



Give Your Clients Expert Advice on Nutrition

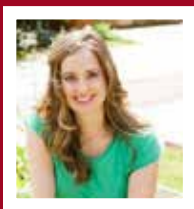
Register for SDSU Online Nutrition Courses

Whether you're a registered dietician, personal trainer seeking to guide clients, or pursuing a personal fitness goal, San Diego State University's nutrition program will enhance your expertise in crafting a nutritionally-balanced eating plan. From the science to the media's mixed messages, learn everything you need to know for optimal wellness and performance.

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

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



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

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.

For more information, visit neverstoplearning.net/nutrition, email healthcare.ces@sdsu.edu or call (619) 594-0845.

SDSU Research Foundation Program



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