

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

### Register/Start at ANY TIME!

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 information regarding our **OPEN ENROLLMENT Format**.

#### **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. **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). In addition, students have 2 full years to complete all the required courses, but typically students complete the coursework within 10 weeks.
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 endorsed by the **National Posture Institute (NPI)**. Students that graduate from this program will receive a 20% discount for the **NPI Certified Posture Specialist (CPS)<sup>TM</sup> Program**. The CPS<sup>TM</sup> 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<sup>TM</sup>, 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.
7. The program is offered in partnership with **SuperKids Nutrition**. They have provided content/curriculum for the program.

### **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):

- American College of Sports Medicine (ACSM) / 50 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- National Strength Professional Association (NSPA) / 2 CEUs
- **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).
- State of Illinois - Advanced Practice Nurse CE Sponsor / 50 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 10 weeks 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 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**

#### 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. 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:**

- Certified Posture Specialist™ Certificate Program
- Certificate in Advanced Personal Fitness Training™
- Certificate in Family Nutrition™
- Certificate in Fitness Business Management™
- Certificate in Functional Family Nutrition™
- Certificate in Personal Fitness Training™
- Certificate in Personal Training and Group Exercise Training for Older Adults™
- Certificate in School Nutrition and Wellness™
- Certificate in Women's Exercise Training 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](mailto:mhalasliang@gmail.com)

Melissa Halas-Liang, MA RD CDE