



# Give Your Clients Expert Advice on Nutrition

## Register for SDSU Online Nutrition Courses

Looking for a credible curriculum to gain expertise in advising your clients on nutrition? San Diego State University's nutrition program is designed for personal trainers, group fitness instructors, registered dietitians, and dietetic technician-registered professionals seeking CECs, as well as health enthusiasts wanting to learn more about nutrition and healthy eating.

### Gain In-depth Knowledge of:

- Vitamin and protein supplementation
- Functional foods (those with a positive effect beyond basic nutrition)
- Antioxidant benefits
- Meal-plan analysis for optimal performance
- Advanced sports nutrition

The certificates will enhance your résumé and demonstrate to clients that you're a qualified professional.

### Choose from Two Certificate Options

**Courses are Online. Register at Any Time.**

*You have eight weeks to complete each five-week course. As such, we suggest completing one course before registering for another.*

#### 1 | Nutrition for Optimal Health and Wellness

Successfully complete the following three courses:

##### Nutrition and You: Functional Foods

Heard about the benefits of cocoa for cardiovascular health? Which spices and herbs should be consumed daily? Learn what functional foods to eat for increased performance in sports, training, and life.

##### Weight Management and Nutrition in the Lifecycle

Learn how to personalize your own meal plan and those of your clients, for peak performance at different life stages.

##### Public Nutrition and Wellness Education

Learn how to navigate through the media's mixed messages and understand critical information on the science behind vitamins, proteins, minerals, and antioxidants.

#### 2 | Nutrition for Optimal Health, Wellness, and Sports

Successfully complete the three courses above for Certificate 1 plus:

##### Introduction to Sports Nutrition and Performance

Learn to provide the best fuel for your body and how proper nutrition can provide optimal muscle development, recovery, and sports performance.



**Instructor Melissa Halas-Liang** is a nationally recognized nutrition educator, Registered Dietitian, Certified Diabetes Educator, and wellness expert.

For more information, visit [neverstoplearning.net/nutrition](http://neverstoplearning.net/nutrition), email [healthcare.ces@sdsu.edu](mailto:healthcare.ces@sdsu.edu) or call (619) 594-3297.



SAN DIEGO STATE UNIVERSITY

College of Extended Studies

*never stop learning<sup>SM</sup>*