

CUL 192 - SPORTS PERFORMANCE INTERNSHIP

- Interpret standardized recipes to create various menu items.
- Determine appropriate knife skills and cooking techniques in various commercial kitchen situations.

Course Description

This culinary sports performance nutrition internship integrates academics with professional work experience. Students earn college credit while working alongside a sports performance focused dietitians, nutritionists, and team chefs gaining valuable hands-on experience developing menus and recipes for performance nutrition. Students are encouraged to contact the internship coordinator at least two months prior to the semester they are requesting placement. Culinary sports performance nutrition internships require a minimum of 320 hours of work during the enrolled semester. Group 2 course.

Credit Hours

2

Contact Hours

2

Recitation Hours

2

Required Prerequisites

CUL 102, CUL 110, CUL 111, CUL 118, CUL 201, CUL 210, CUL 211, CUL 213, CUL 233, CUL 234, BIO 106, and BIO 106L

General Education Outcomes supported by this course

Communications - Direct

Course Learning Outcomes

Knowledge:

- Explain key concepts, terms and relationships within the sports performance food service kitchen industry.
- Identify equipment and products used in professional kitchens.
- Connect the use of technique, methods, and procedures to planned end results.

Application:

- Use their culinary knowledge and skill in a commercial setting.

Integration:

- Integrate quality cooking methods and service to produce customer satisfaction.
- Relate interactions between cooking and design, sanitation and management.

Human Dimension:

- Interact with others in a productive manner as part of a kitchen team.
- Interact with clients providing product information and quality customer service.

Caring - Civic Learning:

- Describe the impact of quality food service on successful sports performance food service kitchens.

Learning How to Learn: