

FOOD AND NUTRITION (FON)

FON100 / Introductory Nutrition

3 Credits / 3.0 Periods for Lecture

Introduction to the science of food and human nutrition. Current sustainable dietary recommendations and applications for maximizing well-being and minimizing risk of chronic disease throughout the life cycle. An overview of the nutrients, emphasizing the importance of energy and fluid balance, and optimal functioning of the digestive system. Understanding factors that influence food intake in different cultures. Methods for evaluating credibility of nutrition claims, a focus on modern food safety and technology practices, and a worldview of nutrition are included. Emphasis is on personal dietary behavior change for a holistic life of wellness. Prerequisites: None.

Division: Health Science and Public Service

FON104 / Certification in Food Service Safety and Sanitation

1 Credit / 1.0 Periods for Lecture

Preparation for and certification in a national food sanitation and safety program. Emphasis on food from purchasing, receiving, and storing to preparation, holding, and serving. Focuses on safe and sanitary food service facilities and equipment, employee habits and personal hygiene, and role of management in safety and sanitation. Includes time-temperature principles, foodborne illnesses, pest control, accident prevention, standards for cleaning and sanitizing, and regional regulations and standards. Prerequisites: None.

Division: Health Science and Public Service

FON125 / Introduction to Professions in Food, Nutrition, and Dietetics

1 Credit / 1.0 Periods for Lecture

Overview and discussion of career opportunities in the fields of food, nutrition, and dietetics. Includes information about history, ethics, standards of practice, communication and counseling skills. Emphasis on how to become a Registered Dietitian Nutritionist or a Dietetic Technician Registered. Prerequisites: None.

Division: Health Science and Public Service

FON135 / Sustainable Cooking

3 Credits / 4.0 Periods for Lecture & Lab

Basic cooking techniques for healthful and enjoyable eating. Emphasis on strategies for maximizing the use of whole, local, and nutrient-dense food while focusing on applying the dietary recommendations for optimal health to food choices. Opportunities to learn about sustainable food living and identifying resources that enable people to be more in control of their food supply. Covers issues of diversity as related to sustainable food systems and equitable access to food. Prerequisites: None. Course Notes: Laboratory component involves hands-on experience in the college teaching or commercial kitchen and garden (or similar teaching or commercial food operation). Students employed in a farm-to-table or similar operation may complete their hands-on portion under their employer's supervision.

Division: Health Science and Public Service

FON142AB / Science of Food

3 Credits / 5.0 Periods for Lecture & Lab

Exploration and Application of Scientific Principles of Food; experiences with ingredient functionality and application in cooking techniques.

Prerequisites: None.

Division: Health Science and Public Service

FON207 / Introduction to Nutrition Services Management

3 Credits / 3.0 Periods for Lecture

Principles, knowledge, and techniques required for effective nutrition services management. Includes nutrition service issues in relation to health care trends, leadership skills, management theories and styles, food service manager responsibilities, and laws which pertain to nutrition service operations. Prerequisites: A grade of C or better in (MAT055, MAT056, and MAT057), or (MAT090, or MAT091, or MAT092), or satisfactory mathematics placement.

Division: Health Science and Public Service

FON210 / Sports Nutrition and Supplements for Physical Activity

3 Credits / 3.0 Periods for Lecture

Principles of nutrition applied to fitness, exercise, and sports. Dietary fundamentals as applied to body fuels, hydration, and other unique needs for exercise and sports. Includes dietary guidelines for weight or endurance training, glycogen loading, the pre-game meal, and glycogen recovery. Emphasis on maximizing fitness, performance, and safety. Discussion of supplements and their effects on metabolic enhancement. Discussion of anabolic, catabolic, and energy-producing agents. Addresses current supplements on the market. Prerequisites: A grade of C or better in FON100 or FON241.

Division: Health Science and Public Service

FON225 / Research in Complementary and Alternative Nutrition Therapies

3 Credits / 3.0 Periods for Lecture

Introduction to basic research methods and statistics as applied to complementary and alternative nutrition therapies. Emphasis on the analysis and interpretation of health-related research. Prerequisites: A grade of C or better in MAT092 or higher, or satisfactory score on district placement exam.

