

COUN 115 Career/Life Planning (3)

3 hours lecture

Note: May be offered on educational television**Transfer acceptability:** CSU

A course designed to motivate the student to take responsibility for the management of his/her life, recognizing the values of planning as a means of coping with uncertainty, and relating work effectively to one's own life.

COUN 120 Quest for Identity and Life Skills (3)

3 hours lecture

Transfer acceptability: CSU

An exploration of the dynamics involved in the development of the individual in the search for identity and self discovery. Specific emphasis will be placed on the decision making process particularly as it relates to the individual's own humanness, value system, and unique functioning. Emphasis will also be placed on the role of culture and a set of life skills that will serve to empower one's identity and understanding of self. Examples of life skills include coping with the physiological effects of stress and anxiety, goal setting, emotional development, problem solving, critical thinking skills, creative self-expression, self-esteem, and interpersonal communication.

COUN 165 Career Search (1)

2 hours lecture/ laboratory

Note: May be Open entry/Open exit; Pass/No Pass grading only**Transfer acceptability:** CSU

Designed to assist students in selecting a career goal. This will be accomplished by identifying the students' career interests, personality type, work values, and transferable skills as they relate to occupations.

COUN 170 Major Search (1)

1 hour lecture

Note: May be Open entry/Open exit; Pass/No Pass grading only**Transfer acceptability:** CSU

This course is designed to assist students to select a major goal and create an educational plan. This will be done by identifying academic interests and through researching career options.

COUN 180 Orientation for International Students (1)

1 hour lecture

Note: Pass/No Pass grading only**Transfer acceptability:** CSU

Orientation for International Students will explore college life and concerns related to cultural and adjustment issues while living in the United States.

COUN 185 Peer Advising (1)

1 hour lecture

Note: Pass/No Pass grading only**Transfer acceptability:** CSU

This class will teach students how to utilize and provide information from the Palomar College catalog, class schedule, student services, and community resources. Topics covered will be: academic policies, interpersonal communication skills, and peer counseling techniques. This course is required for participation in the Palomar Peer Counselor Program.

COUN 197 Counseling Topics (.5-4)

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

Note: Pass/No Pass grading only; may be taken 4 times**Transfer acceptability:** CSU

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

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).

• Culinary Arts

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

• Culinary Arts

Certificates of Proficiency -

Certificate of Proficiency requirements are listed in Section 6 (green pages).

• Culinary Skills

• Patisserie and Baking

PROGRAMS OF STUDY**Culinary Arts**

Prepares students for employment and career opportunities in various areas of the foodservice industry. The focus is on food preparation and production skills, with supporting coursework in nutrition, food sanitation and safety, menu planning, purchasing and inventory control, kitchen management and employee supervision. Practical hands-on lab activities in a commercial kitchen environment and directed workplace learning opportunities prepare students for foodservice positions in resorts, casinos, and fine dining establishments.

Students will need to possess a current San Diego County Food Handler Card to participate in kitchen/lab activities.

In order to earn a certificate or degree, students must achieve a minimum grade of 'C' in each of the certificate program courses.

**A.A. DEGREE MAJOR OR
CERTIFICATE OF ACHIEVEMENT**

Program Requirements		Units
FCS/MICR 110	Microbiology and Foods	3
FCS/HE 165	Fundamentals of Nutrition	3
R CUL/CUL 110	Culinary Essentials I	3
R CUL/CUL 111	Culinary Essentials II	3
R CUL/CUL 120	Patisserie and Baking I	3
R CUL/CUL 121	Patisserie and Baking II	3
R CUL/CUL 130	Pantry/Garde Manger	3
R CSIS/CSIT 120	Computer Applications	3
R CUL/CUL 200	Menu Planning and Purchasing	2
R CUL/CUL 210	Foodservice Management	3
R CUL/CUL 220	Catering and Event Planning	3
R CUL/CUL 298	Culinary Directed Practice I	3
R CUL/CUL 299	Culinary Directed Practice II	3
Electives (Select a minimum of 3 units)		
R CUL/CUL 115	Dining Room Service	2
R CUL/CUL 150	International Cuisine	3
R CUL/CUL 230	Adv Garde Manger/Competition	3
R CUL/CUL 240	Wines and Affinities	1
TOTAL UNITS		41

