

NUTRITION – Certificate of Proficiency

Effective catalog year 2018-2019

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	<u>3 cr.</u>

Total Credits 31-32 cr.

Board of Trustees Approval Date: November 8, 2010