

# DIETETIC TECHNOLOGY (DIET)

## DIET-1050 Sports Nutrition 3 Credits

Nutrition implications for human physical and athletic performance including energy and specific nutrients. Emphasis on food selection to enhance performance and nutrition recommendations with regard to varying athletic activities. Calculation of individual energy needs based on weight and activity level. Assessment of body composition and appropriate use of ergogenic aids. Designed for the causal exerciser, elite athlete, coaches, trainers, and persons recognizing the importance of nutrition to fitness.

*Lecture: 3 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; or departmental approval. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## DIET-1200 Basic Nutrition 3 Credits

A scientific study of nutrition designed for nursing students, other health care providers and educators. Students will investigate the roles of the nutrients in the functioning of the human body. Overview of nutrient recommendations, food sources and functions of the nutrients, energy requirements, weight control, vegetarianism, and supplement use. Dietary recommendations and food patterns applied to culture, and prevention of nutrition related diseases in a changing society.

*Lecture: 3 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; or departmental approval. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

*OAN Approved: Transfer Assurance Guide OHL016.*

## DIET-1220 Nutrition for Dental Hygiene 2 Credits

Nutrition principles related to personal and client care. Dental hygiene students will learn how to apply sound nutrition principles to assessing, diagnosing, planning, implementing and evaluating total care of clients, and how to contribute to nutrition well-being of client.

*Lecture: 2 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; or departmental approval. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## DIET-1310 Introduction to Dietetics 2 Credits

Explore information literacy, professionalism, ethics, educational requirements, and governance of the dietetics profession. Includes application of communication, research, and self-assessment practices.

*Lecture: 2 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and departmental approval; program admittance. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## DIET-1320 Nutrition Applications 1 Credit

Creation of a variety of regular and modified menus using current evidence-based practice tools, and evaluate food choices and existing menus.

*Lecture: 1 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test. and DIET-1200 Basic Nutrition or concurrent enrollment. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## DIET-1331 Food Production Fundamentals 4 Credits

Introduction to food preparation techniques, commercial equipment, kitchen organization and operation. Examine physical, chemical and biological aspects of food ingredients while determining acceptability of final food products. Application of safe food handling principles, standardized recipes, weights and measures, product evaluation, recipe conversion, and food composition.

*Lecture: 3 hours. Laboratory: 3 hours*

*Prerequisite(s): MATH-1100 Mathematical Explorations or higher, and DIET-1200 Basic Nutrition, and DIET-1320 Nutrition Applications.*

## DIET-1580 Cost Control Procedures 1 Credit

Study of basic food cost control procedures, financial statements and budget preparation as they relate to nutrition services.

*Lecture: 1 hours*

*Prerequisite(s): Completion of MATH-0955 Beginning Algebra; or co-enrollment in a co-requisite pairing of MATH-0940 Essential Skills for Contemporary Mathematics and MATH-1240 Contemporary Mathematics; or qualified math placement.*

## DIET-1590 Purchasing Procedures 1 Credit

Applied Management principles required to deliver food and nutrition programs and services including continuous quality management of food and nutrition services. Topics include: food specifications, procurement systems, and receiving and inventory processes.

*Lecture: 1 hours*

*Prerequisite(s): MATH-1100 Mathematical Explorations or higher, or MATH-1240 Contemporary Mathematics.*

## DIET-1600 Introduction to Supervision 3 Credits

Introduction to principles and concepts employed in supervision of nutrition services delivery departments. Emphasis on planning, organizing, communicating and decision-making skills.

*Lecture: 3 hours*

*Prerequisite(s): ENG-1010 College Composition I, and departmental approval: admission to Dietetic Technology Program.*

### **DIET-1802 Special Topics in Dietary Management**

#### **1 Credit**

Capstone course for students completing didactic coursework in Dietary Manager Certificate course sequence. Pathway III(b): for graduates of the classroom and online instructional portion of an ANFP-approved foodservice manager training program, who also have two years of full-time non-commercial foodservice management work experience.\*\*

Candidates must submit a copy of a certificate of course completion, their name must appear on the official graduate listing that is sent to ANFP by the college/school and they must submit employment verification with exam application.

*Lecture: 1 hours*

*Prerequisite(s): Completion of Dietary Manager Program Sequence and Required and Validated Onsite work experience*

### **DIET-1820 Independent Study/Research in Dietetic Technology**

#### **1-3 Credits**

Directed individual study. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval, and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

### **DIET-182H Honors Indep. Study in DIET**

#### **1-3 Credits**

Honors-level directed individual study. Must meet criteria set forth in the Honors Course Checklist used to approve regular honors courses. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and must have earned an A or B in at least 3 honors courses. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

### **DIET-1850 Food and Nutrition Systems Practicum**

#### **4 Credits**

Application of techniques in food production; equipment use and care; employee management; information flow; documentation; sanitation regulations; food service personnel recruitment, training and retention; and quality assurance in a health care facility. Activities provide students opportunity to demonstrate application of knowledge acquired in previous and concurrent nutrition and diet therapy courses.

*Other Required Hours: Practicum: 14 hours per week; 224 hours ; Seminar: 02 hours per week.*

*Prerequisite(s): DIET-1200 Basic Nutrition, and DIET -1310 Introduction to Dietetics, DIET-1320 Nutrition Applications, HOSP-1020 Sanitation and Safety; departmental approval.*

### **DIET-1940 Dietary Managers Field Experience**

#### **1 Credit**

Supervised work experience. Twelve clock hours per week gaining practical hands-on-work experience supervising a food service department and conducting initial nutritional assessments on patients. Program manager and/or dietetic technology instructor must approve the student work experience sites. Student spends a minimum of 50 hours under the direct supervision of a registered dietitian. Recommended for healthcare food and nutrition personnel.