Culinary Skills

With a focus on basic food preparation and production skills, nutrition, and food safety and sanitation, the program prepares students for various entry-level positions in the foodservice industry. Practical hands-on lab activities in a modern commercial kitchen environment provide opportunities for students to master the skills required for employment.

Students will need to possess a current San Diego County Food Handler Card to participate in required kitchen/lab activities.

In order to earn a certificate, students must achieve a minimum grade of 'C' in each of the certificate program courses.

Culinary Arts (CUL)

See also ROP Culinary Arts

Contact the Design and Consumer Education Department for further information.

(760) 744-1150, ext. 2349

Office: ST-149

CERTIFICATE OF PROFICIENCY

Program Requirements		Units
FCS/MICR 110	Microbiology and Foods	3
FCS/HE 165	Fundamentals of Nutrition	3
R CUL/CUL 110	Culinary Essentials I	3
R CUL/CUL 111	Culinary Essentials II	3
R CUL/CUL 130	Pantry/Garde Manger	3
R CUL/CUL 115	Dining Room Service	2
TOTAL UNITS		17

Patisserie and Baking

With a focus on commercial baking and pastry making, the program prepares students for entry-level positions in bakeries, restaurants, resorts and casino operations. Practical hands-on lab activities in a modern commercial kitchen environment provide opportunities for students to master the skills required for employment.

Students will need to possess a current San Diego County Food Handler Card to participate in required kitchen/lab activities.

In order to earn a certificate, students must achieve a minimum grade of 'C' in each of the certificate program courses.

CERTIFICATE OF PROFICIENCY

Program Requirements		Units
FCS/MICR 110	Microbiology and Foods	3
FCS/HE 165	Fundamentals of Nutrition	3
R CUL/CUL 120	Patisserie and Baking I	3
R CUL/CUL 121	Patisserie and Baking II	3
TOTAL UNITS		12

COURSE OFFERINGS**CUL 110 Culinary Essentials I (3)**

1 hour lecture-4 hours lecture/laboratory

Prerequisite: Current San Diego County Food Handler Card

Recommended preparation: FCS 110/MICR 110

Note: Cross listed as R CUL 110; graded only

Transfer acceptability: CSU

Introduction to culinary arts and the foodservice industry. Fundamentals of food preparation and production, emphasizing industry standards. Lab work will focus on knife skills, standard cuts, and preparation of vegetables and starches. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 111 Culinary Essentials II (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: A minimum grade of 'C' in R CUL/CUL 110

Note: Cross listed as R CUL 111; graded only

Transfer acceptability: CSU

Advanced food production, including meat and protein fabrication. Lab work will include: stocks, sauces and soups; meat and game; poultry; fish and seafood; breakfast foods and classical cuisine. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 115 Dining Room Service (2)

4 hours lecture/laboratory

Prerequisite: Current San Diego County Food Handler Card

Note: Cross listed as R CUL 115; graded only

Orientation to dining room operations with an emphasis on dining room service, techniques of table waiting, and dining room skills. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 120 Patisserie and Baking I (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: Current San Diego County Food Handler Card

Recommended preparation: FCS/MICR 110

Note: Cross listed as R CUL 120; graded only; may be taken 2 times

Fundamentals of baking, including ingredient properties and function, and preparation and evaluation of a variety of yeast products, quick breads, cookies, cakes, pies and pastries. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 121 Patisserie and Baking II (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: A minimum grade of 'C' in R CUL/CUL 120

