

## Nutrition (NUTR)

Contact the Design and Consumer Education Department for further information.

(760) 744-1150, ext. 2349

Office: P-8A

For transfer information, consult a Palomar College Counselor.

### **NUTR 100 Introduction to Nutrition and Food Professions (3)** 3 hours lecture

**Transfer acceptability:** CSU

Overview of nutrition, food science, dietetics, and fitness professions and disciplines. Employment trends, career options, educational paths, ethical issues, and professional networking will be emphasized. Introduction to professional organizations and publications will be discussed.

### **NUTR 120 Food and Culture (3)**

(Formerly FCS 150)

3 hours lecture

**Transfer acceptability:** CSU

Exploration of food as an expression of cultural diversity, and examination of how traditional foods reflect geographic area and culture. Regional, ethnic, cultural, religious, historical, and social influences on food patterns are examined. Influence of socio-economic class, beliefs, gender, and age on diet, health, and disease are also discussed.

### **NUTR 165 Fundamentals of Nutrition (3)**

(Formerly FCS 165)

3 hours lecture

**Note:** Cross listed as HE 165

**Transfer acceptability:** CSU; UC – NUTR 165, NUTR 185, BIOL 185, HE 165 combined: maximum credit, one course

The study of how food nourishes the body. Investigation of diet fads and fallacies, eating for fitness, and planning meals for optimum health throughout the life cycle.

### **NUTR 170 Nutrition: Eating Disorders and Obesity (3)**

(Formerly FCS 170)

3 hours lecture

**Transfer acceptability:** CSU

Review of etiology, incidence, socioeconomic influences, and treatments. Interrelationships of genetics and environment (diet, exercise, and behavior) on weight management. Includes vocational information for working with the obese or eating-disordered.

### **NUTR 185 Science of Human Nutrition (3)**

(Formerly FCS 185)

3 hours lecture

**Recommended preparation:** CHEM 110 and ZOO 200 or ZOO 203

**Note:** Cross listed as BIOL 185

**Transfer acceptability:** CSU; UC – NUTR 165, NUTR 185, BIOL 185, HE 165 combined: maximum credit, one course

Science of food, nutrients, and other substances. Processes by which humans ingest, digest, absorb, transport, utilize, and excrete foods and nutrients are explored. Emphasis on biological, chemical, and physiological implications to human nutrition and overall health. Current nutrition recommendations and controversies are analyzed from a scientific perspective.

### **NUTR 190 Scientific Principles of Food Preparation (4)**

2½ hours lecture – 4½ hours laboratory

**Recommended Preparation:** CHEM 110L and ENG 100

**Transfer acceptability:** CSU

Application of food science principles. Emphasis is on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food.

### **NUTR 197 Topics in Nutrition (0.5 - 3)**

½ -3 hours lecture - 1½-9 hours laboratory

**Transfer acceptability:** CSU

Topics in Nutrition. See Class Schedule for specific topics offered. Course title will designate subject covered.

## Oceanography (OCN)

Contact the Earth, Space, and Aviation Sciences Department for further information.

(760) 744-1150, ext. 2512

Office: NS-110G

### COURSE OFFERINGS

#### **OCN 100 Oceanography Lecture (3)**

3 hours lecture

**Note:** Not open to students with prior credit in OCN 101

**Transfer acceptability:** CSU; UC – OCN 100/100L and 101 combined: maximum credit, 4 units

An introductory course designed to acquaint the student with general oceanography. Topics treated include the history and scope of oceanography, properties of sea water, ocean currents, ocean waves and tides, submarine morphology and geology, marine sediments, life in the sea, and the significance of the oceans to man.

#### **OCN 100L Oceanography Laboratory (1)**

3 hours laboratory

**Prerequisite:** A minimum grade of 'C' in OCN 100, or concurrent enrollment in OCN 100

**Note:** Not open to students with prior credit in OCN 101

**Transfer acceptability:** CSU; UC – OCN 100/100L and 101 combined: maximum credit, 4 units

Laboratory and field investigations of marine environments including geologic, physical, chemical, and biological aspects of the ocean and coastal area. The course emphasizes changing physical factors and man's activities as they affect the oceans.

#### **OCN 197 Oceanography Topics (.5 - 4)**

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.

**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

Topics in Oceanography. See Class Schedule for specific topic covered. Course title will designate subject covered.

#### **OCN 295 Directed Study in Oceanography (1, 2, 3)**

Arrange 3, 6, or 9 hours laboratory with department chairperson

**Prerequisite:** A minimum grade of 'C' in OCN 100 or 101

**Transfer acceptability:** CSU; UC – Credit determined by UC upon review of course syllabus.

Individual study in field, library, or laboratory for interested students.

## Office Information Systems (OIS)

See Business (BUS)

## Philosophy (PHIL)

Contact the Behavioral Sciences Department for further information.

(760) 744-1150, ext. 2330

Office: MD-261

### COURSE OFFERINGS

#### **PHIL 111 Introduction to Philosophy (3)**

3 hours lecture

**Recommended preparation:** Eligibility for ENG 100

**Transfer acceptability:** CSU; UC

C-ID PHIL 100

Introduces philosophical ideas and methods concerning knowledge, reality and values. Expected topics will include the sources and limits of knowledge, and the nature of reality. Other topics that may be examined from a philosophical perspective include the nature of the self, truth, ethics, religion, science, language, beauty and art, political theory, or mind.