



Retail Meat Specialist Certificate

PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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Prior learning credit options at Saskatchewan Polytechnic

See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

How to navigate this document

This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

Contents of this guide

This guide contains the following specific PLAR information and tools for this program

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- B. [PLAR eligibility and options](#)
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A. PLAR fees

Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

B. PLAR eligibility and options

To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

C. Dates when PLAR assessment is available

PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

All PLAR assessments must be completed by June 15 of each academic year.

D. Special directions for this program

1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

Paul Wheeler Program Head
Saskatoon Campus
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F. Self-rating course outlines

Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
Semester 1		
BUS 105	Small Business	
CLTR 100	Diversity	
MEAT 107	Ovine Carcass	
MEAT 108	Bovine Carcass	
MEAT 109	Charcuterie 1	
MEAT 113	Fish, Seafood and Alternative Proteins	
MEAT 195	Meat Science	
MEAT 281	Porcine Carcass	
SFTY 176	Safety and Tools	
Semester 2		
MEAT 110	Charcuterie 2	

COURSE CODE	COURSE NAME	Delivered by another department/program
MEAT 111	Charcuterie 3	
MEAT 112	Pork Retail Cuts	
MEAT 282	Beef Hind Retail Cuts	
MEAT 283	Beef Front Retail Cuts	
MEAT 285	Poultry Retail Cuts	
MEAT 288	Value Added Retail Products	
PRAC 193	Retail Operations	

BUS 105 - Small Business

If you are interested in starting your own business, you will have the opportunity to learn the basics of starting and operating your own business. You will study business planning, management, marketing, and basic financial concepts while learning how to organize and operate a small business. You will develop an appreciation for the elements of a business plan and their impact on the success of a business. You will practice business start-up skills through the activities of defining markets, targeting customers, and addressing financial planning such as cash management, budgeting, and financing. You also develop critical communications skills required to develop and “pitch” your plan to a “potential investor”.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the concept of entrepreneurship.			
2. Demonstrate your personal fit for undertaking an entrepreneurial business venture.			
3. Develop a comprehensive feasibility study.			
4. Identify a location and facility layout for your business.			
5. Describe the Insurance and licensing requirements for your business.			
6. Determine the Fixed assets and inventory requirements for your business.			
7. Describe the start-up costs for your business in a Project Costs Statement.			
8. Prepare an operational plan for your business.			
9. Prepare a business plan for your business.			

CLTR 100 - Diversity

You will examine the elements of cultural, gender and disability diversity in Canada and the processes that promote inclusion. You will explore elements of Indigenous culture with a view to understanding both historical elements and contemporary issues in Canada. Your studies will also provide opportunities to participate in various cultural practices.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the diverse Canadian identity.			
2. Describe diversity and social inequality in Canadian society.			
3. Examine the impact of colonization and treaties on Indigenous peoples.			
4. Examine contemporary realities and resilience of Indigenous people in Canada.			
5. Explore cultural events.			
6. Promote inclusion.			

MEAT 107 - Ovine Carcass

In this course you will learn the processing of the smaller Ovine Carcasses. You will process the primal, sub-primal and retail cuts as well as study about the harvesting, grading and cultural significant practices of lamb and goat.

Credit unit(s): 2.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the process of ovine animal harvesting.			
2. Describe Halal and Kosher practices.			
3. Describe lamb production and common species produced in Canada.			
4. Describe lamb processing, skeletal structure, grading, and the primal cuts.			
5. Describe the common sub-primal and retail cuts from the lamb carcass.			
6. Describe counter ready and lamb offal cuts.			
7. Produce primal, sub-primal, and retail cuts of the lamb carcass.			

MEAT 108 - Bovine Carcass

You will gain an understanding of the procedures for the harvesting, production, and processing of bovine carcasses. You will identify the primal, sub-primal, retail and offal cuts obtained from the carcass and perform the breakdown of the carcass.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the process of animal harvesting.			
2. Describe the common bovine species and breeds.			
3. Describe common wild species.			
4. Describe the production, processing, and grading of bovine and wild animals.			
5. Describe the skeletal structure and primal cuts obtained from the bovine and wild carcass.			
6. Describe the sub-primal and retail cuts obtained from the front quarter.			
7. Describe the sub-primal and retail cuts obtained from the hind quarter.			
8. Describe the offal cuts and their common uses that are obtained from the bovine carcass.			
9. Produce primal, sub-primal, and retail cuts of the front quarter.			
10. Produce primal, sub-primal, and retail cuts of the hind quarter.			

MEAT 109 - Charcuterie 1

Understanding Charcuterie explores the history and fundamentals of fresh, cured, and dried meat products. You will learn about the major types of sausages, restricted ingredients, spices, and calculations used in production.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe charcuterie history and production.			
2. Describe the five types of classical charcuterie products.			
3. Describe the basics of sausage production.			
4. Describe full muscle charcuterie products.			
5. Describe spices, flavourings, and flavour profiles of classical sausages.			
6. Describe nitrates, nitrites, sweeteners, binders, and other non-meat ingredients used in sausage production.			
7. Discuss sausage casings, molds, and forms.			
8. Discuss curing, injection, mixing and the tumbling processes as they apply to different products.			
9. Discuss curing, injection, mixing and the tumbling processes as they apply to different products.			
10. Produce a meat block for fresh sausage.			
11. Produce a meat block for cured/smoked sausages.			
12. Produce fresh, cured and smoked sausage.			

