

2018-2019 TTC Catalog

Sports and Health Nutrition

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Certificate in Applied Science

36 Credit Hours

The Sports and Health Nutrition certificate prepares students for positions as personal and private cooks, chefs and dietary managers for individuals at home, health care facilities, sports clubs, hospitals and schools. 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.

Major Requirements

BKP 101 Introduction to Baking 3
BKP 102 Introduction to Pastries 3
IDS 109 First Year Experience Seminar 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 127 History of Diets in World Cultures 3
CUL 129 Storeroom and Purchasing 3
CUL 242 Vegetarian and Vegan Cuisine 3
or
CUL 186 Mediterranean Cuisine 3
HOS 230 Therapeutic Nutrition 3
HOS 241 Sports Nutrition 3

Total: 36

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.