Sports and Health Nutrition Career Path

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 businesses 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. Upon completing the program students can apply for the Dietetic Management certificate and a Sports Nutrition certificate.

Recommended Course Sequence
First Semester – Fall

BKP 101	Introduction to Baking	3
CPT 101	Introduction to Computers	3
CUL 104	Introduction to Culinary Arts	3
CUL 105	Kitchen Fundamentals	3
CUL 112	Classical Foundations of Cooking	3
	Total 15	

Second Semester – Spring

BKP 102	Introduction to Pastries	3
CUL 118	Nutritional Cooking	3
CUL 123	American Bistro	3
CUL 127	History of Diets in World Cultures	3
CUL 129	Storeroom and Purchasing	3
	Total 15	

Third Semester – Summer

REQ COM	Select one from Communication listing on page B-3	3
REQ HUM	Select one course from Humanities listing on page B-3	3
REQ MAT	Select one math course from Mathematics/Natural Sciences listing on page B-4	3
REQ SSC	Select one course from Behavioral/ Social Sciences listing on page B-3	3
	Total 12	

Fourth Semester – Fall

CUL 128	Culinary Management and Human Resources	3
CUL 171	Food and Beverage Controls	3
CUL 242	Vegetarian and Vegan Cuisine	3
HOS 241	Sports Nutrition	3
	Total 12	

Fifth Semester – Spring

CUL 186	Mediterranean Cuisine	3
CUL 238	Culinary Marketing	3
CUL 250	Health and Culinary Non-Profit Organizations	3
CUL 277	SCWE in Culinary Arts	3
HOS 230	Therapeutic Nutrition	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 career paths within the hospitality industry including lodging, food and beverage service, tourism, and event segments.

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

Program Learning Outcomes

Students graduating from the Hospitality and Tourism Management A.A.S. program will be able to:

- Apply critical thinking skills to achieve effective outcomes in industry-specific areas
- Exhibit effective management, leadership and interpersonal skills throughout the program
- Demonstrate communication skills appropriate to the hospitality and tourism industry
- Develop and apply effective customer service skills
- Demonstrate proficiency in the use of industry-specific technologies.

Recommended Sequence of Courses
First Semester – Fall

ENG 101	English Composition I	3
HOS 140	The Hospitality Industry	3
HOS 157	Hospitality Service	3
HOS 164	Travel and Tourism	3
ELE HTM	Select one 100-level course from Hospitality and Tourism Management Electives	3
	Total 15	