*Other Required Hours: Field Experience: 12 clock hours per week.*

*Prerequisite(s): DIET-1331 Fundamentals of Food production or concurrent enrollment; and departmental approval: worksite approval: Food service in Hospital, Long Term Care or health care facility, with approval from Registered Dietitian and Administrator at site. The site must be approved by the Program Manager.*

### **DIET-2301 Medical Nutrition Therapy I**

#### **3 Credits**

Basic nutrition knowledge applied to medical nutrition therapy and the nutrition care process. Apply medical nutrition therapy using evidence based practice with practice cases.

*Lecture: 3 hours*

*Prerequisite(s): DIET-1200 Basic Nutrition, and DIET-1320 Nutrition Applications, and BIO 2331 Anatomy and Physiology I, and BIO 2341 Anatomy and Physiology II or Program Approval.*

### **DIET-2311 Medical Nutrition Therapy II**

#### **3 Credits**

Application of nutrition knowledge to specialized medical nutrition therapy. Moderate to high nutrition risk factors examined. Internal medical and renal disease examined.

*Lecture: 3 hours*

*Prerequisite(s): DIET-2301 Medical Nutrition Therapy I.*

### **DIET-2320 Medical Nutrition Therapy III**

#### **2 Credits**

Application of evidence based practice of medical nutrition therapy in cardiovascular disease and diabetes.

*Lecture: 2 hours*

*Prerequisite(s): DIET-2311 Medical Nutrition Therapy II, or concurrent enrollment, or departmental approval.*

### **DIET-2410 Life Cycle Nutrition - Pregnancy and Lactation**

#### **1 Credit**

The study of special nutritional needs, physiology, and health concerns of during preconception, pregnancy, lactation and infancy. Examine evidence-based practices and nutrition tools, promotion of health, and nutrition intervention to reduce risk of nutrition related concerns during each of the life cycle phases.

*Lecture: 1 hours*

*Prerequisite(s): ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; or departmental approval. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

**DIET-2420 Life Cycle Nutrition - Nutrition for Children**  
**1 Credit**

The study of special nutritional needs, physiology, and nutrition related health concerns from the toddler years through adolescence. Examine evidence-based practices and nutrition tools, promotion of health, and nutrition intervention to reduce risk of nutrition-related concerns.

*Lecture: 1 hours*

*Prerequisite(s): DIET-1200 Basic Nutrition or departmental approval.*

**DIET-2430 Life Cycle Nutrition - Nutrition through Adulthood**  
**1 Credit**

Explore the adulthood nutrition life cycle. Includes assessments, health concerns, including cardiovascular disease and diabetes, obesity, alternative and complementary care, community nutrition programs and support for low income persons. Introduction to geriatric nutrition and nutritional requirements for the older adult.

*Lecture: 1 hours*

*Prerequisite(s): DIET-1200 Basic Nutrition.*

**DIET-2501 Nutrition Application in Long Term Care**  
**2 Credits**

Concepts and application of nutrition care management processes in the long term care setting. Assessment and documentation of nutritional status according to current regulatory standards. Discussion of quality of life issues specific to nutritional care of long term care resident. Other topics include food/drug interactions, special feeding, alternative feeding, and the interprofessional team approach to care.

*Lecture: 2 hours*

*Prerequisite(s): Concurrent enrollment in DIET-2862 Geriatric Nutrition Practicum and departmental approval: admission to program.*

**DIET-2820 Advanced Independent Study/Research in Dietetic Technology**  
**1-3 Credits**

Directed individual advanced study. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval, and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

**DIET-2850 Medical Nutrition Care Practicum**  
**2 Credits**

Application of dietetic technician skills required in medical nutrition care of patients or residents in acute or long-term care facilities under supervision of registered dietitian. Application and documentation of care plans and patient education. Course provides forum for discussion of practicum experience.

*Other Required Hours: Practicum: 7 hours per week; 112 hours total; Seminar: 1 hour per week.*

*Prerequisite(s): DIET-1850 Food and Nutrition Systems Practicum; and concurrent enrollment in DIET-2311 Medical Nutrition Therapy II; and departmental approval.*

**DIET-2862 Geriatric Nutrition Practicum**  
**2 Credits**

Practicum experience under the supervision of a registered dietitian. Delivery of nutrition care services in a long term care setting. Nutrition assessment, intervention and health promotion.

*Lecture: 1 hour*

*Other Required Hours: Practicum 112 hours per semester; Seminar 15 hours per semester.*

*Prerequisite(s): DIET-2430 Life Cycle Nutrition-Nutrition through Adulthood, and concurrent enrollment in DIET-2501 Nutrition Applications in Long Term Care; Departmental approval.*

**DIET-2863 Community Nutrition Practicum**  
**2 Credits**

Practicum experience under the supervision of a registered dietitian. Delivery of nutrition care services to community based agencies, schools, wellness settings, or social service agencies. Nutrition intervention, assessment and health promotion.

*Lecture: 1 hour*

*Other Required Hours: Practicum 7 hours per week; Seminar 1 hour per week, 112 hours.*

*Prerequisite(s): DIET-2410 LCN-Pregnancy and Lactation or concurrent enrollment, DIET-2420 Life Cycle Nutrition - Nutrition for Children, and DIET-2430 Nutrition through Adulthood, and departmental approval required.*

**DIET-2990 Dietetic Technology Professional Development Skills**  
**2 Credits**

Capstone course in Dietetic Technology. Integration of knowledge acquired in basic, technical and non-technical areas in preparation for professional roles and life-long professional growth and development.

*Lecture: 2 hours*

*Prerequisite(s): Departmental approval: Accepted into Dietetic Technology Program.*