

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

---

## 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.