

Online Professional College Certificate in Sports Nutrition and Performance

Register/Start at ANY TIME!

Dear Interested Student:

Thank you for your interest in the Professional Certificate in Sports Nutrition and Performance Program. Please read below for more information on the structure of the program, courses, benefits, and information regarding our **OPEN ENROLLMENT Format**.

Certificate Benefits:

The Online Professional Certificate in Sports Nutrition and Performance has been designed to meet the growing demand for Registered Dietitians, DTRs, personal trainers, athletic trainers, allied health/medical and fitness professionals, and the general public who want to learn about developing individualized sports nutrition programs for clients, patients, or for personal improvement. This Web-based Certificate program provides an in-depth examination of contemporary nutritional topics such as advanced sports nutrition, vitamin/protein supplementation, functional food implementation, antioxidants, and meal plan analysis for optimal performance. Benefits of the Online Professional Certificate in Sports Nutrition and Performance program:

1. Guidance, instruction, and interaction from instructors that hold either a **Master's** or **Ph.D.** degree in exercise science, biomechanics, exercise physiology, kinesiology, physical therapy, nutrition or an exercise science-related degree. Our instructors will support their students and become valuable resources and mentors well after they graduate.
2. **Begin the Courses/Program at ANY TIME!**: Each course within the Nutrition program is offered in an OPEN ENROLLMENT Format. This means you can register at any time, and once you are logged in you have 8 weeks to complete the course(s) you registered for (students can complete a course before the 8 week deadline). The certificate program is designed for students to take 2 courses at a time in a 2 module format. In addition, students have 1 full year to complete all the required courses, but typically students complete the program within 4 months.
3. Obtain a professional college certificate from an accredited institution.
4. College courses provide CECs or CEUs for personal trainers, group fitness instructors, physical therapists, athletic trainers, exercise physiologists, chiropractors, and for those fitness and health professionals seeking re-certification, re-licensure, or career advancement.
5. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry
6. This program is offered in partnership with the **National Posture Institute (NPI)**. Students that graduate from this program will receive a 20% discount for the **NPI Certified Posture Specialist (CPS)™ Program**. The CPS™ program provides students with the tools needed to develop a unique career pathway and expand their business opportunities. This is accomplished by learning a structured process to assess and correct posture and body alignment & by incorporating this knowledge into a successful business model that is structured to help expand one's client/patient base. Students will learn the following NPI business tools: how to market/brand yourself as a CPS™, how to attract new and retain current clientele, how to utilize a referral program to your utmost advantage, and how to create new business opportunities utilizing professional partnerships. This program is for personal trainers/fitness professionals, group exercise instructors, physical therapists, athletic trainers, chiropractors, and sports performance coaches. The program is offered also in partnership with **SuperKids Nutrition**. They have provided content/curriculum for the program.

Continuing Education Credits

The following National Organizations/Associations have approved the Sports Nutrition and Performance program/courses for Continuing Education Credits/Units (CECs/CEUs):

- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the Academy of Nutrition and Dietetics (AND, formally ADA) has approved the Certificate in Sports Nutrition and Performance program for 30 Continuing Professional Education Units (CPEUs) per course for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / (amounts vary, see NSCA website for current approval amounts)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- National Strength Professional Association (NSPA) / 2 CEUs
- National Posture Institute (NPI) / 5 CECs

This Certificate is designed for:

- Allied health, medical, and fitness professionals, personal trainers, and Registered Dietitians seeking advanced nutrition education, re-certification, re-licensure, or career advancement.
- Individuals from the public and consumers interested in seeking to stay current in nutritional program design, health, and performance

Certificate Program Structure:

- The program is comprised of 4 required core courses (Courses 1-4 below) Students may complete the program in as little as 4 months or have up to one year.
- The certificate program is designed for students to take 2 courses at a time in the 2 module format and each course/module is 8 weeks in length with no penalty for finishing early.
- It is Not Required to take courses in any order
- Students may elect to take courses individually if desired at any point during the program.
- You should be able to commit 5 to 10 hours per week to each course in which you enroll. That is a total of 50 hours on average per each course.
- You are graded on each course based on how well you do on special projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text(s), articles, lecture presentations, internet research, and then going online to complete assignments.
- Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the Professional Certificate in Nutrition.
- There is not a specific class meeting time.
- There are no prerequisites required to enter the program.
- Courses in the certificate program are offered year-round for your convenience, in an OPEN ENROLLMENT

