

**NURS 203 Nursing Foundation II (1)**

1 hour lecture

**Prerequisite:** A minimum grade of 'C' in NURS 103 or 110 or A copy of a current, active California LVN license in good standing must be on file in the Nursing Education Office prior to registering in this class.

**Corequisite:** NURS 118 or 217

**Note:** Graded only

**Transfer acceptability:** CSU

Builds on the foundation of Nursing 103 and 110. Critical thinking is utilized as a method to explore historical, political, educational, legal, ethical, and bioethical issues that impact nursing practice. Nursing organizations are researched via the internet with an emphasis on evaluation of nursing websites. Managerial concepts are introduced with a focus on decision making skills, managing resources, organizing time, delegating, and supervising care.

**NURS 217 Nursing III (9)**

4 hours lecture-15 hours laboratory

**Prerequisite:** A minimum grade of 'C' in NURS 118 or Admission to the Associate Degree Nursing Program (LVN-RN) or Admission to the non-degree program LVN-RN (30-unit option) and a minimum grade of 'C' in NURS 203, or concurrent enrollment in NURS 203.

**Note:** Graded only

**Transfer acceptability:** CSU

Builds on the first year of the program as a process for the development of complex thinking and decision making while caring for medical-surgical, gerontologic, and psychiatric clients. Theoretical concepts are expanded to include identification and prioritization of evidence based interventions for clients who have unpredictable outcomes or who demonstrate changes in health status. Students collaborate with the interdisciplinary team to manage and modify care of clients.

**NURS 218 Nursing IV (9)**

3½ hours lecture-16½ hours laboratory

**Prerequisite:** A minimum grade of 'C' in NURS 203 and 217

**Note:** Graded only

**Transfer acceptability:** CSU

Builds on Nursing 217 expanding nursing practice and critical thinking in the promotion, maintenance, and restoration of health for a group of clients. Students use evidence-based interventions and complex decision-making when caring for acutely ill medical-surgical clients with unstable health problems. Students work collaboratively with the interdisciplinary team to manage and coordinate care for a group of clients. Emphasis is placed on student roles as coordinators, facilitators, and client advocates as they progress toward a competent entry level nursing practice.

**NURS 295 Directed Study in Nursing (1, 2, 3)**

3, 6, or 9 hours laboratory

**Prerequisite:** Approval of proposal by the department chairperson

**Note:** Pass/No Pass grading only

**Transfer acceptability:** CSU

Designed for the student who has demonstrated a proficiency in nursing subjects and the initiative to work independently on a particular sustained project which does not fit into the context of regularly scheduled classes. Additionally, this course can be used for students transferring into the Palomar College nursing program. Course work would fulfill needed content and/or clinical laboratory time to meet the requirements of the Associate Degree Nursing Program.

**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.

**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.

**Oceanography (OCN)**

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

(760) 744-1150, ext. 2512

Office: NS-110G