

**COUN 45 Basic Study Skills (1)**  
*1 hour lecture*  
**Note:** Open entry/Open exit; Credit/No Credit grading only  
 Study improvement techniques, time management techniques, memory and note taking skills, and test taking methods.

**COUN 48 Overcoming Test Anxiety (1)**  
*2 hours lecture/laboratory*  
**Note:** Open entry/Open exit; Credit/No Credit grading only  
 Provides instruction in understanding the sources of test anxiety and the techniques for overcoming it.

**COUN 49 Introduction to Financial and Academic Resources(.5)**  
*½ hour lecture*  
**Note:** Credit/No Credit grading only  
 Survey of financial and supportive resources available to students including part-time employment. The course content includes an overview of financial aid programs and eligibility requirements, campus support programs, community support services, money management, and educational planning. This course may be used to fulfill the financial aid orientation requirement.

**COUN 100 Introduction to Basic Counseling Skills (3)**  
*3 hours lecture*  
**Transfer acceptability:** CSU  
 An introduction to the principles and practices of counseling and interviewing. A systematic development of the basic skills essential for effective counseling. Combines informal lecture, videotapes, and role playing interactions. Practicum experience will be required.

**COUN 101 Transfer Success (1)**  
*1 hour lecture*  
**Note:** Credit/No Credit grading only  
**Transfer acceptability:** CSU  
 Introduction to the transfer research process designed for planning long term educational and career goals. Students learn how to evaluate universities, and learn specific transfer requirements. Student will research degrees, housing, financial aid, scholarships and supportive services.

**COUN 110 College Success Skills (3)**  
*3 hours lecture*  
**Transfer acceptability:** CSU; UC (pending)  
 Provides students with the skills and knowledge necessary to reach their educational objectives. Topics covered include motivation and self discipline, memory techniques, time management, communication and relationship skills, career planning, critical thinking and personal issues. This course will include an understanding of diversity and socioeconomic differences from a historical and modern day perspective. This course is recommended for new and re-entry students.

**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; UC (pending)  
 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, motional 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; Credit/No Credit 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; Credit/No Credit 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:** Credit/No Credit 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:** Credit/No Credit 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:** Credit/No Credit 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.

## Culinary Arts (CUL)

See also ROP Culinary Arts

Contact the Design and Consumer Education Department for further information.  
 (760) 744-1150, ext. 2349  
 Office:

### 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
<b>Electives (Select a minimum of 3 units)</b>	
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
<b>TOTAL UNITS</b>	<b>41</b>

### 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.

### 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
<b>TOTAL UNITS</b>	<b>17</b>

### 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
<b>TOTAL UNITS</b>	<b>12</b>

### 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:** 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:** 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:** 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:** 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:** 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:** 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:** 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:** 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 knowl-

edge 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:** 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	.5-2.5
DNCE 210	Ballet II	1.5,2.5
DNCE 211	Pointe/Pas de Deux	.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