

Online Professional Certificate Programs in

Nutrition

Program Information and
Frequently Asked Questions



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Introduction and Overview of the Profession

What Nutrition Professionals Do

Many different professions require nutritional and optimal health knowledge and experience. Dietitians and nutritionists are experts in food and nutrition, advising clients on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular (exercises for the heart and blood system), strength training, and stretching. Some also advise clients on diet and nutrition. They work with clients of all ages and skill levels.

Allied health/medical professionals work in the health care system, providing a range of diagnostic, technical, therapeutic, nutritional, and support services that are critical to other health professionals, in some instances providing direct patient care.

Employment Prospects in the Field

According to the U.S. Department of Labor, employment of dietitians and nutritionists is projected to grow 21 percent from 2012 to 2022, faster than the average for all occupations. In recent years, interest in the role of food in promoting health and wellness has increased, particularly as a part of preventative health care in medical settings.

For fitness trainers, employment is projected to grow 13 percent from 2012 to 2022, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs is expected to increase the need for fitness trainers and instructors.

As the health care industry exhibits ongoing employment growth, interest in allied health professions continues to rise. The U.S. Bureau of Labor Statistics reports that millions of new healthcare jobs will be added through 2018 – more than any other industry – and many of those openings will be in the allied health field.

Program Overview

Our Online Professional Nutrition Programs

Course Content

SDSU's College of Extended Studies offers two professional certificate programs in nutrition. Depending on your professional and personal goals, you have the option to complete three courses to earn the Professional Certificate in Nutrition for Optimal Health and Wellness or,

you may choose to complete a fourth course to earn the Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports.

Our online certificate programs are designed for personal trainers, group fitness instructors, and other health and wellness professionals looking for a credible curriculum to gain expertise in advising their clients on nutrition. The certificate will enhance your résumé and demonstrate to clients that you're a qualified professional.

The courses provide an in-depth examination of vitamin/protein supplementation, functional foods (those with a positive effect beyond basic nutrition), antioxidants, meal-plan analysis for optimal performance, and advanced sports nutrition. Additional topics include shopping for functional foods, environmental nutrition issues, and eating earth-friendly food sources. You will also learn about energy and nutrient needs for performing activities of daily living with emphasis on particular physical activities, common myths and fallacies concerning diet and athletic performance, and appropriate behavioral change modifications and dietary approaches for different ages and populations.

These programs are also ideal for registered dietitians (RD) and dietetic technician-registered (DTR) professionals seeking CEUs, as well as health enthusiasts wanting to learn more about nutrition and healthy eating.

Instructor Melissa Halas-Liang is a nationally recognized nutrition educator, Registered Dietitian, Certified Diabetes Educator, and wellness expert.

We have two certificate options. If completing either certificate, we recommend the courses be taken in order listed below.

Certificate 1: Professional Certificate in Nutrition for Optimal Health and Wellness

Successfully complete the following three online courses:

- Nutrition and You: Functional Foods
- Weight Management and Nutrition in the Lifecycle
- Public Nutrition and Wellness Education

Certificate 2: Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports

Successfully complete the three courses for Certificate 1 plus:

- Introduction to Sports Nutrition and Performance

Detailed Course Topics

Course 1: Nutrition and You: Functional Foods

- Define functional foods and learn their specific benefits beyond nutrition
- Review the general guidelines and functional foods to include in your meal plan
- Understand how to incorporate beneficial spices into your diet
- Gain knowledge of diet diversity and free-radical theory

Course 2: Weight Management and Nutrition in the Lifecycle

- Define obesity: incidence and contributing factors
- Understand the basic principles of obesity treatment, interventions, and contributing factors
- Review fad diets and practical strategies
- Learn about the obesity epidemic and weight-management programs

Course 3: Public Nutrition and Wellness Education

- Understand genomics and evidence-based medicine
- Examine the history of healthful diets and current approaches
- The role of vitamins, their function, and recommendations
- What's new in wellness and cancer prevention

Course 4: Introduction to Sports Nutrition and Performance

- Gain an understanding of nutrition, exercise, and sports-related fitness
- Understand nutrition for performance and energy utilization
- Learn about protein, ergogenic aids, and hydration in sports nutrition
- Learn about meal planning for competitions

Prerequisites

Students enrolling in the course should have:

- A high school diploma or GED
- The ability to read, write, and comprehend English
- Basic arithmetic skills including addition, subtraction, multiplication, and division

Tuition and Fees

Each individual course is **\$399**. The total program fee is **\$1197** for the 3-course certificate (Certificate 1) and **\$1,596** for the 4-course certificate (Certificate 2). The amount for each individual course must be paid in full at the time of registration. It is not recommended to take more than two courses at once. **Refunds are not applicable once logged into the course.** The purchase of a textbook is required for **Introduction to Sports Nutrition and Performance: *Nutrition for Health, Fitness & Sport (Paperback)* by Melvin H Williams (8th or 9th Edition)**. Payment plans are not available. *Note: All course offerings and prices are subject to change.* [Financial Aid Options](#) are listed on our website.

Please note that these are **noncredit** professional development certificates that do not offer transferrable units to a degree program such as a bachelor's, master's, or doctorate degree.

Registration

Detailed [registration information](#) is available on our website. These programs are offered as open enrollment for your convenience. With open enrollment, you are welcome to register and start your courses at any time throughout the year. No application is necessary to register for this course.

Schedule

With these courses offered as open enrollment, there is no set schedule that you're required to follow. Once logged in, you have eight weeks to complete all the required course work for each course. If you need additional time, you may request an extension through the course online portal.

Location

These are online courses that can be completed in the convenience and comfort of your home, or wherever you can obtain reliable Internet access.

Course Completion

Required Scores

To pass each course and be eligible to receive the Certificate of Completion, students must earn a final score of 70% or higher.

