitment, selection, training, evaluation and labor relations. This course will introduce information on kitchen layout and design, sanitation, security, safety, infection control and emergency preparedness applicable to food service operations. This course consists of three lecture hours.

Prerequisite(s): Take DTC-409 DTC-409L

Corequisite(s): Take DTC-410SP

**DTC-410SP Food Service Management Supervised Practice (1 credits)**

This course provides practice in food service management including: food service subsystems (purchasing, receiving and inventory control, production and service), marketing, quality management, financial control, human resources (personnel and labor issues), and facility layout and design. Students develop management skills through projects and/or field experiences, case studies, computer applications, and as required, quantity food preparation experiences. Students will be introduced to the behaviors, traits and skills that characterize effective leaders and learn to apply these traits in various personnel and food service management scenarios. This course consists of three supervised practice hours weekly. Open to dietetics majors only.

Prerequisite(s): Take DTC-409 DTC-409L

Corequisite(s): Take DTC-410

**DTC-420 Introduction to Nutrition Care (3 credits)**

The introduction to the professional practice of nutrition and dietetics. Using the nutrition care process as a framework, students learn how to provide nutrition services to patients, including assessing, writing nutrition diagnoses, developing appropriate interventions, and monitoring response to care.

Prerequisite(s): Take DTC-326

**DTC-421 Community Nutrition (3 credits)**

The course offers a study of community nutrition needs, programs and national nutrition monitoring. The role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention are included.

Prerequisite(s): Take DTC-326

**DTC-425 Diet Therapy (2 credits)**

This course examines nutrition and diet therapy, including nutrition assessment, the physiological and biochemical bases of nutrition care, therapeutic diets, medications and herbal supplements. Topics include nutrition intervention for diabetes, cardiovascular diseases, obesity, eating disorders, GI diseases and promoting healthy eating. The emphasis of this course is the practical application of subject matter in the clinical setting.

Prerequisite(s): Take (DTC-306) or (NTR-325)

**DTC-509 Leadership in Food Systems Management (3 credits)**

This course studies food systems management from an organizational and leadership perspective. The course will introduce the following operational areas: financial management, customer services and quality improvement, risk management, leadership development, management of human resources and labor relations, and emergency preparedness applicable to food systems operations.

Prerequisite(s): Take DTC-409 and DTC-409L

**DTC-511 Medical Nutrition Therapy I (3 credits)**

The study of the biochemical and physiological basis for nutrition care in treating disease, including malnutrition, anemia, obesity, diabetes, and cardiovascular disease. Theory and practice in nutritional assessment, diagnosis, intervention, and monitoring is provided. This is the first semester of a two-semester course.

Prerequisite(s): Take DTC-420

Corequisite(s): Take DTC-531

**DTC-512 Medical Nutrition Therapy II (3 credits)**

The study of the biochemical and physiological basis for nutrition care in treating disease, including nutrition support, GI disorders, hepatic disorders, cancer, AIDS, and critical care. Theory and practice in nutritional assessment, diagnosis, intervention, and monitoring is provided. This is the second semester of a two-semester course.

Prerequisite(s): Take DTC-511

Corequisite(s): Take DTC-532

**DTC-512SP Medical Nutrition Therapy II Supervised Practice (3 credits)**

The clinical application of the biochemical and physiological basis for nutrition care for those with nutrition-related diagnoses and conditions discussed in DTC 512, including GI disorders, hepatic disorders, cancer, HIV, renal disease, and nutrition support. Practice in nutritional assessment, diagnosis, intervention, and monitoring is provided. This course consists of nine supervised practice hours weekly. Open to dietetics majors in CP only.

Prerequisite(s): Take DTC-511 DTC-511SP

Corequisite(s): Take DTC-512

**DTC-522SP Community Nutrition Supervised Practice II (1 credits)**

Students develop, implement, and evaluate a community nutrition intervention in this course. This includes completing a community needs assessment, identifying a target population, designing the program to be delivered, conducting the program, and collecting and assessing data on appropriate indicators to evaluate the effectiveness of the intervention. This course consists of three supervised practice hours weekly. Open to dietetics majors only.

