

Sports and Health Nutrition Career Path

Degree: Associate in Applied Science

Credit Requirements: 69 Semester Credit Hours

The Culinary Arts degree program with a career path in Sports and Health Nutrition prepares students for positions as professional cooks, chefs and dietary managers for health care facilities, sports clubs, hospitals and schools. Students will learn how to start and operate their own business as personal and private chefs and to develop menus for individuals who have personal dietary needs. Students study both theory and practical kitchen applications to include proper sanitary handling of food and ethical practices of managing a business.

All culinary courses are presented in culinary theory with application in kitchens of the Culinary Institute of Charleston at Trident Technical College both at the Main and Palmer campuses. Upon completing the program students can apply for the Dietetic Management certificate and a Sports Nutrition certificate.

Recommended Course Sequence

First Semester – Fall

HOS 104	Introduction to Culinary Arts	3
HOS 107	Culinary Skills I	3
HOS 109	Nutrition Science and Sanitation	3
HOS 118	Healthy Baking	3
CPT 101	Introduction to Computers	3

Total 15

Second Semester – Spring

HOS 111	Culinary Skills II	3
HOS 127	History of Diets in World Cultures	3
HOS 128	Culinary Management and Human Resources	3
HOS 129	Storeroom and Purchasing	3
BIO 110	General Anatomy and Physiology	3

Total 15

Third Semester – Summer

HOS 277	SCWE in Culinary Arts	3
REQ HUM	Select one course from Humanities listing on page B-3	3

Total 6

Fourth Semester – Fall

HOS 171	Food and Beverage Controls	3
HOS 242	Vegetarian and Vegan Cuisine	3
HOS 241	Sports Nutrition	3
HOS 132	Hospitality Communications and Leadership	3
ENG 101	English Composition 1	3
MAT 155	Contemporary Mathematics	3

Total 18

Fifth Semester – Spring

HOS 230	Therapeutic Nutrition	3
HOS 235	Menu Planning	3
HOS 278	Medicinal Herbs and Natural Healing	3
HOS 279	Dietary Health and Spa Cuisine	3
REQ SSC	Select one course from Behavioral/Social Sciences listing on page B-3	3

Total 15

Hospitality and Tourism Management

Associate in Applied Science

Credit Requirements: 69 Semester Credit Hours

The Hospitality and Tourism Management degree program prepares students for supervisory positions in hotels, motels, resorts, restaurants, attractions or a variety of other job opportunities within the travel industry.

The Hospitality and Tourism Management degree is accredited by the Accreditation Commission for Programs in Hospitality Administration.

Recommended Sequence of Courses

First Semester – Fall

CPT 101	Introduction to Computers	3
HOS 109	Nutrition Science and Sanitation	3
HOS 132	Hospitality Communications and Leadership	3
HOS 140	The Hospitality Industry	3
ELE HTM	Select one 100-level course from Hospitality and Tourism Management Electives	3

Total 15

Culinary Institute of Charleston

Second Semester – Spring

ENG 101	English Composition I	3
HOS 110	Food Production Management	3
or		
HOS 107	Culinary Skills I	3
HOS 145	Dining Room Operations	3
HOS 159	Hospitality Accounting Applications	3
ELE HTM	Select one 100-level course from Hospitality and Tourism Management Electives	3

Total 15

Third Semester – Summer

HOS 160	Purchasing for Hospitality	3
HOS 272	SCWE in Hospitality/Tourism Management	3
ELE HTM	Select one 200-level course from Hospitality and Tourism Management Electives	3

Total 9

Fourth Semester – Fall

HOS 245	Hospitality Marketing	3
HOS 250	Beverage Service Management	3
HOS 262	Hospitality Software Applications	3
REQ MAT	Select one math course from Math/Natural Sciences listing on page B-4	3
ELE HTM	Select one 200-level course from Hospitality and Tourism Management Electives	3

Total 15

Fifth Semester – Spring

HOS 255	Food Service Management	3
HOS 256	Hospitality Management Concepts	3
HOS 265	Hotel, Restaurant and Travel Law	3
REQ HUM	Select one course from Humanities listing on page B-3	3
REQ SSC	Select one course from Behavioral/Social Sciences listing on page B-3	3

Total 15

Hospitality and Tourism Management Electives

HOS 129	Storeroom and Purchasing	3
HOS 135	Introduction to Dining Room Service	3
HOS 150	Hotel Management	3
HOS 163	International Etiquette and Protocol	3
HOS 164	Travel and Tourism	3
HOS 169	Club Management	3
HOS 171	Food and Beverage Controls	3
HOS 190	Issues in Culinary Arts and Hospitality	3
HOS 251	Introduction to Wine	3

HOS 252	Advanced Food and Beverage Service	3
HOS 253	Beer Basics	3
HOS 254	Catering Management	3
HOS 258	Convention Management	3
HOS 261	Distilled Spirits and Related Products	3
HOS 268	Building a Beverage Business	3
SPA 155	Technical Spanish I	3

Baking and Pastry

Certificate in Applied Science

Credit Requirements: 27 Semester Credit Hours

The Baking and Pastry certificate program prepares students for baking and pastry positions in a variety of settings including fine dining restaurants and retail bakeries. Students study both theory and practical applications of baking, cake decorating and retail bake-shop management. All culinary courses are presented in culinary theory with application in kitchens of the Culinary Institute of Charleston at TTC.

Admission into this program requires proof of high school graduation (or GED) and qualifying scores on SAT, ACT or the TTC placement test.

Recommended Sequence of Courses

First Semester – Fall

HOS 104	Introduction to Culinary Arts	3
HOS 109	Nutrition Science and Sanitation	3
HOS 113	Laminated Doughs and Pastries	3
HOS 114	Introduction to Cakes	3
HOS 119	Introduction to Baking and Pastry	3

Total 15

Second Semester – Spring

HOS 121	Cake Decorating and Finishing Techniques	3
HOS 220	Advanced Bakeshop	3
HOS 221	Retail Baking	3
ELE B/P	Select one course from Baking and Pastry Electives	3

Total 12

Baking and Pastry Electives

HOS 118	Healthy Baking	3
HOS 181	Candies and Confectionaries	3
HOS 182	Artisan Breads	3
HOS 183	Plated Desserts	3