

CERTIFICATE IN NUTRITION

(23 hrs. min.)

CIP: 19.0501

School of Health and Sciences, (505) 428-1722

This program is designed to broaden the knowledge base of individuals interested in nutrition or for those who work in food, nutrition or health related areas such as WIC (Women, Infants and Children), public health, nursing, allied health, culinary arts, fitness, schools, farmers' markets, etc.

PROGRAM OUTCOMES

Upon completion of this program, students will be able to:

- Apply recognized nutrition tools and guides in the selection and preparation of food and in the development of menus, which optimize a healthy, adequate diet.
- Analyze a menu or diet for nutritional adequacy.
- Summarize the basic functions, food sources, digestion and absorption of the major nutrients.
- Understand the nutritional concerns and requirements of each phase of the life cycle.
- Demonstrate a basic understanding of public health nutrition surveys, programs and policies.
- Explain the impact of food and diet choices on exercise performance, chronic disease, nutritional status and on the environment.

CORE REQUIREMENTS: (17 HRS.)

EXSC 202	Instruction in Lifestyle Change (3)
NUTR 121	Dietary Guidelines (1)
NUTR 200	Nutrition (3)
NUTR 205	Nutrition in the Life Cycle (3)
NUTR 206	Community Nutrition (3)
NUTR 215	Culinary Nutrition (4)

APPROVED ELECTIVES: (6 HRS. MIN.)

Choose from the following:

HLCR 113	Medical Terminology (3)
HPER 164	Weight Management and Exercise (2)
NUTR 207	Current Issues in Nutrition (1)
NUTR 208	Nutritional Assessment (2)
NUTR 209	Nutrition in Chronic Disease (3)
NUTR 221	Diabetes Management (3)
NUTR 230	Nutrition for Fitness and Sport (3)

NOTE: See "College Success Course Requirement" on Page 10.

TOTAL 23 CREDITS MIN.