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 202.
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.

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 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 human 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.

Oceanography (OCN)
Contact the Earth, Space, and Aviation Sciences Department for further information.
(760) 744-1150, ext. 2512
Office: NS-110G

See Catalog addendum at http://www.palomar.edu/catalog