Note: Cross listed as R CUL 121; graded only; may be taken 2 times

Advanced skills in the art of patisserie. Includes classic pastries, pâte à choux, and meringues; plated desserts; and cake decorating. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 130 Pantry/Garde Manger (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: San Diego County Food Handler Card

Recommended preparation: R CUL/CUL 110

Note: Cross listed as R CUL 130; graded only

Introduction to cold food preparation and display. Includes salads, dressings, sandwiches and canapés. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 150 International Cuisine (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: Current San Diego County Food Handler Card

Note: Cross listed as R CUL 150; graded only

A hands-on cooking, tasting and evaluating exploration of the major cuisines of the world. Includes Asian, Latin, European and American cuisines with a focus on the cultures that influenced their development. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 197 Culinary Arts Topics (.5-3)

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

Note: Cross listed as R CUL 197; may be taken 4 times

Transfer acceptability: CSU

Topics in Culinary Arts. See Class Schedule for specific topic offered. Course title will designate subject covered.

CUL 200 Menu Planning and Purchasing (2)

2 hours lecture

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111 and FCS 165/HE 165 and R CSIS/CSIT 120

Note: Cross listed as R CUL 200; graded only

Transfer acceptability: CSU

Basic principles of menu planning and purchasing with emphasis on: menu design; specifications and pricing; purchasing, inventory control and storeroom operations; and food and beverage cost control. Includes spreadsheet and database applications. Students will be expected to meet high standards of professionalism and work habits.

CUL 210 Foodservice Management (3)

3 hours lecture

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111

Note: Cross listed as R CUL 210; graded only

Introduction to foodservice management with emphasis on human relations and employee development. Includes operational planning and coordination, problem-solving and decision-making, and personnel management. Students will be expected to meet high standards of professionalism and work habits.

CUL 220 Catering and Event Planning (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111 and R CUL/CUL 130

Note: Cross listed as R CUL 220; graded only

Transfer acceptability: CSU

Fundamentals of catering, including event planning, menu development and banquet preparation. Includes opportunities to apply culinary theory and skills in actual practice. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 230 Adv Garde Manger/Competition (3)

1 hour lecture-4 hours lecture/laboratory

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111 and R CUL/CUL 130

Note: Cross listed as R CUL 230; graded only

Application of advanced garde manger techniques in practical situations and culinary competition. Includes classical buffet presentation, decorative displays and artistic centerpieces. Students will be expected to meet high standards of professionalism, sanitation and work habits.

CUL 240 Wines and Affinities (1)

1 hour lecture

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111

Note: Cross listed as R CUL 240; graded only

Classification and identification of wines, with emphasis on properties and affinities with food. Includes wines from various regions of the world. Students will be expected to meet high standards of professionalism and work habits.

CUL 298 Culinary Directed Practice I (3)

3 hours lecture-10 hours lab

Prerequisite: A minimum grade of 'C' in R CUL/CUL 111 and R CUL/CUL 130 or R CUL/CUL 121

Note: Cross listed as R CUL 298; graded only

Directed learning opportunity for culinary arts students to increase their knowledge and skill in the areas of hot and cold food production through supervised on-the-job training. Students will be expected to follow Culinary Arts standards of professionalism. Current San Diego County Food Handler Card and TB clearance required.

CUL 299 Culinary Directed Practice II (3)

3 hours lecture-10 hours lab

Prerequisite: A minimum grade of 'C' in RCUL/CUL 298, R CUL/CUL 200, FCS/MICR 110 and FCS/HE 165

Note: Cross listed as R CUL 299; graded only

Directed entry-level professional work experience in the foodservice industry that provides exposure to the foodservice industry and an opportunity for culinary arts students to practice and demonstrate their employability skills and reflect on their future roles in the industry. Students will be expected to follow Culinary Arts standards of professionalism. Current San Diego County Food Handler Card and TB clearance required.

Dance (DNCE)

Contact the Performing Arts Department for further information.

(760) 744-1150, ext. 2316

Office: D-16

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).