Points	Score
100-90%	Excellent
89-80%	Above Average
79-70 %	Average
69-60 %	Marginal
Below 59%	Unsatisfactory
Incomplete*	Did not complete

**An Incomplete score must be approved by the instructor and CES. Student must have completed at least 60% of the coursework.*

Certificate of Completion

At the completion of all required courses, students must submit a Certificate Application online in order to receive a Certificate of Completion. This certificate includes the student's name, the program title, and the date the course was completed. This certificate may be copied to include with a résumé when applying for jobs. [Use this link to request your Certificate.](#)

Continuing Education Credits/Units (CECs/CEUs)

The following national organizations/associations have approved SDSU's Nutrition program and courses for Continuing Education Credits/Units (CECs/CEUs):

- Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics (AND, formerly ADA) has approved the Certificate in Functional Nutrition program for 30 CPEUs per course for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- National Council on Strength and Fitness / 10 CECs
- National Posture Institute (NPI) / 5 CECs

Frequently Asked Questions

Is SDSU accredited?

Yes. SDSU is accredited through Western Association of Schools and Colleges (WASC).

Where can I find information to assist in my career planning?

The U.S. Department of Labor is a great place to start your research. Its [Occupational Outlook Handbook](#) includes information about jobs, earnings, titles, job descriptions, job markets and potential new jobs.

Will this certificate enable me to get a job in my field of interest?

This program is specifically designed for informational and continuing educational purposes for:

- Allied health care professionals and registered dietitians who want to better apply their clients' health history toward optimal nutritional health and well-being.
- Personal trainers and fitness professionals who want fundamental nutrition education so that working in partnership with Registered Dietitians will maximize results for their clients.
- Consumers who want to learn more about contemporary nutrition concerns, what foods to include in their daily diet, and how their relationship with food affects their health.

How do I register?

1. Go to the [Online Professional Certificates in Nutrition for Optimal Health and Wellness](#) program web page.
2. Scroll to the bottom and choose your course(s). (It is not recommended to take more than two courses at once.) A detailed course description will appear under the course name.
3. Click on the “Register” red button and a page with more details will appear — schedule number, course dates and tuition fee.
4. Select the “Add to Cart” blue button and scroll to the top right side of the page and click on “Check out.”
5. Choose “Click here” hyperlink on the right hand side to create a new account and choose your preferred method of registration from the three options below and proceed:

Online (credit card only)

- If this is your first time enrolling in SDSU/CES classes, click on “Click here” under create new account. Follow instructions and a Red ID will be generated.
- If you are a returning student, log-in using your Red ID and password.

Phone (credit card only)

- Call the CES Registration Office at (619) 594-5152. Please have all class details ready (from step 4 above).

Paper (credit card, money order, and cash accepted if submitting form in person)

- Download the paper registration form from the CES website.
- Complete the form with your personal information and relevant course information (from step 4 above).

What is the difference between obtaining a professional certificate through SDSU and becoming a certified nutrition and/or optimal health-related professional?

Professional certificates, which are offered through the SDSU College of Extended Studies, should not be confused with certifications, which are offered through third party, standard-setting organizations.

Professional certificates are awarded by educational programs or institutions and indicate completion of a course or series of courses with specific focus; typically listed in the education section of a résumé. Nutrition for Optimal Health, Wellness, and Sports is a non-credit program and will not lead to credits for obtaining a bachelor’s or master’s degree. Professional certificates are recognized by most employers as a significant academic accomplishment and can lead to new jobs as well as promotions for those who obtain them. They are also usually more relevant and focused for today’s workforce than academic degrees and can be completed in a much shorter period of time.

Certifications are awarded by a third party, standard-setting organization such as ACE and indicate mastery of skills measured against a set of standards usually by an application or an exam. Certification exams require test takers to meet specific educational and/or experience criteria, as well as to pass the written examination. We encourage you to research exam requirements for each industry organization.

When do classes meet?

The courses are online so there is no specific class meeting time. Individual courses are 5 weeks in length. Course sessions are accessible upon receiving the login information. Once you log in for the first time, you will have access to each course for 8 weeks. Additional time can be granted if needed. Courses are open 24 hours/day and 7 days/week for you to log in at your convenience to complete assignments.

How much time will I spend per week on this course?

Most courses require approximately 5-10 hours per week of time investment. Tips for staying on track with completing a course within the 8-week allotted timeline:

- Log on early in the week when the weekly session is released and spend 45 minutes to an hour online with the new material.
- Log in 4 or 5 more times per week for 30 minutes or so to keep up with the discussion questions, projects, quizzes, written assignments, and/or exams.

What are the technological requirements for participating?

Certain technical requirements are needed for successful completion of our courses.

They include, but are not limited to, having:

- A reliable Internet provider with Netscape 4.0 or better or MS Explorer 4.0 or better
- Internet access with, at minimum, a 56K modem. Highly recommended is DSL or high-speed cable Internet access.
- 64 MB system RAM, 200 MB free hard-disk memory or sufficient storage
- Reliable email account access
- CD-ROM/DVD capabilities

Some courses may have additional software and/or hardware requirements.

Are there any textbook requirements and what are the costs?

Yes, the *Introduction to Sports Nutrition and Performance* course requires a textbook: ***Nutrition for Health, Fitness and Sport (Paperback) by Melvin H Williams (8th or 9th Edition)***. When you register for a course(s), instructions for ordering textbooks or course materials — either online or through a toll-free number — will be provided.

Additional Information

Thank you for reviewing the program information. To obtain additional information or to ask specific questions not answered here, please contact the Student Services Coordinator:

Email: healthcare.ces@sdsu.edu

Phone: (619) 594-0845

Website: neverstoplearning.net/healthcare