MEAT 113 - Fish, Seafood and Alternative Proteins

In this course you will study common seafood and fish species, processing, sanitation, and market forms. You will also learn about the various meat analogues that are available to market.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Identify common fish and shellfish species.			
2. Describe common seafood retailing practices.			
3. Describe fundamental nutrients, proteins as amino acids, complete proteins, and the importance they play in diet and nutrition.			
4. Describe common meat analogue products, their history, composition and how to market them.			
5. Perform processing, packaging, pricing of various seafood products.			
6. Perform processing, packaging, pricing of various plant protein products.			

MEAT 195 - Meat Science

You will gain an understanding of the composition, nutritional value, and development of domestic animals for processing, preparation and distribution. You will study the differences between tough and tender muscles as well as the effects of different cooking methods have on them.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe meat composition and the structure of muscle and bone.			
2. Describe the effects of rigor mortis and aging on muscle.			
3. Describe common causes of pale soft exudative (PSE) and dark firm dry (DFD).			
4. Other muscle imperfections/abnormalities and lymph/gland placement.			
5. Describe nutritional values of meat and the basics of meat cookery.			
6. Describe moist and dry heat cooking methods as well as the corresponding skeletal muscle placement.			
7. Describe marinating, seasoning and general value-added process.			
8. Demonstrate dry heat cooking methods with various meat cuts.			
9. Demonstrate moist heat cooking methods with various meat cuts.			

MEAT 281 - Porcine Carcass

In this course you will gain an understanding of the procedures for the harvesting, production, and processing of the pork carcass. You will identify the primal, sub-primal and offal cuts obtained from the pork carcass and perform the breakdown of the carcass.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the process of pork harvesting.			
2. Describe the common pork breeds and production.			
3. Describe the processing, skeletal structure, and grading of pork.			
4. Describe the primal, sub-primal, offal cuts obtained from the pork carcass.			
5. Describe the retail cuts obtained from the shoulder.			
6. Describe the retail cuts obtained from the loin.			
7. Describe the retail cuts obtained from the leg.			
8. Describe the retail cuts obtained from the belly.			
9. Perform the breakdown of the pork carcass into primal, sub-primal and retail cuts.			

SFTY 176 - Safety and Tools

You will gain an understanding of the procedures related to safety, sanitation, tools and equipment in a professional work environment. This will include the handling of workplace hazardous materials. You will learn how to prepare safe, sanitary food products while properly utilizing tools and equipment of the trade. Upon completion of the course, you will receive the WHMIS certification and the Food Handlers Certificate.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe general sanitation procedures.			
2. Describe the effects of microorganisms on food-borne illness.			
3. Describe the fundamentals of meat shop sanitation.			
4. Describe pathogenic organisms common to the food industry.			
5. Describe the Hazard Analysis Critical Control Point (HACCP) system for food safety.			
6. Explain provincial workplace safety legislation.			
7. Explain the use and care of basic hand tools.			
8. Explain the use and care of common power tools.			
9. Demonstrate the use and maintenance of knives.			
10. Demonstrate the use and maintenance of power equipment.			
11. Examine the Workplace Hazardous Materials Information System (WHMIS).			
12. Apply safe food handling practices.			

MEAT 110 - Charcuterie 2

Charcuterie 2 explores the Canadian regulations and nomenclature requirements for charcuterie products. You will practice meat block and brine calculations as you produce a variety of fresh, cured, and smoked charcuterie products.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe Canadian regulations regarding nomenclature requirements.			
2. Describe charcuterie processing.			
3. Formulate meat block calculations for fresh and cured sausage types.			
4. Produce a sausage meat block using beef, pork, and poultry			
5. Produce beef, pork, and poultry fresh sausages.			
6. Formulate wet and dry cure calculations for bacon products.			
7. Produce a variety of beef and pork cured/smoked sausages.			
8. Produce various types of bacon using dry and wet curing methods.			
9. Demonstrate smoke house management in the production of smoked sausages and bacon.			
10. Perform proper packaging, pricing, and storage of the retail charcuterie products.			
11. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 111 - Charcuterie 3

This course explores the process of cold cut type charcuterie products. You will produce fresh and cured sandwich meats utilizing emulsified, ground, and whole muscle meats. You will utilize skills from Charcuterie 1 and Charcuterie 2 in the production of brines, cures, and smokehouse management.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe common types of hams and the corresponding curing methods.			
2. Describe the process of making emulsified sausages and cold cuts.			
3. Describe the process of making formed cold cuts.			
4. Produce full muscle bone in and boneless hams.			
5. Produce emulsified fresh and cured type sausages and cold cuts.			
6. Produce formed type cold cut products.			
7. Produce full muscle cold cuts beef and poultry.			
8. Demonstrate smoke house management in the production of smoked sausages and ham.			
9. Demonstrate water bath cooking techniques for cold cut products.			
10. Perform proper packaging, pricing, and storage of the retail charcuterie products.			
11. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 112 - Pork Retail Cuts

