

## CULINOLOGY®

### Associate in Science Degree Program

The Culinology® transfer option is articulated with the Culinology® track of the Food Science and Technology major at Cal Poly Pomona, Department of Human Nutrition and Food Science, and the coursework has received approval from the Research Chefs' Association. Students must meet the Associate in Science Degree requirements and have Orange Coast College certify their General Education coursework before CSU transfer.

Culinology®, as defined by the Research Chefs' Association, is the blending of the culinary arts and the science of food. Students completing this certificate will have career opportunities in food manufacturing, chain restaurants, hotels, ingredient supply houses, consulting and academia, R & D, sales, marketing, manufacturing, distribution, and the media.

The Research Chefs' Association suggests that students take additional Culinary Arts courses such as CA A255, Advanced Garde Manger and CA A265, Ala Minute Continental Cooking to enhance their culinary skills.

Culinology® students should obtain materials from the Transfer Center for complete details on transferable courses.

#### Program Outcomes

Graduates will:

Be competent entry-level Culinary and Food Science assistants meeting the employment needs of the community.

Communicate and work effectively with Chefs and Food Scientists and clientele.

Be able to transfer to selected colleges in Culinology®.

Culinology® students should obtain materials from the Transfer Center for complete details on transferable courses.

#### ASSOCIATE IN SCIENCE DEGREE PROGRAM

In addition to completion of the prerequisite and required courses below, this program requires completion of the Associate in Science General Education as listed in the catalog. Students planning to transfer to Cal Poly Pomona need to complete General Education certification for the California State University System.

#### Required Courses

Course			Units
Culinary Principles	CA	A120	(3)
Principles of Baking	CA	A124	(3)
Pantry	CA	A149	(2)
Garde Manger	CA	A200	(2)
Preparatory General Chemistry	CHEM	A130	(4)
General Microbiology	BIOL	A210	(5)
Careers in Dietetics/Food Sci	FN/NC	A100	(1)
Nutrition	FN	A170	(3)
Food Science	FN	A195	(4)
Sanitation & Safety	FSM	A160	(3)
Food Production Management	FSM	A151	(2)
Menu Planning & Purchasing	FSM	A250	(3)
Internship Academy Level 2	ITRN	A393	(2-4)
Intro to Statistics	MATH	A160	(3)
(Or)			
Honors Intro to Statistics	MATH	A160H	(3)
(Or)			
Statistics for Behavioral Sci	PSYC	A160	(3)
<b>Total:</b>			<b>(40)</b>

Culinology® is the registered trademark of the Research Chefs Association.

## DANCE

### DANCE INSTRUCTOR

The Dance certificate program trains students for positions in the commercial and artistic areas of dance. Graduates of the program would be qualified as instructors in ballet, modern, jazz, tap and world dance forms in private studios, recreation or other community dance programs. The Dance Department also recommends that students complete their General Education Requirements for an Associate Degree.

Students are able to apply principles of movement and creativity to all forms of dance, demonstrate skills of instructing dance to communicate through movement and words, and apply information learned in other disciplines to the art form of dance.

Instruction will utilize both classroom work, using a variety of instructional methods (lecture, lab/demonstration, independent and group projects) and internship experiences in business/industry to prepare the student for job requirements.

#### Program Outcome

Students will be able to:

1. Demonstrate knowledge of proper alignment, use of turnout and ability to apply alignment corrections in a teaching situation.
2. Communicate effectively through movement and words.
3. Successfully design and write a lesson plan appropriate to the level and age of the target students.
4. Construct and teach a dance phrase in a particular style: modern dance, ballet, tap, jazz, hip hop or world dance.
5. Incorporate three learning modes and an exercise "progression" in teaching methodology.
6. Correctly count and set tempo in duple and triple meter for a live dance accompanist or for recorded music.
7. Teach a technique or creative movement dance class for children or adults.

