

# CULINARY ARTS - GREAT LAKES CULINARY INSTITUTE, SPORTS PERFORMANCE NUTRITION, CERTIFICATE OF ACHIEVEMENT (LEVEL II)

## NMC Program Code

The role of nutrition in achieving peak athletic performance has been widely accepted, with professional and collegiate sports teams recruiting specialized ancillary team members who are entrusted to provide optimal nutrition to their players. This certificate provides the student with performance nutrition knowledge, along with the skills to create cuisine that meets the specific demands of the clients they serve. The program's emphasis is to prepare students in culinary nutrition and biology. Students will complete an internship working with a sports team nutritionist. Graduates with this certificate can pursue chef positions for professional and collegiate sports teams and performance groups.

*Note: Admission to the Culinary Arts Certificate program requires placement into MTH 111/11, MTH 120/20, or MTH 131/31 or higher OR completion of MTH100 with a 2.0 and placement into ENG 111/11 or higher OR completion of ENG 99 Intro to College Writing/ENG 108 Critical Reading Strategies with a 2.0.*

**Program Note:** This certification is stackable with the Culinary Arts Certificate level III and the AAS degree. See an advisor for details.

## Requirements

Course	Title	Credits
CUL 102	Culinary Concepts and Career Management	2
CUL 110	Safety and Sanitation	2
CUL 111	Professional Cookery	5
CUL 118	Intro to Baking and Pastry	3
CUL 192	Sports Performance Internship	2
CUL 201	Food and Beverage Operations	3
CUL 210	Nutrition for Culinary Arts	2
CUL 211	Menu Planning and Purchasing	3
CUL 213	World Cuisine	5
CUL 233	Farm to Table	3
CUL 234	Culinary Sports Nutrition	2
BIO 106	Human Biology	4
BIO 106L	Human Biology Lab	0
<b>Total Credits</b>		<b>36</b>

## Course Sequence Guide

Course	Title	Credits
<b>Year 1</b>		
<b>Fall</b>		
CUL 102	Culinary Concepts and Career Management	2
CUL 110	Safety and Sanitation <sup>1</sup>	2
CUL 111	Professional Cookery	5

CUL 118	Intro to Baking and Pastry <sup>2</sup>	3
<b>Credits</b>		<b>12</b>
<b>Spring</b>		
BIO 106	Human Biology	4
BIO 106L	Human Biology Lab	0
CUL 201	Food and Beverage Operations <sup>2</sup>	3
CUL 210	Nutrition for Culinary Arts <sup>1</sup>	2
CUL 213	World Cuisine	5
<b>Credits</b>		<b>14</b>
<b>Year 2</b>		
<b>Fall</b>		
CUL 211	Menu Planning and Purchasing	3
CUL 233	Farm to Table <sup>1</sup>	3
CUL 234	Culinary Sports Nutrition <sup>2</sup>	2
<b>Credits</b>		<b>8</b>
<b>Spring</b>		
CUL 192	Sports Performance Internship	2
<b>Credits</b>		<b>2</b>
<b>Total Credits</b>		<b>36</b>

<sup>1</sup> These courses are offered during Session A which runs from weeks 1-8.

<sup>2</sup> These courses are offered during Session B which runs from weeks 9-16.