

NUTRITION AND FITNESS EDUCATION

Students who graduate from this program are prepared for entry-level positions in the booming health and fitness industry, encompassing weight control clinics, sports medicine clinics, health clubs and gyms, corporate fitness and wellness centers, fitness and nutrition programs in schools, and community agencies concerned with health, fitness and nutrition education.

Students in this program will be able to advise clients on normal nutrition, weight control and improved performance by working with other nutrition professionals. The fitness industry is experiencing rapid growth and has a growing demand for trained fitness and nutrition educators. The employment outlook is excellent.

Program Outcome

Graduates will be competent entry-level Nutrition and Fitness professionals meeting the employment needs of the community.

CERTIFICATE OF ACHIEVEMENT

Course	Required Courses		Units
Core Curriculum			(7-9)
Anatomy & Physiology	BIOL	A221	(4)
Nutrition/Fitness and Performance	FN	A136	(3)
Life Cycle Nutrition: Children	FN	A145	(1)
Cultural Foods	FN	A185	(2)
Intro to Med Nutrition Therapy	NC	A180	(3)
Intermediate Nutrition Care	NC	A280	(2)
Supervised Practice 1	NC	A281	(3)
Fitness and Health	PE	A134	(3)
Fitness and Exercise Testing	PE	A284	(3)
Total:			(31-33)

ASSOCIATE DEGREES

Complete the Certificate of Achievement and either the Associate in Arts or Associate in Science Graduation Requirements as outlined in the Graduation Requirements section of the catalog.

RECOMMENDATION

Combine the Nutrition and Fitness Assistant Certificate with the Fitness Specialist Certificate.

ORNAMENTAL HORTICULTURE

The Ornamental Horticulture program prepares students for many attractively paying positions in the nursery industry. These positions include those in production and sales, interior plantscaping, landscape design, and construction and maintenance.

Students may take one or more courses from the program to learn about horticulture for its own sake and for theirs, or they may take the courses required for the Certificate of Achievement in Ornamental Horticulture. Either option is an introduction to natural beauty. The courses have been designed both for full-time students planning to enter the horticulture field and for those people working in one of the many interesting areas of horticulture who wish to expand their horticultural knowledge. Most classes are conducted during convenient evening hours to allow working students to study for a new career and those with jobs in the field of ornamental horticulture to upgrade their skills.

The Ornamental Horticulture Department boasts excellent facilities, including a well-equipped classroom building set in beautifully landscaped grounds. The grounds themselves have been planted with a large collection of trees, shrubs, ground covers, and vines, and they serve as a laboratory for many of the classes. A nursery with over 6,000 square feet of greenhouse space and 4,000 square feet of shade structures round out this marvelous facility on the Orange Coast College campus.

Program Mission Statement

Upon completion of the Ornamental Horticulture Program students will have the knowledge, skills and experience to work with plant material in multiple applications and multiple fields in the Landscaping and Nursery industries. Students will be qualified for careers in Landscape Design, Landscape Contracting, Landscape Maintenance, Arboriculture, Nursery practices, and Irrigation and Water Management.

Program Outcomes

Upon completion of this certificate, students will be able to:

1. Use knowledge of various plant materials to better design and maintain an outdoor garden or landscape.
2. Describe man's relationship with plants for food and environmental enhancement.
3. Describe current sustainability issues in Southern California and how good horticultural practices will improve long term sustainability.
4. Use knowledge of a particular chosen plant, greenhouse systems and propagation practices to successfully produce a healthy crop by a target date.
5. Use knowledge of site conditions, drafting skills, client needs, and various plant and building materials to solve a design problem .

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CERTIFICATE OF ACHIEVEMENT

Required Courses

A. Preliminary courses which should be taken in the first year:

Course			Units
	Fall		
Botany* (Or)	BIOL	A183	(3)
Botany for Gardeners	OH	A105	(3)
Orientation to Horticulture	OH	A090	(.5)
Knowing Your Soils	OH	A109	(3)
Ornamental Trees	OH	A181	(3)
	Spring		
Ornamental Shrubs	OH	A182	(3)
		Subtotal:	(12.5)

Nursery Practices and Mgmt	OH	A184	(3)
Plant Diseases	OH	A185	(1.5)
Interior Plantscaping	OH	A187	(2)
Intro to Landscape Design	OH	A285	(3)

	Spring		
Landscape Maintenance	OH	A150	(3)
Plant Propagation	OH	A183	(3)
Pests of Ornamentals	OH	A186	(1.5)
Turf Culture Mgmt	OH	A188	(3)
Weeds & Their Control	OH	A189	(1.5)
California Friendly Landscapes	OH	A190	(2)
Cacti and Succulents	OH	A191	(1.5)
Landscape Design Elements	OH	A286	(2)
Planting Design	OH	A287	(2)
Sprinkler Irrigation Sys Design	OH	A288	(1)
Install Residential Irrig Sys	OH	A289	(1)
Business elective			(3)

*Transfer students should also take Biology A183L.

B. Suggested second year sequence:

Select twelve (12) units from the following:

	Fall		
Landscape Drafting	OH	A111	(1)
Intro to Tree Care	OH	A151	(2)
Pest Control Applicators & Gardeners P.C.D. Cert	OH	A170	(1)

(12)

Total: (24.5)

ASSOCIATE DEGREE

Complete Certificate of Achievement and Graduation Requirements as outlined in the Graduation Requirements section of the catalog.