

# **North Shore Community College**

## **Nutritional Science Program**

### **Student Orientation**

#### **Introduction:**

Welcome to the Nutritional Science Program. This challenging Associate of Applied Science Degree program will enable you to transfer to four year colleges and universities to earn your Bachelor's of Science Degree in Nutrition and Food Science. The program emphasizes food service administration, community and clinical nutrition and will prepare you for entry level employment in hospitals, nursing homes, public health programs, schools, correctional institutions, restaurants, fitness centers, food manufactures, health inspectors and other areas of the food service industry.

#### **Philosophy and Objectives:**

The Nutritional Science Department has established philosophies and objectives to assist you in obtaining your educational and career goals. They are as follows:

#### **Program Mission:**

The primary goal of the Nutritional Science Program is to prepare students for enrollment in four year institutions and to prepare students for entry into the Food Service Industry. Reflecting the diverse ambitions of students, the program provides access both to both enrollment in four-year institutions and employment in the Food Service Industry. The program provides a strong intellectual framework, emphasizes professional skills and allows for optional practical experience. The program is designed to improve self-confidence as well as essential professional skills.

#### **Program Goals:**

The objectives of the Nutrition Science and Diet Technology Program are:

1. To include general college level course work that will prepare students for life experience in addition to specific work experience. The institution maintains that graduates must be literate, numerate, effective problem solvers and decision makers in order to meet their responsibilities to the workplace, their communities and in their families.

2. To enable students with an Associates in Applied Science to be eligible for enrollment in a four year institution.
3. To provide students with the theoretical foundation and occupational skills necessary for entry level employment in the food service industry. Theory and skills are designed to be flexible and transferable in recognition of the rapidity of change in today's market place.
4. To ensure that professional guidance, counseling services, skills development and tutorial training are available to each student upon request. In addition, the Nutritional Science and Diet Technology Program cooperate with the institution's financial aid office to give qualified students the financial opportunity to attend college.
5. To interact with foodservice industry through the use of Advisor Board and supervised work experience. These interactions ensure that instruction keeps pace with changes in industry and facilitates placement of graduates.
6. To provide for student participation in vocational activities and field trips.

### **Graduation:**

In order to graduate, students must meet specific college academic and technical requirement which. In order for students to graduate, they must have:

1. Earned at least sixty credits with CQPA of 2.0 or higher.
2. Completed at least fifteen semester hours of work in residence at North Shore Community College
3. Fulfilled all requirements designated in the applicable active program requirements
4. Met the particular detailed career course and grading requirements in the curriculum selected.
5. Completed a minimum of fifteen credits in Liberal Arts courses.

## Detailed Program Requirements:

The following courses are required for graduation:

<b>Course</b>	<b>Credits</b>
Body in Health and Disease	3
Composition 1	3
Nutrition for Healthy Living	3
Mathematics for Health and Applied Science	3
Introductory Chemistry 1 and 2	4/4
Introduction to Business	4
Composition 2	3
Fundamentals of Computers	4
Food Safety and Sanitation	3
Culinary Skills for Nutrition	4
Technology of Food Processing	3
Food Chemistry	4
Behavioral Science Elective	3
Introduction to Dietary Management	3
Nutritional Management of Illness	4
Human Resource Management	3
Speech of Speech Dynamics	3
<b>Total Credits</b>	<b>62</b>

## Practicums:

Practicums are offered to students wishing to gain practical experience for employment or transferring Nutrition for Life Cycle and Nutritional Management of Illness courses to Simmons College. There are three practicums: Food Service, Community and Clinical Nutrition., each consisting of 150 hours of supervised practice. Practicums are not a graduation requirement and students may take what ever Practicums meet their educational and career goals. Practicums are completed as independent studies through the Center for Alternative Studies and students receive a Pass or Fail grade upon completion of the practicums. Paper work for the independent Practicums are obtained at the Center for Alternative Studies.

In order for students to be eligible for the practicums, they must first take the prerequisite courses. Supervised Practicum for Food service requires Nutrition for Healthy Living and Introduction to Dietary Management. Supervised Practicum for Clinical requires Nutrition for Healthy Living and Nutritional Management of Illness and Supervised Practicum for Food

Service Administration requires Nutrition for Healthy Living and Introduction to Dietary Management.

You must also complete a Health Evaluation Packet. The steps to complete the Health Evaluation Packet are as follows:

1. Arrange for an appointment with a physician or nurse practitioner for a physical exam stating that you are fit for the practicums.
2. Have them complete two immunization forms
3. Your immunizations must be up to date
  - a. Measles (Rubella), Mumps, German Measles (Rubella)
  - b. Tetanus/diphtheria
  - c. Hepatitis B
  - d. Chicken Pox (Vermicelli)
  - e. Tuberculosis (TB) Mantoux Test.

In addition you must have current CPR certificate for health care providers which includes 2-man, infant and child. Local hospitals and YMCA or YWCA or American Heart Association offer this training, so check with them for availability.

Lastly, you need liability insurance which can be purchased thru Seabury and Smith of Chicago. You must send them a money order for payment.

Detailed Practicum information, course requirements and appropriate professional demeanor are provided when you register.

### **Transferring to Four Year Institutions:**

The Nutrition Science Program at North Shore Community College has a very solid transfer relationship with Simmons College. Students graduating from our program with a 3.0 can enter Simmons College as juniors. The course transfer information is as follows:

## Transfer Course/Credit Evaluation Form

### Transfer Course/Credit Evaluation from Associate Degree in Applied Science in Nutritional Sciences and Diet Technology to Bachelor of Science Degree in Nutrition:

North Shore Community College	Cr.	Simmons College
DTC 202: Culinary Skills for Nutrition	3	NTR101: Food Science
DTC102: Nutrition for Healthy Living	3	NTR111: Fundamentals of Nutrition
FSN202: Food Chemistry	4	NTR201: Advanced Food Science
DTC206: Nutritional MGT of Illness Dietetics	4	NTR231: The Practice of Clinical
And		
DTC214: Supervised Practicum-Diet Technology	4	
DTC104: Nutrition for Life Cycle	4	NTR237: Intro to Community Nutrition
And		
DTC216: Supervised Practicum-Diet Technology	4	
DTC204: Introduction Dietary Management	3	NTR248: Food Production and Service Systems

#### Related Courses:

CHE101: Introductory Chemistry  
CHE102: Organic Chemistry  
BIO: 103/104 Anatomy and Physiology  
BEH Elective

And need: (can be taken at NSCC)  
BEH elective  
Microbiology Statistics

Simmons Nutrition Courses Needed:

1. NTR249: Management of Food Service Systems  
NTR311: Human Nutrition and Metabolism
2. NTR381: Advanced Community Nutrition
3. NTR390: Nutrition Seminar

It is highly recommended that students planning on transferring to Simmons take Anatomy I and II.

Students may transfer to other Nutrition Science Programs, but courses are accepted by the discretion of the transfer institution.

**Academic Advising:**

Students are encouraged to contact program coordinator, Ginny King, MPH, RDN-AP, at [gking@northshore.edu](mailto:gking@northshore.edu) or 978-762-4033 with questions concerning the Nutritional Science and Diet Technology program. Her office is located at 339 Health Professions & Student Services building (HPSS) in the Health Professions Division suite on the Danvers Campus; office hours are posted outside the office. To schedule an advising appointment, students may email Professor King for a virtual session via Zoom if that is more convenient. It is highly recommended that students meet to discuss their program of study during the fall and spring advising sessions and to keep them on track for timely program completion.

**Best of luck with your studies! See you in class.**