The following are the four core courses in the typical two module format students choose to take the courses in, as most students elect to take two courses simultaneously:

Program Curriculum

Course 1: Nutrition and You: Functional Foods

Heard about the health benefits of cocoa for cardiovascular health? What do garlic, tomato sauce, and tofu have in common? Which spices and herbs need to be consumed in your daily diet? In this course you will learn what functional foods to eat for increased performance in sports, training, and daily life.

Course 2: Weight Management and Nutrition in the Lifecycle

Applying the principles of good nutrition starts at Day 1, whether working with clients or designing the optimal personalized eating program. This course teaches students the principles behind helping a client in any stage of their life to set and achieve peak performance while working in conjunction with a registered dietitian in a team approach. Discover what specific nutrients need to be increased in your diet for peak performance and at different stages of your life. Learn how to personalize your own meal plan and those of your clients.

Course 3: Introduction to Sports Nutrition and Performance

Learn what to eat before, during, and after competition, design optimal meal plans for athletes, and be able to identify the best sport supplements such as protein powders/bars, creatine, and sport drinks. Learn to provide the best fuel for your body and how proper nutrition can provide optimal muscle development, recovery and sports performance.

Course 4: Public Nutrition and Wellness Education

This course delves more deeply into nutrition, performance, and optimal wellness. Master the tools needed to provide educated answers on nutrition and overall well-being. Learn how to navigate through the media's mixed messages on sports nutrition, supplementation, diets, and effectively interpret nutrition news, and understand critical information on the science behind vitamins/proteins, minerals, and antioxidants.

Demonstration Course:

For an Online Demo, email do@edfit.com and request demo access for the Nutrition Program.

Award of the Certificates:

1. Professional Certificate in Sports Nutrition and Performance: complete all four core courses within a period of one year
2. Complete and receive a passing grade of (70 or C- and above) in all courses to graduate with the certificate(s): which includes quizzes, exams, written/research projects, and class assignments

Why Online Learning?

- Learning occurs in a user-friendly environment and is accessible to participants with little or no computer experience.
- Online courses give you the knowledge and tools you need to stay ahead in today's rapidly changing professional marketplace.
- Online Education allows students to access their courses from anywhere there is an internet connection even if you are traveling on business or on vacation.
- Flexibility: Students can attend class in the comfort and convenience of their own home, office, library, or internet café and complete assignments after breakfast, during lunch, late at night, or any time that is convenient for the student.
- Cost-effective: expenses related to facilities, travel and non-productive time is reduced.

Frequently Asked Questions (FAQ):

What is an online course or online certificate program?

An Online course is a class offered over the Internet. The amount of work required of the student and the learning goals are no different than regular face-to-face classes. Students interact with each other and the teacher by email, phone, and through class discussion forums.

Our goal is to make online learning not only convenient but a compelling learning experience. We want students engaged in the online material beyond just reading. We've incorporated projects, quizzes, problem-solving questions, exams, written reports, and exercises that require reading the text, articles, lecture presentations, and then going online to complete assignments. We also hope to try to incorporate adult learning theory objectives, keeping in mind that people learn in different ways (i.e., listening, seeing, and doing.) We think, as a result, our courses are interesting and more effective.

Are there any textbook requirements and what are the costs?

Yes, there are textbooks required per each course. 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.

What are the technological requirements for participating?

In addition to a confident level of computer literacy, certain technical requirements must be met to enable a successful experience. Technical requirements include but are not limited to having internet access with a 56K modem, but it is highly recommended that you have **DSL or High Speed Cable Internet Access**; 64 MB system RAM; 200 MB free hard disk space memory or sufficient storage; Internet access with Netscape 4.0 or better or MS Explorer 4.0 or better, reliable email account access, CD-ROM/DVD capabilities, and a reliable Internet provider. Some individual courses may have additional software and/or hardware requirements.

