

## Online Professional College Certificate in Nutrition for Optimal Health, Wellness and Sports

Dear Interested Student:

Thank you for your interest in the Professional Certificate in Nutrition for Optimal Health, Wellness and Sports Program. Please read below for more information on the structure of the program, courses, benefits, and the [Yearly Certificate Schedule Course Start-End Dates and Registration-Enrollment Deadlines](#).

### Certificate Benefits:

The Online Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports has been designed to meet the growing demand of allied health/medical professionals, Registered Dietitians, fitness professionals, personal trainers, and the general public who want to learn about developing individualized nutritional programs for clients, patients, or for personal improvement. This innovative and comprehensive Web-based Certificate program provides an in-depth examination of contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management. Content and curriculum in each course is designed to prepare allied health care professionals and Registered Dietitians to apply their client's health history toward optimal nutritional health and wellbeing. Personal trainers and fitness professionals will learn fundamental nutrition education to work with clients in partnership with Registered Dietitians. Individual consumers interested in learning more about nutrition, daily meal planning, wellness strategies, and sport nutrition and performance will be introduced to information to help them achieve their own goals or for their family members. Benefits of the Online Professional Certificate in Nutrition for Optimal Health, Wellness and Sports 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. Obtain a professional college certificate from an accredited institution.
3. 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.
4. Networking opportunities with industry experts, medical professionals, professors, researchers, and business leaders in the industry.

### Continuing Education Credits

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

- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Nutrition program for 120 Continuing Professional Education Units (CPEUs)/ or 30 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- The American Senior Fitness Association (SFA) has approved each course in the program for 2.0 CEUs.
- The American Senior Fitness Association (SFA) / 2.0 CEUs per course
- The Health and Fitness Professionals Association (HFPA) / 30 CECs per course
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs per course

**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 three months or have up to two-years.
- The certificate program is designed for students to take 2 courses at a time in the 2 module format and each course/module is 5 weeks in length.
- 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. Classes or weekly sessions are available Monday morning at 12:00 a.m. (Pacific Standard Time-PST) and continue through the week and end on Sunday evening at midnight (PST). 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.
- There are no prerequisites required to enter the program.
- Courses in the certificate program are offered year-round for your convenience, in the **Spring, Summer, and Fall** semester. See the course start-end date below. Note: each course has a registration deadline date.

**Yearly Certificate Schedule Course Start-End Dates:**

[Click Here](#)

**The following are the four core courses in the two module format:****Program Curriculum**Module One (weeks 1-5)

Course 1: Nutrition and You: Functional Foods

Course 2: Weight Management and Nutrition in the Lifecycle

Module Two (weeks 6-10)

Course 3: Introduction to Sports Nutrition and Performance

Course 4: Public Nutrition and Wellness Education

**Demonstration Course:**

For an Online Demo, [Click Here](#).

**Award of the Certificates:**

1. Professional Certificate in Nutrition for Optimal Health, Wellness and Sports: complete all four core courses within a period of two years
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. Individual courses are 5 weeks in length unless otherwise indicated, with specific start and end dates. Classes or weekly sessions are available Monday morning at 12:00 a.m. (Pacific Standard Time-PST) and continue through the week and end on Sunday evening at midnight (PST). You will have 7 days to complete the assigned weekly session requirements unless otherwise indicated. 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 Nutrition for Optimal Health, Wellness, and Sports.

“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**

### **Other Online Professional Certificate Programs Available:**

- Certificate in Personal Fitness Training™
- Certificate in Advanced Personal Fitness Training™
- Certificate in Fitness Business Management™
- Certificate in Women's Exercise Training and Wellness™
- Certificate in Personal Training and Group Exercise Training for Older Adults™

### **Program Coordinator:**

Melissa Halas-Liang, MA, RD, CNSD, CDE is a Registered Dietitian, Certified Diabetes Educator, Certified Nutrition Support Dietitian and holds a Masters degree in Nutrition Education. Melissa has the Certificate of training for Childhood and Adolescent and Weight Management. She has over 10 years of diverse experience in nutrition management, nutrition counseling, clinical trials, teaching, media and writing and currently serves as Co-President elect of the Los Angeles District of the California Dietetic Association. She provides a unique approach to health and wellness across the entire lifespan. For the past seven years, Melissa has provided on-line education at universities to health professionals and the general public. She provides community lectures on children and adult nutrition and enjoys motivating her audience through encouraging small steps to healthier lifestyle changes while creating a fun approach to living. Most recently, with [Super Kids Nutrition Inc.](#) she shares her passion of creating a healthier “next generation” by working with other nutrition experts in the field to “save the world, one healthy food a time™”. Her books [Super Baby's Abigail Lunch Time Adventure](#) (Sept 2008) and [Havoc at the Hillside Market](#) (Oct 2008) and educational website entertains and motivates young children to develop healthy eating habits young so they can achieve their full potential by living a healthy life. If you have questions about the certificate program and courses, you may contact the Program Coordinator at [mhalasliang@gmail.com](mailto:mhalasliang@gmail.com)

Regards,  
Melissa