#### CERTIFICATE OF ACHIEVEMENT

Course	Required Courses		Units
Pilates Mat Work (Or)	DANC	A108	(.5-2)
Pilates Apparatus & Mat Work	DANC	A128	
Kinesiology for Dance	DANC	A119	(3)
Improvisation	DANC	A150	(1)
Advanced Dance Composition	DANC	A162	(3)
Music for Dancers	DANC	A170	(2)
Appreciation of Dance	DANC	A200	(3)
Rehearsal & Performance*	DANC	A201	(1)
Dance Profession Seminar	DANC	A205	(2)
Dance Methodology	DANC	A210	(3)
Repertoire	DANC	A211	(1-4)
Internship Academy (Or)	ITRN	A392	(1-4)
Internship Academy	ITRN	A393	
<b>Subtotal:</b>			<b>(20.5-28)</b>

Select at least ten (10) units of dance technique courses from at least four different dance styles:

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Intro to World Dance	DANC	A133	(.5-2)
Classical Dance of India	DANC	A137	(.5-2)
Jazz Dance 3-4	DANC	A143	(1-2)
Ballet 3-4	DANC	A144	(.5-2)
Modern Dance 3-4	DANC	A145	(.5-2)
Tap 3-4	DANC	A146	(.5-2)
Flamenco Dance 2	DANC	A147	(.5-2)
Mid-Eastern Dance 2	DANC	A148	(.5-2)

**(10)**

**Total: (30.5-38)**

\*Must perform in one student dance concert.

**Suggested electives:**

Anatomy & Physiology	BIOL	A221	(3)
Intro to Business	BUS	A100	(3)
Personal Financial Success	BUS	A120	(3)
Creativity for Children	EC	A131	(3)
Health Education	HLED	A100	(3)
Fitness & Health	HLED	A134	(3)
Child Development	HMDV	A180	(3)
Intro to Psychology	PSYC	A100	(3)
Interpersonal Communication	SPCM	A100	(3)

**ASSOCIATE DEGREE**

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

**WORLD DANCE**

The Dance certificate program trains students for positions in the commercial and artistic areas of dance. Graduates of the program would be qualified as instructors in private studios, recreation or other community dance programs, and act as consultants, lecturers, or performers with an emphasis on the ethnic dance forms, primarily Mid-Eastern, Flamenco, Spanish Classical, East Indian, or African (Nigeria/Ghana). The Dance Department also recommends that students complete their General Education Requirements for an Associate Degree.

Students are able to apply principles of movement and creativity to all forms of dance, demonstrate skills of instructing dance to communicate through movement and words, and apply information learned in other disciplines to the art form of dance.

Instruction will utilize both classroom work, using a variety of instructional methods (lecture, lab/demonstration, independent and group projects) and internship experiences in business/industry to prepare the student for job requirements.

**Program Outcomes**

Students will be able to:

Demonstrate effective movement principles and the elements of space, shape, energy and rhythm/time.

Perform at least one of the following world dance forms with appropriate vocabulary skills and styling at an intermediate/advanced level: Flamenco, Classical Indian Dance, African Dance, and Middle Eastern Dance.

Demonstrate proficiency in vocabulary, traditions, and cultural knowledge for three or more World Dance forms studied at OCC.

Communicate effectively through movement and words.

Demonstrate skills required to work in commercial or artistic areas of ethnic dance.

**CERTIFICATE OF ACHIEVEMENT**

**Required Courses**

<b>Course</b>			<b>Units</b>
Mid-Eastern Dance 1	DANC	A130	(.5-2)
Flamenco Dance 1	DANC	A135	(.5-2)
Classical Dance of India	DANC	A137	(.5-2)
Dances of Africa	DANC	A138	(.5-2)
Music for Dancers	DANC	A170	(2)
Appreciation of Dance	DANC	A200	(3)
Rehearsal & Performance*	DANC	A201	(1)
(And)			
Repertoire	DANC	A211	(1-4)
(Or)			
Performing Dance Ensemble	DANC	A203	(3)
Dance Profession Seminar	DANC	A205	(2)
Dance Methodology	DANC	A210	(2.5)
Multicultural Behavior	ANTH	A150	(3)
Internship Academy	ITRN	A392	
(Or)			(1-4)
Internship Academy	ITRN	A393	
<b>Subtotal:</b>			<b>(17.5-29.5)</b>