NECESSARY SKILLS

- Knowledge of Windows or Mac OS
- Ability to use web browser, email and internet

When do classes meet?

There is not a specific class meeting time. Courses are open 24 hours a day and 7 days a week for you to login into your class any time of the day that is convenient for you to complete assignments.

Is an Online course the right choice?

If you agree with these statements, online courses may be for you!

- I am comfortable with using my computer for email, internet, and word processing
- I have access to a computer most of the time
- I have reliable high-speed internet connection
- I have good time management skills

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

Most of our courses require about 5 or 10 hours per week of effort on your part. You can expect to log into the online classroom early in the week when the weekly session is released and spend 45 minutes to an hour online with the new material. Then, log in 4 or 5 more times per week for 30 minutes or so to keep up with the class discussions questions, projects, quizzes, written assignments, coffee house hours, and/or exams.

Student Testimonials

Read below for what our past students have to say about the Online Certificate in Sports Nutrition and Performance.

“Because of powerpoint presentations, voice audios, and ability to have questions answered whether or not I participated in coffee house forums, this course provided the atmosphere of a traditional setting. It adequately met my needs as a student” **Andrea I. Georgia, Nutrition and You: Functional Foods**

“I absolutely loved the Weight Management class. The course content was informative and up to date and the teacher is an expert in this field. You also get quick responses to all your questions and can manage it even with a fulltime work schedule. I would recommend it to anyone who is looking to enhance their knowledge of Nutrition and Weight Management”. **Lisa G. California, Weight Management and Nutrition in the Lifecycle**

“The course exceeded my expectations. I appreciated the up-to-date academic references, broad spectrum of topics, and ideas from the instructor's personal life on how to improve diet. Surprisingly I learned more online than I had expected. The instructor calls attention to specific students' work and by the middle of the course the personalities come out. The instructor's passion and enthusiasm for the subject matter are exuded in the lectures, slides, and emails. I need flexibility with my schedule so this is perfect. The lecture and slide combo provides the touch and feel of a class and the slides contain references if I want to dig deeper. Excellent!” **Clare N. Louisiana, Nutrition and You: Functional Foods**

- **National Posture Institute Certificate Programs**
 - Certified Posture Specialist™ Certificate Program
 - Certified Resistance Training Professional™ Certificate Program
 - Certified Goniometry Specialist™ Certificate Program
- **Career Development Certificate Programs (Approved for ACSM CECs and other organizations):**
 - Certificate in Personal Fitness Training/Advanced Personal Fitness Training™
 - Certificate in Fitness Business Management™
 - Certificate in Older Adult Personal Training & Group Exercise Training™
 - Certificate in Women's Exercise Training and Wellness™
 - Certified Essentrics Trainer™ Certificate Program
- **Nutrition Specialization Certificate Programs (Approved for Academy of Nutrition and Dietetics CPEUs, ACSM, NSCA, and other organizations):**
 - Certificate in Functional Nutrition™
 - Certificate in Family Nutrition™
 - Certificate in School Nutrition and Wellness™

Program Coordinator:

Melissa Halas-Liang, MA, RD, CDE is a Certified Diabetes Educator, holds a Bachelors of Science in Clinical Dietetics and Masters degree in Nutrition Education and practiced as Certified Nutrition Support Dietitian for 10 years. She has the Certificate of training for Childhood and Adolescent Weight Management. Melissa has 15 years of diverse experience in clinical care, nutrition management, nutrition counseling, critical care curriculum, nutrition education, media and writing, and currently serves as Co-President of the Los Angeles District of the CDA and spokesperson for the California Dietetic Association. In 2006, she started SuperKids Nutrition Inc...to save the world one healthy food at a time™ a company and mega Website resource for easy-to-read credible nutrition information and activities for families. If you have questions about the certificate program and courses, you may contact the Program Coordinator at mhalasliang@gmail.com

Melissa Halas-Liang, MA RD CDE