- Dance

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

- Dance

PROGRAMS OF STUDY

Dance

The degree in Dance provides students with a background to begin upper-division work leading to a B.A. or B.F.A. in dance, or for continued training leading to a professional career in the field of dance and dance-related professions. Both the degree and the certificate provide students with the basic skills necessary for involvement in community dance activities, such as teaching in recreation centers, YMCA's or YWCA's, private studios; or performing or choreographing for community theatre productions. Transfer students should consult the four-year college or university catalog for specific requirements or see a Palomar College counselor.

A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Program Requirements	Units
DNCE 100* Survey of Dance	3
DNCE 101 Survey of World Dance	3
DNCE 105 Introduction to Dance History	3

*Should be taken the first semester

Electives - Group I (Select two courses)

DNCE 115 Fundamentals of Ballet	1.5
DNCE 116 Ballet I	1.5
DNCE 117 Beginning Pointe	1.5-2.5
DNCE 210 Ballet II	1.5,2.5
DNCE 211 Pointe/Pas de Deux	1.5-3

Electives - Group II (Select two courses)

DNCE 110 Modern Dance I	1.5
DNCE 111 Modern Dance II	1.5
DNCE 205 Modern Dance III	1,1.5
DNCE 206 Advanced Movement Patterns	1,1.5

Electives - Group III (Select two courses)

DNCE 120 Jazz Technique I	1.5
DNCE 121 Jazz Technique II	1.5
DNCE 215 Jazz Technique III	1,1.5
DNCE 216 Advanced Dance Technique	1,1.5

Electives - Group IV (Select one course)

DNCE 125 Theatre Dance I	1,1.5
DNCE 126 Theatre Dance II	1,1.5
DNCE 130 Tap Dance I	1,1.5
DNCE 131 Tap Dance II	1,1.5
DNCE 132 Tap Dance III	1,1.5

Electives - Group V (Select one course)

DNCE 149 Afro-Cuban/Brazilian Dance I	1-3
DNCE 150 Afro-Cuban/Brazilian Dance II	1-3
DNCE 151 Beginning Latin Social Dance	1-2
DNCE 152 Intermediate Latin Social Dance	1-2

Electives - Group VI (Select one course)

DNCE 140 Dance Improvisation I	2
DNCE 141 Dance Improvisation II	2
DNCE 145 Choreography I	3
DNCE 146 Choreography II	3

Electives - Group VII (Select two courses)

DNCE 148 Palomar Drum and Dance Ensemble	1.5,2,2.5,3
DNCE 190 Ethnic Dance Production	1.5,2
DNCE 197B Modern Dance Production	1,1.5
DNCE 197C Jazz Dance Production	1,1.5
DNCE 197D Theatre Dance Production	1,1.5
DNCE 197E Ballet Dance Production	1,1.5
DNCE 197F Rehearsal and Performance	1.5,1,1.5,2,3
DNCE 197J Tap Dance Production	1,1.5

TOTAL UNITS 19.5 - 33.5

Recommended Electives: DNCE/ART/MUS/TA 123; DNCE/MUS 137; DNCE 155, 165, 170,197K; DNCE/MUS 185; MUS 100, 105, TA 100, 106, 115; ZOO 200

Note: Students are screened for level placement in all technique classes the previous semester or the first day of class.

COURSE OFFERINGS

Each activity may be taken four times for credit. Activity is defined to include all ability levels (e.g., A student may take a total of only four Modern Dance courses for credit). Modern Dance, Ballet, Jazz Technique, Tap Dance, Ethnic Folk Dance, Spanish Flamenco Dance, Ethnic Drumming, Martial Arts, Hip Hop, Ballroom Dance, Latin Social Dance, Dance Improvisation, Choreography, production classes and Theatre Dance classes are defined as activity courses.

Courses numbered under 100 are not intended for transfer credit.

Students must receive a grade of 'C' or better in each course that applies to an A.A. Degree Major or Certificate