Prerequisite(s): Take DTC-521SP

**DTC-524 The Nutrition Entrepreneur (3 credits)**

This course applies business principles and entrepreneurship to the nutrition profession. Students learn how to plan, implement, and evaluate nutrition intervention programs. In addition, the knowledge, skills, and resources needed to establish and maintain a private practice are presented. This course consists of three lecture hours.

Prerequisite(s): Take DTC-509

**DTC-531 Nutrition Practice I (5 credits)**

This course is the first part of a two course sequence. In conjunction with DTC 532, Nutrition Practice II, this course provides an introduction to supervised practice experiences in Medical Nutrition Therapy, community nutrition, and food service management in professional practice settings. This course consists of 20 supervised practice hours weekly.

Prerequisite(s): Take DTC-420

Corequisite(s): Take DTC-511

**DTC-532 Nutrition Practice II (5 credits)**

This course is the second part of a two course sequence. In conjunction with DTC 531, Nutrition Practice I, this course provides an introduction to supervised practice experiences in Medical Nutrition Therapy, community nutrition, and food service management in professional practice settings. This course consists of 20 supervised practice hours weekly.

Prerequisite(s): Take DTC-531

Corequisite(s): Take DTC-512

**DTC-550 Nutrition Counseling for Behavior Change (3 credits)**

This course will provide didactic and experiential learning in the area of nutrition counseling and communication for behavior modification and client-centered nutrition therapy. Emphasis is on application of health behavior models and theories from the field of psychology, frameworks which support a holistic view of health, and cultural competency.

Corequisite(s): Take DTC-326

**DTC-601 Research Methods in Dietetics (3 credits)**

This course reviews dietetic and nutrition research methods, general research designs (both qualitative and quantitative), evaluation and assessment methods, application of statistical analysis in nutrition, and the presentation of research data. The course focuses on guiding the dietetic student in becoming a consumer and producer of nutrition-related research. This course consists of three lecture hours.

Prerequisite(s): Take DTC-420

**DTC-609 Food Safety Certification (1 credits)**

This course provides nationally recognized food safety education and certification, assisting food service operators and owners and employees to understand the food safety risks so they can meet consumer and patient safety goals. This course prepares students for the National ServSafe® Food Protection Manager Certification Exam provided by the National Restaurant Association. The exam will be provided within the course.

Prerequisite(s): Take DTC-509

**DTC-610 Dietetics Research Seminar (3 credits)**

This course involves discussion of current research in the profession. Students will identify and delineate a research problem and develop a capstone research proposal. This course consists of three lecture hours. Requisites: Take DTC 601 - Must be completed prior to taking this course. Open to dietetics majors only.

Prerequisite(s): Take DTC-601 Must be completed prior to taking this course

**DTC-622 Professional Seminar (2 credits)**

This two-credit course provides the B.S./M.S. students the opportunity to practically apply their knowledge in the field of nutrition and dietetics and gain hands-on practice with the credentialing examination for the dietetics profession. This course consists of two lecture hours. Open to 5th year dietetics majors in CP only.

**DTC-631 Advanced Nutrition Practice I (8 credits)**

This course is the first part of a two-course sequence. In conjunction with DTC 632 (Advanced Nutrition Practice II), this course provides advanced supervised practice experiences in clinical nutrition, community nutrition, and food service management at area hospitals, long term care facilities, food service establishments, community settings, and special rotation facilities. This course consists of 24 supervised practice hours weekly. Open to dietetics majors in CP only.

Prerequisite(s): Take DTC-512 and DTC-532

**DTC-632 Advanced Nutrition Practice II (8 credits)**

This course is the second part of a two-course sequence. In conjunction with DTC 631 (Advanced Nutrition Practice I), this course provides advanced supervised practice experiences in clinical nutrition, community nutrition, and food service management at area hospitals, long term care facilities, food service establishments, community settings, and special rotation facilities. This course consists of 24 supervised practice hours weekly. Open to dietetics majors in CP only.

Prerequisite(s): Take DTC-631

**DTC-689 Special Topics (3 credits)**