In this course you will gain an understanding of the procedures for processing retail pork products from the common block ready cuts. You will identify block ready products, produce and retail them following proper marketing procedures.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the common block ready and retail cuts obtained from the shoulder.			
2. Describe the common block ready and retail cuts obtained from the leg.			
3. Describe the common block ready and retail cuts obtained from the loin and belly.			
4. Produce various retail cuts from the shoulder blade and picnic shoulder.			
5. Produce various retail cuts from the leg.			
6. Produce various retail cuts from the loin and belly.			
7. Perform proper packaging, pricing, and storage of the retail pork products.			
8. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 282 - Beef Hind Retail Cuts

In this course you will gain an understanding of the procedures for processing retail beef hind products from the common block ready cuts. You will identify block ready products, produce and retail them following proper marketing procedures.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the common block ready cuts produced from the hind quarter.			
2. Describe the common retail cuts obtained from the Short-loin, striploin, and tenderloin.			
3. Describe the common retail cuts obtained from the inside round, outside round, eye of round and sirloin tip.			
4. Describe the common retail cuts obtained from the sirloin butt.			
5. Describe the common retail products obtained from the beef trim.			
6. Produce various retail cuts from short-loin, striploin, and tenderloin.			
7. Produce various retail cuts from the inside round, outside round, eye of round and sirloin tip.			
8. Produce various retail cuts from the sirloin butt.			
9. Produce various retail cuts from the beef trim.			
10. Perform proper packaging, pricing and storage of the retail beef front products.			
11. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 283 - Beef Front Retail Cuts

You will gain an understanding of the procedures for processing retail beef front products from the common block ready cuts. You will identify block ready products, produce and retail them following proper marketing procedures.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the common block ready products obtained from the beef front quarter.			
2. Describe the common retail cuts obtained from the chuck.			
3. Describe the common retail cuts obtained from the rib.			
4. Describe the common retail cuts obtained from the brisket.			
5. Describe the common retail cuts obtained from the beef trim.			
6. Produce various retail cuts from the blade.			
7. Produce various retail cuts from the shoulder clod.			
8. Produce various retail cuts from the short ribs.			
9. Produce various retail cuts from rib.			
10. Produce various retail cuts from the trim.			
11. Perform proper packaging, pricing, and storage of the retail beef front products.			
12. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 285 - Poultry Retail Cuts

In this course you will gain an understanding of the procedures for processing retail poultry. You will identify common fresh and frozen poultry products, process, and retail them following proper marketing procedures.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe the process of harvesting and grading of common poultry species.			
2. Describe the history, common species, production, and processing of poultry.			
3. Describe the Canadian bone in cuts obtained from common poultry species.			
4. Describe the Canadian bone-less cuts obtained from common poultry species.			
5. Produce various bone in and boneless retail cuts from chicken.			
6. Produce various bone in and boneless retail cuts from turkeys.			
7. Perform proper packaging, pricing, and storage of the retail poultry products.			
8. Perform retail marketing skills including stocking products, customer relations and cash management.			

MEAT 288 - Value Added Retail Products

In this course you will gain an understanding of the procedures, processes and products used to produce many common value-added retail products. You will apply this knowledge to beef, pork, and poultry, producing a variety of value-added products for the retail counter.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe what adding value to meat and poultry means and the various processes used.			
2. Describe the various cooking/par-cooking methods used in the production of value-added meat products.			
3. Describe seasonings, flavour profiles, marinades, and the process of vacuum tumbling.			
4. Describe types of stuffing, stuffing ingredients, and their usage.			
5. Describe coating types and their uses.			
6. Describe priority allergens and their relationship to labelling.			
7. Produce various seasoned and marinated value-added products from meat and poultry.			
8. Produce various stuffed value-added products from meat and poultry.			
9. Produce various coated value-added products. from meat and poultry.			
10. Perform proper packaging, pricing and storage of the retail value added products.			
11. Perform retail marketing skills including stocking products, customer relations and cash management.			

PRAC 193 - Retail Operations

In this course the student cohort will utilize the skills acquired from the previous retail sections. The group will plan, order supplies, produce and market their products while working within an assigned skill section. You will also prepare for your ongoing career development by creating/updating your resume and cover letter.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Prepare a product list, purchase order, work schedule.			
2. Produce common muscle retail cuts from beef, pork, and poultry.			
3. Produce fresh, cured, and smoked sausage products for retail sale.			
4. Produce value added retail products from beef, pork, and poultry.			
5. Perform retail marketing skills including stocking products, customer relations and cash management.			
6. Apply teamwork skills.			
7. Demonstrate safety and sanitation practices.			
8. Demonstrate safety and sanitation practices.			
9. Apply employability skills.			