**Select eight (8) units of ethnic dance technique from the following:**

Latin Dance Styles	DANC	A116	(.5-2)
Intro to World Dance	DANC	A133	(.5-2)
Folk Dance	DANC	A142	(.5-2)
Flamenco Dance 2	DANC	A147	(.5-2)
Mid-Eastern Dance 2	DANC	A148	(.5-2)

**(8)**

**Select two (2) units from the following:**

Modern Dance 1	DANC	A101	(.5-2)
(Or)			
Modern Dance 3-4	DANC	A145	(.5-2)
Ballet 1	DANC	A110	(.5-2)
(Or)			
Ballet 3-4	DANC	A144	(.5-2)
Jazz Dance 1	DANC	A120	(.5-2)
(Or)			
Jazz Dance 3-4	DANC	A143	(1-2)
Tap 1	DANC	A125	(.5-2)
(Or)			
Tap 3-4	DANC	A146	(.5-2)

**(2)**

**Total: (27.5-39.5)**

\*Must perform in one student dance concert.

**Suggested electives:**

Nonverbal Behavior	ANTH	A105	(3)
Comparative Cultures	ANTH	A110	(3)
World Ethnology	ANTH	A285	(3)
Pilates Mat Work	DANC	A108	(.5-2)
Pilates Apparatus & Mat Work	DANC	A128	(.5-2)
Kinesiology for Dance	DANC	A119	(3)
Improvisation	DANC	A150	(1)
Ethnic Groups in United States	ETHS	A150	(3)
History & Appreciation of Music	MUS	A100	(3)
World Religion	PHIL/RLST	A110	(3)
Eastern Thought	RLST	A150	(3)

**ASSOCIATE DEGREE**

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

**PILATES/DANCE CONDITIONING INSTRUCTOR**

The Pilates/Dance Conditioning Instructor Certificate of Specialization prepares the student to teach in a privately owned dance, fitness or Pilates studio, recreational facility, or health club. The student takes theory and technique courses on Pilates apparatus taught by Pilates certified specialists and learns methods to determine appropriate conditioning programs for people of all ages and physical conditions.

To prepare the student for employment, instruction uses both classroom work with a variety of instructional methods (lecture, lab/demonstration, independent and group projects), and internship experiences in dance and fitness facilities.

**Program Outcomes**

Upon completion of this certificate the student will be able to:

1. Demonstrate and/or identify beginning through advanced Pilates exercises for mat and apparatus.
2. Describe the basic principles of Pilates and explain their relevance to a Pilates program.
3. Design a lesson plan for a Pilates mat and apparatus class.
4. Teach a Pilates class using appropriate cueing and demonstration.
5. Identify common alignment problems and describe proper modifications and/or solutions.

**CERTIFICATE OF SPECIALIZATION**

**Required prerequisite:**

Current First Aid/CPR certification

**Required Courses**

<b>Course</b>			<b>Units</b>
Pilates Mat Work	DANC	A108	(1)
Kinesiology for Dancers	DANC	A119	(3)
Pilates Apparatus & Mat Work	DANC	A128	(4)
Pilates Methodology	DANC	A129	(2)
Pilates as a Profession	DANC	A151	(1)
Advanced Pilates Seminar	DANC	A208	(1.5)
Internship Academy-Level 2	ITRN	A392	(2)
<b>Subtotal:</b>			<b>(14.5)</b>

**Select three (3) units from the following:**

Strength & Stretch	DANC	A106	(.5-2)
Conditioning for Dance	DANC	A107	(.5-2)
Yoga for Dancers	DANC	A115	(.5-2)
Dance Workout/Maturing Body	DANC	A118	(.5-2)
Gyrokinesis®	DANC	A139	(.5-2)

**(3)**

**Total: (17.5)**

**Suggested electives:**

Anatomy-Physiology	BIOL	A221	(4)
Dance Profession Seminar	DANC	A205	(2)
Dance Methodology	DANC	A210	(3)
Fitness & Health	PE	A134	(3)
Intro to Adapted P E	PE	A268	(2.5)
Fitness/Exercise Testing	PE	A284	(3)
Strength & Conditioning/Theory	PE	A289	(3)