

## CERTIFICATE IN NUTRITION

(16 hrs. min.)

CIP: 19.0501

This program is designed to meet the training needs for those who desire to become a public health worker or are currently working in the WIC program (Women, Infants and Children). Successful performance in the nutrition and food services means keeping current with certifications, new issues and constantly changing information. These courses are designed for individuals employed in the nutrition field who are interested in broadening their job opportunities.

### PROGRAM OUTCOMES

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

- Explain the Dietary Guidelines for Americans and the Food Guide Pyramid including the selection and preparation of food and the development of menus and diets consistent with these recommendations.
- Analyze a menu or diet for nutritional adequacy.
- Summarize the food sources and basic functions of major nutrients in the human body.
- Summarize the process of digestion and absorption of the major nutrients.
- Understand the nutritional concerns and requirements of each phase of the lifecycle.
- Explain the relationship between diet and the major chronic diseases.
- Evaluate the basic features and functions of community nutrition programs.

### CORE REQUIREMENTS: (13 HRS. MIN.)

EXSC 202	Instruction in Lifestyle Change (3)
NUTR 121	Dietary Guidelines (1)
NUTR 200	Nutrition (3)
NUTR 205	Nutrition in the Life Cycle (3)
NUTR 206	Community Nutrition (3)

## CERTIFICATES

APPROVED ELECTIVES: (3 HRS.)

Choose from the following:

HLCR 113	Medical Terminology (3)
NUTR 207	Current Issues in Nutrition (1)
NUTR 208	Nutritional Assessment (2)
NUTR 209	Nutrition in Chronic Disease (3)
NUTR 215	Culinary Nutrition (4)
NUTR 221	Diabetes Management (3)
NUTR 230	Sports Nutrition (3)

Note: See “College Success Course Requirement” on Page 8.

TOTAL 16 CREDITS