



College Certificate Guide



Online Professional College Certificate in School Nutrition and Wellness

Register and Start Classes ANY TIME!

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Online Professional College Certificate in School Nutrition and Wellness

Dear Interested Student:

Thank you for your interest in the Online Professional College Certificate in School Nutrition and Wellness Program!

Our **Online Professional College Certificate in School Nutrition and Wellness Program** addresses the challenge of busy working professionals or for those students that have limited time to attend courses at a traditional on-site campus. We require no time to attend the campus. All the courses in the program are 100% fully online; allowing you to live anywhere while completing the college certificate.

Please read below for more information on the structure of the program, courses, benefits, and information regarding our **OPEN ENROLLMENT Format that allows you to register and start courses right away.**

Certificate Benefits:

The Online Professional College Certificate in School Nutrition and Wellness has been designed to help counteract the current health status of today's youth. With nearly 20% of America's children overweight or obese, effective health and nutrition education and school wellness policies will be critical for reversing this serious problem. The health status of America's youth will directly impact our nation's health care system, available labor pool, and national priorities for years to come.

This certificate program is appropriate for anyone concerned with child health and education, including school administrators, teachers, physical education teachers, health educators, nutritionists, nurses, food service providers, caregivers, PTA members, allied health/medical and fitness professionals, and even parents. With the knowledge gained through this program, participants will feel confident leading or participating in effective wellness committees, modeling optimal eating behaviors, and making your school and community environment healthy and positive. Benefits of the Online Professional Certificate in School Nutrition and Wellness 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
5. 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 each course for the following 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 School Nutrition program for 10 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
- American Senior Fitness Association (SFA) / 2.0 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- National Council on Strength and Fitness / 10 CECs
- 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.
- Parents, teachers, caregivers and individuals from the public and consumers interested in ways to improve a child's nutritional habits and wellness.

Certificate Program Structure:

- The program is comprised of 2 required core courses that can be taken simultaneously (Courses below) Students may complete the program in as little as 8 weeks or have up to one year.
- It is Not Required to take courses in any order
- **REGISTRATION:** Courses are OPEN ENROLLMENT, meaning you can register and begin at any time.
- Students may elect to take courses individually if desired .
- 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 School Nutrition and Wellness.
- There is not a specific class meeting time. Classes or weekly sessions are available upon registration and 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 available all year round. Once logged in, students are provided with 8 weeks of access to complete the course(s) they registered for.

The following are the two core courses:

Program Curriculum

Course 1: School Wellness and Nutrition - Problems and Effective Solutions

This course provides background on government nutrition programs for children, and the political and budget constraints that have hindered advancement in nutritional science. It also provides knowledge about the foods served at school and why vending machines and junk foods have become staples at many schools. Finally, the course looks at the parental, community, marketing, and school-based influences on childhood nutrition.

Course 2: Developing School Wellness-Children Nutritional Programs

This course will look at the changing food environment in the U.S., including Mrs. Obama's "Let's Move" campaign, changes in the school lunch program, and examines school gardens as well as the organic and green movement. It will discuss the three steps to successful nutrition education and ideas for incorporating nutrition and fitness education into the school day. It will ask participants to think creatively about the best ways to reach kids through positive food, fitness and health behaviors!

Demonstration Course:

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

Award of the Certificates:

1. Professional Certificate in School Nutrition and Wellness: complete all two 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. Individual courses are 8 weeks in length. Course sessions are available for access upon receiving the login/access information. 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. To stay on track with completing within the 8 week allotted per course timeline, 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 our Online Nutrition Courses:

"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:

- **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 Sports Nutrition and Performance™
 - 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