**FDNT 70 Course Outline as of Summer 2009**

# CATALOG INFORMATION

Dept and Nbr: FDNT 70 Title: INTRO TO THE PROFESSION
Full Title: Introduction to Nutrition, Dietetics and Food Service
Last Reviewed: 12/9/2019

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---|---|---|---|---|---|---|
| Maximum | 1.00 | Lecture Scheduled | 1.00 | 17.5 | Lecture Scheduled | 17.50 |
| Minimum | 1.00 | Lab Scheduled | 0 | 6 | Lab Scheduled | 0 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 1.00 | | Contact Total | 17.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 35.00 Total Student Learning Hours: 52.50

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| Title 5 Category: | AA Degree Applicable |
| Grading: | Grade Only |
| Repeatability: | 39 - Total 2 Times |
| Also Listed As: | DIET 70 |
| Formerly: | |

**Catalog Description:**
Professional roles, skills, responsibilities and opportunities in the fields of nutrition, dietetics and food service management. Introduction to the history of the profession, related government agencies, scientific literature and resources, and professional code of ethics.

**Prerequisites/Corequisites:**

**Recommended Preparation:**
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**
Description: Professional roles, skills, responsibilities and opportunities in the fields of nutrition, dietetics and food service management. Introduction to the history of the profession, related government agencies, scientific literature and resources, and professional code of ethics. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Total 2 Times

## ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

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|---|---|---|---|---|---|
| **AS Degree:** | **Area** | | | Effective: | Inactive: |
| **CSU GE:** | **Transfer Area** | | | Effective: | Inactive: |
| **IGETC:** | **Transfer Area** | | | Effective: | Inactive: |
| **CSU Transfer:** | Transferable | Effective: | Fall 2006 | Inactive: | |
| **UC Transfer:** | | Effective: | | Inactive: | |

**CID:**

**Certificate/Major Applicable:**
Both Certificate and Major Applicable

## COURSE CONTENT

**Outcomes and Objectives:**
Upon successful completion of this course, students will be able to:
1. Discuss key historical figures, scientific discoveries, and legislation related to the field of nutrition, dietetics and food safety.
2. Compare and contrast professional work opportunities, including government, private sector and self-employment.
3. Discuss different activities and responsibilities in the various fields of employment.
4. Describe the academic and practice requirements for different positions in the fields of nutrition, dietetics, and food service management.
5. Compare individual personal interests and capabilities to those required of professionals in nutrition, dietetics and food service management.
6. Discuss the goals and activities as well as the responsibilities and functions of professional organizations associated with the field.
7. Select and apply information from journals and other resources for various professional objectives.
8. Use standards of practice and ethical codes in the workplace.
9. Maintain a professional portfolio of continuing education units.
10. Based on subsequent repeats, students will be able to compare and contrast activities and responsibilities of different professional work opportunities; select and apply information from additional professional journals and other resources; continue development of their individual Professional Development Portfolio, required as part of the eligibility criteria for becoming registered as a Dietetic Technician (DTR) and/or Dietitian (RD).

**Topics and Scope:**

I. History of the profession
   A. Historical figures of 19th century to present
   B. Scientific method and the discovery of different nutrients
   C. Historical events - major food legislation of 20th century to present
   D. National and international organizations
      1. US Department of Agriculture
      2. US Department of Health and Human Services
      3. Food and Drug Administration
      4. World Health Organization; Food and Agriculture Organization
II. Careers in Nutrition, Dietetics, and Food Service Management
   A. Job titles and activities:
      1. Nutritionist
      2. Registered Dietitian (RD); Registered DieteticTechnician (DTR)
      3. Health educator
      4. Food service supervisor and Certified Dietary Manager (CDM)
      5. Dietetic assistant
   B. Employment opportunities and basic job descriptions
      1. Food assistant programs
      2. School food service and child nutrition programs
      3. Correctional facilities
      4. Hospitals
      5 Assisted living communities
      6. Business and industry
      7. Education and research
III. Educational requirements for different professional positions
IV. Activities and responsibilities of different positions
V. Professional organizations
   A. American Dietetic Association (ADA), related journal and website
   B. State and local Dietetic Associations and practice groups
   C. Dietary Managers Association
   D. Center for Science in the Public Interest
VI. Scientifically reliable sources of information and ongoing support for working in and maintaining currency in the field.
   A. Professional publications and related websites
   B. ADA position papers
   C. Trade publications and related websites
VII. Standards of Practice and Professional Code of Ethics for Nutrition and Dietetics
VIII. Resume writing
IX. American Dietetic Association Professional Development Portfolio
X. Repeating students will review additional professional opportunities as presented by different guest speakers and review additional professional journals and other resources to maintain currency in the field.

**Assignment:**

1. Readings from course reader and professional publications, 2-10 pages per week.
2. Written statement of current ideas about career goals and objectives (1-2 pages).
3. Prepare a written multi-year plan reflecting progression towards career goals over the next 5 years.

3. Professional development portfolio. Include a tracking system for recording completion of continuing education requirements. Graded 75% problem solving; 25% written summary.
4. Written summary of 1-2 journal articles; compose 2-3 test questions related to article.
5. Written summaries of speaker presentations with commentary on applicability of presented area of practice to individual interests and goals.
6. Prepare a professional resume.
7. 1-2 quizzes.
8. Repeating students will demonstrate progress towards completing requirements for entering the profession of nutrition, dietetics and/or foodservice management with the following:
a) summaries of guest speaker presentations representing additional professional opportunities;
b) reviews and summaries of different current journal articles related to the profession
c) additional entries in Professional Development Portfolio required for Registration as a DTR and/or RD

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

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| Statement; plan; resume; summaries & questions | Writing<br>40 - 60% |

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

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| Career portfolio | Problem solving<br>10 - 20% |

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

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| None | Skill Demonstrations<br>0 - 0% |

**Exams:** All forms of formal testing, other than skill performance exams.

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| Multiple choice, Completion, Short answer | Exams<br>10 - 30% |

**Other:** Includes any assessment tools that do not logically fit into the above categories.

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| Attendance and participation | Other Category<br>5 - 10% |

**Representative Textbooks and Materials:**
Instructor prepared materials.
Creating Your Career Portfolio, 4th Ed., Williams, A.G. and Hall K. J., Prentice Hall, 2008.