

## COOK APPRENTICESHIP

The Cook Apprenticeship Certificate of Achievement will be awarded only upon completion of the three year American Culinary Federation approved apprenticeship program administered by the State of California Apprenticeship Board. Students are required to complete 2,000 hours per year for three years for a total of 6,000 hours in addition to completion of the Certificate of Achievement.

### Program Outcome

Students will be prepared for employment as professional and competent culinarians and certification as a cook by the American Culinary Foundation.

### CERTIFICATE OF ACHIEVEMENT

Course	Required Courses			Units
	FIRST YEAR			
<b>First Semester</b>				
Culinary Principles 1	CA	A120	(3)	
Sanitation & Safety	FSM	A160	(3)	
<b>Second Semester</b>				
Intro to Hospitality Industry	CA	A100	(3)	
Culinary Principles 2	CA	A122	(3)	
<b>SECOND YEAR</b>				
<b>Third Semester</b>				
Principles of Baking 1	CA	A124	(2)	
Food Service Math/Accounting	FSM	A240	(4)	
Intro to Nutrition Concepts (2)	FN	A140	(2-3)	
(Or)				
Nutrition (3)	FN	A170		
<b>Fourth Semester</b>				
Menu Planning & Purchasing	FSM	A250	(3)	
Supervision & Training Tech	FSM	A260	(3)	
<b>THIRD YEAR</b>				
<b>Fifth Semester</b>				
Food Production Management	FSM	A151	(2)	
Dining Room Service	FSM	A190	(2)	
<b>Sixth Semester</b>				
Garde Manger	CA	A200	(2)	
Restaurant Management	FSM	A285	(3)	
Emergency Medical Care (3)	EMT	A100	(2-3)	
(Or)				
First Aid & CPR (2)	HLED	A112		
<b>Total:</b>			<b>(37-39)</b>	

NOTE: FSM A160, Sanitation and Safety, is a prerequisite to all laboratory classes.  
Program sequence may be modified to suit individual student needs.

## CULINOLOGY®

## CULINARY AND FOOD SCIENCES

The corporate headquarters of several restaurant chains as well as large and small food manufacturers are located in the Southern California area. Opportunities exist for persons trained in culinary arts and food science to find interesting and rewarding careers with these companies. Orange Coast College's Culinary and Food Sciences program is designed for students who are interested in working as assistants in the following field: food research and development, quality assurance, sensory, or flavor chemistry.

### 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.

### CERTIFICATE OF ACHIEVEMENT

Course	Required Courses			Units
	Fall			
Culinary Principles	CA	A120	(3)	
Pantry	CA	A149	(2)	
Careers in Dietetics/Food Sci	FN/NC	A100	(1)	
Nutrition	FN	A170	(3)	
Food Production Management	FSM	A151	(2)	
Sanitation & Safety	FSM	A160	(3)	
Intermediate Algebra	MATH	A030	(3)	
(Or)				
Technical Math	TECH	A040	(3)	
<b>Spring</b>				
Principles of Baking	CA	A124	(3)	
Food Science	FN	A195	(4)	
Menu Planning & Purchasing	FSM	A250	(3)	
Preparatory General Chemistry	CHEM	A130	(4)	
(Or)				
Principles of Chemistry	CHEM	A100	(3)	
Internship Academy Level 2	ITRN	A393	(2-4)	
<b>Total:</b>			<b>32-33</b>	

## 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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