

## DIT Dietetic Technician

### DIT 101 Fundamentals of Nutrition (3-0) 3 crs.

Introduces the science of nutrition and its relationship to health and disease. Nutrients found in foods, their digestion, absorption and metabolism by the body; cultural, socioeconomic and psychological influences on food selection; and application of these concepts to promote good nutritional health and prevent disease will be covered.

### DIT 102 Medical Nutrition Therapy (3-0) 3 crs.

Studies the nutritional care of clients with chronic and acute disease conditions.

**Prerequisite:** DIT 101 with a grade of C or better.

### DIT 103 The Nutrition Care Process (2-0) 2 crs.

Introduces the components of the nutrition care process including methods of nutrition screening which is the framework used by dietetics professionals for the provision of nutritional services. Issues related to the dietetics profession including responsibilities of dietetic professionals, code of ethics, standards of professional performance, credentialing and development of a professional portfolio are also covered.

### DIT 110 Principles of Food Preparation (2-2) 3 crs.

Introduces the scientific principles of food preparation. Emphasis is placed on food selection and basic food preparation practices. Laboratory experience includes application of these principles, sensory evaluation and recipe modification.

### DIT 150 Dietetic Clinical Laboratory I (1-12) 5 crs.

Offers student assigned clinical laboratory experience in approved health care and community agencies. Emphasis will be placed on development of skills required of the dietary manager.

**Prerequisite:** DIT 103 and DIT 220 with grades of C or better, and prior or concurrent enrollment in DIT 102.

### DIT 200 Dietetic Clinical Laboratory II (0-12) 4 crs.

Offers student assigned clinical laboratory experience in approved health care and community agencies. Emphasis will be placed on the nutrition care planning process.

**Prerequisite:** BIO 135, BIO 136, DIT 150 and HSC 112 with grades of C or better. MTH 065 or higher with a grade of C or better or placement options into MTH 080 or above. Prior or concurrent enrollment in FSM 212 and HSC 165 with grades of C or better. [https://www.harpercollege.edu/registration/testing/pdf/Math\\_Placement\\_Grid.pdf](https://www.harpercollege.edu/registration/testing/pdf/Math_Placement_Grid.pdf)

### DIT 201 Nutrition Education Techniques (3-0) 3 crs.

Studies the skills necessary to present effective nutrition education programs to individuals, small groups and community populations. Emphasis will be placed on developing appropriate strategies, techniques and materials for health improvement and disease prevention that are culturally sensitive, age appropriate and at the educational level of the audience.

**Prerequisite:** DIT 102 and DIT 103 with grades of C or better.

### DIT 202 Nutrition Care Seminar (3-0) 3 crs.

Reviews planning, implementing and evaluating nutrition care given to individuals and groups of people having specific disease conditions, both acute and chronic.

**Prerequisite:** Prior or concurrent enrollment in DIT 200 and DIT 205 with grades of C or better.

### DIT 205 World Cultures and Food (2-2) 3 crs.

Examines the uniqueness of food patterns from around the world as shaped by geographic, historical, socioeconomic and religious factors. Explores how food can be a bridge to understanding multiculturalism through the preparation of traditional recipes in the laboratory setting.

### DIT 210 Community Nutrition (3-0) 3 crs.

Introduces principles of community nutrition including public health, legislation and policy, health care systems, program development and marketing, delivering nutrition programs, planning nutrition interventions, nutrition education and gaining cultural competence.

**Prerequisite:** DIT 101 with a grade of C or better.

### DIT 220 Principles of Foodservice Operations (3-0) 3 crs.

Introduces the principles and processes to successfully deliver quality food systems. Emphasizes menu planning, purchasing, procurement, production, kitchen design and equipment, distribution and service, sanitation and safety, quality improvement.

**Prerequisite:** Prior or concurrent enrollment in FSM 114 with a grade of C or better.

### DIT 225 Sports Nutrition (3-0) 3 crs.

Provides in-depth study of the physiological principles behind sports nutrition as it relates to the influence of nutrition on exercise performance, exercise training and recovery. (Also listed as KIN 225. Credit will be given for either DIT 225 or KIN 225, but not both.)

### DIT 230 Management of Food and Nutrition Services (3-0) 3 crs.

Introduces key concepts of organizational structure and management principles related to food and nutrition services. Includes leadership, budgeting and financials, operational analysis, marketing, quality control, human resource management, information management, employee performance and regulatory agencies.

**Prerequisite:** DIT 220 and FSM 114 with grades of C or better.

### DIT 250 Dietetic Clinical Laboratory III (0-6) 2 crs.

Offers student assigned clinical laboratory experience in approved health care and community agencies. Emphasis will be placed on nutrition interventions which promote wellness and disease prevention.

**Prerequisite:** DIT 201 with a grade of C or better. Prior or concurrent enrollment in DIT 110 and DIT 200 with grades of C or better, and prior or concurrent enrollment in PSY 101 and SPE 101.