

NUTRITION – Certificate of Proficiency – Effective catalog year 2011-2012

This certificate program is designed for individuals who are interested in learning more about basic nutrition. The focus is on wellness and disease prevention through proper nutrition and eating behaviors. It is highly recommended that students enrolling in this program have taken (a) high school biology and chemistry or (b) BIOL 114: Principles of Biological Science and high school chemistry.

ENGL 151	English I	3 cr.
BIOL 130	Human Anatomy & Physiology I	4 cr.
BIOL 131	Human Anatomy & Physiology II	4 cr.
MATH 156	Introduction to Statistics	3 cr.
HEHP 225 or HEHP 110	Contemporary Health or Applied Modern Health	2-3 cr.
HEHP 188	Introduction to Nutrition	3 cr.
HEHP 239	Strength and Physiology Conditioning	3 cr.
HEHP 240	Exercise Physiology	3 cr.
HEHP 252	Nutrition for Fitness and Sport	3 cr.
HEHP 266	Exercise and Health Counseling	3 cr.

TOTAL CREDITS 31-32

Board of Trustees Approval Date: November 8, 2010