Fulfill: Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

Division: Health Science and Public Service

FON241 / Principles of Human Nutrition

3 Credits / 3.0 Periods for Lecture

Scientific principles of human nutrition. Emphasis on scientific literacy and the study of nutrients for disease prevention. Includes macronutrients and micronutrients, human nutrient metabolism and nutrition's role in the health of the human body throughout the life cycle. Addresses nutrition principles for prevention of nutrition-related health conditions. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241 LL

Division: Health Science and Public Service

FON241LL / Principles of Human Nutrition Laboratory

1 Credit / 3.0 Periods for Laboratory

Self-evaluative laboratory experience to complement FON241, Principles of Human Nutrition using anthropometric, biochemical, clinical, and dietary analysis. Includes the use of qualitative and quantitative methodology to determine nutritional status and evaluate methodological applications. Prerequisites: A grade of C or better in FON241 or Corequisites: FON241. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241

Division: Health Science and Public Service

FON242 / Introduction to Medical Nutrition Therapy**3 Credits / 3.0 Periods for Lecture**

Introduction to fundamental principles of medical nutrition therapy. Introduces the study of nutritional therapy of disease and evidence-based practice in prevention and nutritional management of diseases. Nutrition care planning for chronic diseases is taught via a variety of methods including case studies. This course applies foundational skills in the application of the Nutrition Care Process (NCP) for diet therapy implementation and documentation. Includes strategies to promote dietary adherence and the development of educational programs for a diverse adult population. Prerequisites: A grade of C or better in BIO160 and FON241.

Division: Health Science and Public Service

FON244AA / Food Service Management Practicum**2 Credits / 2.0 Periods for Lecture**

Classroom preparation and training, under the instruction and supervision of a registered dietitian. Application of principles, knowledge, and skills required in the delivery of nutrition services for food service management including food service operations, quantity food production, procurement, organizing and management principles, facility design and equipment, financial management, food safety and sanitation, menu planning, and marketing. Prerequisites: A grade of C or better in (FON125, FON142AB, FON207, and FON242) and permission of Program Director. Corequisites: FON244AB. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON244AB / Food Service Management Practicum Laboratory**2.5 Credits / 10.0 Periods for Laboratory**

Practicum experience under the supervision of a registered dietitian. Application of principles, knowledge, and skills required in the delivery of nutrition services for food service management including food service operations, quantity food production, procurement, organizing and management principles, facility design and equipment, financial management, food safety and sanitation, menu planning, and marketing. Prerequisites: A grade of C or better in (FON125, FON142AB, FON207, and FON242) and permission of Program Director. Corequisites: FON244AA. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON245AA / Medical Nutrition Therapy Practicum**2 Credits / 2.0 Periods for Lecture**

Classroom preparation and training, under the instruction and supervision of a registered dietitian. Understanding of principles, knowledge, and skills required for the delivery of medical nutrition therapy. Comprehension of nutritional screening, assessment, monitoring, and evaluation for common and complex medical conditions, medical documentation, patient interviewing and counseling, and education in health promotion and disease prevention. Prerequisites: A grade of C or better in (FON125, FON242, and HCC145AA) and (MAT092, or equivalent, or satisfactory district placement) and permission of Program Director. Corequisites: FON245AB. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON245AB / Medical Nutrition Therapy Practicum Laboratory**2.5 Credits / 10.0 Periods for Laboratory**

Practicum experience under the supervision of a registered dietitian. Application of principles, knowledge, and skills required for the delivery of medical nutrition therapy. Perform nutritional screening, assessment, monitoring, and evaluation for common and complex medical conditions, medical documentation, patient interviewing and counseling, and education in health promotion and disease prevention. Prerequisites: A grade of C or better in (FON125, FON242, and HCC145AA) and (MAT092, or equivalent, or satisfactory district placement) and permission of Program Director. Corequisites: FON245AA. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON246AA / Community Nutrition Practicum**2 Credits / 2.0 Periods for Lecture**

Classroom preparation and training, under the instruction of a registered dietitian. Understanding of principles, knowledge and skills required in the delivery of nutrition services in community-based agencies, outpatient health care settings, and social service agencies. Includes knowledge and understanding of nutrition intervention and wellness promotion for individuals and groups across the lifespan, i.e. infants through geriatrics with a diversity of cultural, religious and social backgrounds. Prerequisites: A grade of C or better in (FON125 and FON242) and permission of Program Director. Corequisites: FON246AB. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON246AB / Community Nutrition Practicum Laboratory**2 Credits / 10.0 Periods for Laboratory**

Practicum experience under the supervision of a registered dietitian. Application of principles, knowledge and skills required in the delivery of nutrition services in community-based agencies, outpatient health care settings, and social service agencies. Includes nutrition intervention and wellness promotion for individuals and groups across the lifespan, i.e. infants through geriatrics with a diversity of cultural, religious and social backgrounds. Prerequisites: A grade of C or better in (FON125 and FON242) and permission of Program Director. Corequisites: FON246AA. Course Notes: Students must be in compliance with the Maricopa Community Colleges Allied Health Program Student Policies.

Division: Health Science and Public Service

FON247 / Weight Management Science**3 Credits / 3.0 Periods for Lecture**

The comprehensive study of obesity as a disease of modern society due to multiple determinants. Use of evidence-based data and methods to assess and manage weight in various settings. Use of client-centered counseling strategies, including behavior change theories. Focus on discovering successful healthful long-term weight management strategies. Prerequisites: A grade of C or better in FON100 or FON241 or permission of Instructor.

Division: Health Science and Public Service