



PCK1 – Professional Cook 1

Trades

Effective Term & Year: Fall 2026

Program Outline Review Date: 2031-03-01

Program Area: Trades Foundation Training

Description:

This comprehensive 28-week Professional Cook 1 program provides students an opportunity to gain the knowledge and skills needed to work in a supervised culinary environment and consists of technical training in addition to practical and essential skills related to the culinary industry. The Professional Cook 1 covers basic cooking and food preparation tasks utilizing knife skills, correct terminology, and a variety of cooking methods. Students learn to follow recipes, weigh and measure food accurately, and have an understanding of the major techniques and principles used in cooking, baking, and other aspects of food preparation. Practical instruction includes soups, sauces, meat and fish cookery, vegetables, pastry, cold kitchen, meat processing and breakfast cookery. Students are introduced to the preparation and service of luncheon banquets and a la carte menus in our authentic dining room, the Class Act Dining room. Safe work habits are emphasized, reinforced and practiced throughout the program.

Credentials Granted:

This program has a Certificate of Qualification Exam(C of Q) that is administered by SkilledTradesBC. In order to be eligible to write the C of Q exam, students must have a final in-school percentage score of 70 % or higher. The C of Q written exam and the practical assessment are delivered during the final week of the program. Students must achieve a score of 70 % or greater on the C of Q written exam and achieve a Pass for the Practical Assessment in order to receive credit for Professional Cook Level 1 from SkilledTradesBC..

Delivery Methods: Hybrid (Face-to-Face and Online)

Program Duration: 28 weeks

Instructional Activity and Hours:

Activity	Hours
Instructional Hours (hrs/wk)	28 hrs/wk
Directed Studies (hrs/wk)	2 hrs/wk
Total (hrs/wk)	30 hrs/wk
Total Program Hours	840 hours

Content Weighting:

Activity	Percentage
Theory	25%
Practical Skills	75%

Admission Requirements:

- Minimum of Grade 10 (or equivalent from a recognized post-secondary institution) completion.
- Foodsafe Level 1

Highly Recommended Admission Prerequisites:

The following education is highly recommended for student success within the program:

- Either English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency information on the College Website)
- Workplace Mathematics 11 or equivalent
- Secondary school graduation or equivalent, or completion of a College of the Rockies assessment to an acceptable level

Prior Learning and Recognition:

Credit cannot be awarded for this program through Prior Learning Assessment and Recognition.

Program Transfer Credit:

For information about block transfer agreements between programs in British Columbia, Alberta, and elsewhere, please visit <http://www.cotr.bc.ca/transfer>.

To minimize transfer issues, check with an academic advisor at the institution that will receive the transfer credits.

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use (most current edition):

Gisslen, W. (2025). *Professional cooking for Canadian chefs* (10th ed). Wiley.

Please see the instructor's syllabus or check COTR's online text calculator [Textbook Calculator](#) – [Get your COTR textbook quote](#) for a complete list of the currently required textbooks.

Program Competencies and Technical Training Content:

Upon successful completion of this program, students will be able to

COOK 101 Occupational Skills

- Trade Knowledge
- Safety Standards
- Sanitary Standards
- Production Procedures
- Menu Planning
- Ordering and Inventory
- Ingredients and Nutritional Properties

COOK 102 Stocks, Soups & Sauces

- Stocks
- Thickening and Binding Agents
- Soups
- Sauces

COOK 103 Vegetables & Fruits

- Vegetables
- Fruit

COOK 104 Starches

- Potatoes
- Pasta and Farinaceous Products

- Rice, Grains and Legumes

COOK 105 Meats

- Cut and Process Meats
- Cook Meats

COOK 106 Poultry

- Cut and Process Poultry
- Cook Poultry

COOK 107 Seafood

- Cut and Process Seafood
- Cook Fish
- Cook Shellfish

COOK 108 Garde Manger

- Dressings, Condiments and Accompaniments
- Salads
- Sandwiches

COOK 109 Eggs, Breakfast Cookery & Dairy

- Egg Dishes
- Breakfast Accompaniments
- Dairy Products and Cheeses

COOK 110 Baked Goods & Desserts

- Principles of Baking
- Pastries
- Desserts
- Quick Breads
- Cookies
- Yeast Products

COOK 111 Beverages

- Beverages

The program competencies and technical training content delivered in this program follow the SkilledTradesBC Program Outline for this trade.

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessment:**COOK (PROFESSIONAL COOK 1) LEVEL 1**

COTR COURSE	SUBJECT COMPETENCIES	THEORY WEIGHTING	PRACTICAL WEIGHTING
COOK 101	Occupational Skills*	15%	15%
COOK 102	Stocks, Soups and Sauces	15%	15%
COOK 103	Vegetables and Fruits	8%	8%
COOK 104	Starches	8%	8%
COOK 105	Meats	15%	15%
COOK 106	Poultry	10%	10%
COOK 107	Seafood	10%	10%
COOK 108	Garde-Manger	6%	6%
COOK 109	Eggs, Breakfast Cookery and Dairy	5%	5%
COOK 110	Baked Goods and Desserts	7%	7%
COOK 111	Beverages	1%	1%
Total		100%	100%
In-School Theory & Practical Subject Competency Weighting		25%	75%
Final in-school mark		IN-SCHOOL %	

Pass Requirements:

- Successful completion of the in-school training is defined as a final overall minimum of 70% to meet SkilledTradesBC standards.
- Refer to Policy 2.6.2 Vocational Student Withdrawals as a Result of Absence.
- Complete of all Workplace Health and Safety courses within the program.

Students must provide their own:

- Cook's uniform of 2 pants, 2 jackets, 2 aprons, 2 towels and a chef's hat
- Closed toe leather shoes
- Knife kit (knife wrap, 10 inch chef knife, flexible 6 inch boning knife, paring knife, peeler and steel)

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit

- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Program Grade

COM	NCG
Completed to the defined standard – 70% or greater	No Credit Granted – less than 70%

Program Changes:

Information contained in program outlines is correct at the time of publication. Content of the program is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add material to programs.

Industry Training:

The program competencies and technical training content delivered in this program follow the SkilledTradesBC Program Outline for this trade.

Safety Catalog:

WorkSafeBC regulations apply to all trades programs. Students are expected to follow all safe work practices and have high regard for the safety of others as well as of themselves. Students are responsible to wear personal protective equipment (PPE) as directed. At a minimum, students must provide and wear approved safety footwear and eyewear at all times in the shop. Additional PPE may be required for specific tasks. Students are expected to wear clothing suitable for working safely in the shop.