

2018-2019 TTC Catalog

Culinary Arts Technology - Sports and Health Nutrition

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Culinary Arts Technology

Sports and Health Nutrition career path

69 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.

General Education Core Requirements

IDS 109 First Year Experience Seminar 3

REQ COM Select from 3
[Communication](#)

REQ SSC Select from 3
[Behavioral/Social Sciences](#)

REQ HUM Select from 3
[Humanities](#)

REQ MAT Select from 3
[Mathematics/ Natural Sciences](#)

Total: 15

Major Requirements

BKP 101 Introduction to Baking 3

BKP 102 Introduction to Pastries 3

CUL 104 Introduction to Culinary Arts 3

CUL 105 Kitchen Fundamentals 3
CUL 112 Classical Foundations of Cooking 3
CUL 118 Nutritional Cooking 3
CUL 123 American Bistro 3
CUL 127 History of Diets in World Cultures 3
CUL 128 Culinary Management and Human Resources 3
CUL 129 Storeroom and Purchasing 3
CUL 171 Food and Beverage Controls 3
CUL 186 Mediterranean Cuisine 3
CUL 238 Culinary Marketing 3
CUL 242 Vegetarian and Vegan Cuisine 3
CUL 250 Health and Culinary Non-Profit Organizations 3
CUL 277 SCWE in Culinary Arts 3
HOS 230 Therapeutic Nutrition 3
HOS 241 Sports Nutrition 3

Total: 54

Admission Requirements

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