

## NUTRITION CAREERS

Students who graduate from our programs are prepared for entry level positions in nutrition. This industry is experiencing rapid growth and has a growing demand for trained nutrition personnel. The employment outlook is excellent. Students interested in this field have three options.

- Community Nutrition Assistant. This certificate prepares student to work in community agencies such as WIC (Women, Infants, and Children) programs under the direction of a Registered Dietitian.
- Nutrition Education. Students who graduate from this program are prepared for employment in weight control clinics, schools, community agencies concerned with nutrition, manufacturers and distributors of nutrition related products.
- 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, personal training facilities, corporate fitness and wellness centers, fitness and nutrition programs in schools, and community agencies concerned with health fitness and nutrition education.

Completion of the Core Curriculum is required for all Nutrition Careers listed below. Students are required to earn a grade of "C" or better in all courses to receive a certificate.

### CORE CURRICULUM

#### Required Courses

Course			Units
Sanitation & Safety	FSM	A160	(3)
Careers in Dietetics/Food Sci	FN/NC	A100	(1)
Applied Nutrition	FN	A171	(2)
Fitness Programs I	PE	A107	(1-3)
<b>Total:</b>			<b>(7-9)</b>

## COMMUNITY NUTRITION ASSISTANT

This certificate prepares students to work in community agencies such as WIC (Women, Infants, and Children) and Head Start programs as nutrition assistants.

### Program Outcome

Graduates will be competent entry-level Nutrition Assistants meeting the employment needs of the community.

### CERTIFICATE OF ACHIEVEMENT

#### Required Courses

Course			Units
Core Curriculum			(7-9)
Intro to Nutrition Concepts	FN	A140	(2)
Life Cycle Nutrition: Mother/Infant	FN	A144	(1)
Life Cycle Nutrition: Children	FN	A145	(1)
Cultural Foods	FN	A185	(2)
Intermediate Nutrition Care	NC	A280	(2)
Supervised Practice	NC	A281	(3)
<b>Subtotal:</b>			<b>(18-20)</b>

### Select one (1) from the following:

Cooking Essentials	FN	A120	(1)
Vegetarian Cuisine	FN	A125	(1)
Cooking Lite	FN	A173	(1)

**Total: (19-21)**

### 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.

## NUTRITION EDUCATION

Students who graduate from this program are prepared for employment in one of the fastest growing and most prolific industries in Southern California, encompassing weight control clinics, health and exercise spas and gymnasiums, community agencies concerned with nutrition education, and manufacturers and distributors of nutritionally related products.

### Program Outcome

Graduates will be competent entry-level Nutrition Education Assistants meeting the employment needs of the community.

### CERTIFICATE OF ACHIEVEMENT

#### Required Courses

Course			Units
Core Curriculum			(7-9)
Anatomy & Physiology	BIOL	A221	(4)
Nutrition	FN	A170	(3)
Principles of Food	FN	A180	(3)
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)

**Subtotal: (27-29)**

### Select one (1) from the following:

Cooking Essentials	FN	A120	(1)
Vegetarian Cuisine	FN	A125	(1)
Cooking Lite	FN	A173	(1)

**Total: (28-30)**

### Suggested electives:

Intro Display & Visual Presentation	DVP	A180	(3)
Nutrition/Fitness/Performance	FN	A136	(3)
Current Issues Food/Nutr/Food Sci	FN	A199	(.5-1)
Child Development	HMDV	A180	(3)
Professional Selling	MKTG	A110	(3)

### 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.

See *Dietetics* for related certificate.

## 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)
<b>Total:</b>			<b>(31-33)</b>

### 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 .

CONTINUED NEXT PAGE