

# SDSU's Online Professional Certificates in Nutrition Info Sheet



Numerous professions require nutritional and optimal health knowledge and experience. Dietitians and nutritionists advise clients what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal. Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, and some also advise clients on diet and nutrition. Allied health/medical professionals provide a range of diagnostic, technical, therapeutic, nutritional, and support services that are critical to other health professionals, in some instances providing direct patient care.

## Employment Prospects

According to the U.S. Department of Labor, employment of dietitians and nutritionists is projected to grow 15 percent through 2026, much faster than the average for all occupations. The role of food in preventing and treating diseases, such as diabetes, is now well known, hence the increasing demand for dietitians and nutritionists.

## SDSU's Online Professional Certificates in Nutrition

SDSU's College of Extended Studies offers two professional certificate programs in nutrition, designed for personal trainers, group fitness instructors, and other health and wellness professionals looking for a credible curriculum to gain expertise in advising their clients on nutrition. The program is also ideal for health enthusiasts wanting to learn more about nutrition and healthy eating. The courses are approved for continuing education credits (CECs) for registered dietitians (RD) and dietetic technician-registered (DTR) professionals through the American Council of Dietetics.



**Instructor Pamela Wu, DPA, RDN**, is a health care management clinician and works closely with health care professionals and executive leaders to educate on current healthcare guidelines for wellness, diabetes, cardiac, and other chronic conditions.

For more information, email [healthcare.ces@sdsu.edu](mailto:healthcare.ces@sdsu.edu) or call (619) 594-3946.

SDSU Research Foundation Program

## Certificate 1: Professional Certificate in Nutrition for Optimal Health and Wellness

Successfully complete these online courses:

- Nutrition and You: Functional Foods
- Weight Management and Nutrition in the Lifecycle
- Public Nutrition and Wellness Education

## Certificate 2: Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports

Successfully complete the three courses for Certificate 1 plus:

- Introduction to Sports Nutrition and Performance

## Prerequisites

- A high school diploma or GED
- The ability to read, write, and comprehend English
- Basic arithmetic skills: addition, subtraction, multiplication, and division

## Key Areas Covered

- In-depth examination of vitamin/protein supplementation
- Functional foods (those with benefits beyond basic nutrition)
- Antioxidants
- Meal-plan analysis for optimal performance
- Advanced sports nutrition
- Shopping for functional foods
- Environmental nutrition issues
- Eating earth-friendly food sources
- Myths and fallacies concerning diet and athletic performance
- Behavioral modifications and dietary approaches for different ages and populations.

# SDSU's Online Professional Certificates in Nutrition Info Sheet

## Tuition and Fees

Each individual course is **\$399**. The total program fee is **\$1197** for Certificate 1 (three courses) and **\$1,596** for Certificate 2 (four courses). The amount for each individual course must be paid in full at the time of registration. Refunds are not applicable once logged into the course. Payment plans are not available. [Financial Aid Options](#) are listed on our website. *Note: All course offerings and prices are subject to change.*

## Textbook

The purchase of a textbook is required for the *Introduction to Sports Nutrition and Performance* course: *Nutrition for Health, Fitness & Sport (Paperback)* by Melvin H. Williams (8th Edition or newer). When you register for a course(s), instructions for ordering textbooks or course materials will be provided.

## Schedule

Courses are offered as open enrollment, so you may begin at any time. You must complete each five-week course within eight weeks from the date you are emailed your login information. As such, we suggest completing one course before registering for another.

For details about registration, documentation of course completion, the letter of completion, certificate of completion, certification, and frequently asked questions, please see the FAQs online at [neverstoplearning.net/nutritionFAQs](http://neverstoplearning.net/nutritionFAQs).

## Course Topics

### Course 1: Nutrition and You: Functional Foods

- Define functional foods and learn their specific benefits beyond nutrition
- Review the general guidelines and functional foods to include in your meal plan
- Understand how to incorporate beneficial spices into your diet
- Gain knowledge of diet diversity and free-radical theory

### Course 2: Weight Management and Nutrition in the Lifecycle

- Define obesity: incidence and contributing factors
- Understand the principles of obesity treatment, interventions, and contributing factors
- Review fad diets and practical strategies
- Learn about the obesity epidemic and weight-management programs

### Course 3: Public Nutrition and Wellness Education

- Understand genomics and evidence-based medicine
- Examine the history of healthful diets and current approaches
- The role of vitamins, and recommendations
- What's new in wellness and cancer prevention

### Course 4: Introduction to Sports Nutrition and Performance

- Gain an understanding of nutrition, exercise, and sports-related fitness
- Understand nutrition for performance and energy utilization
- Learn about protein, ergogenic aids, and hydration in sports nutrition
- Learn about meal planning for competitions

For more information, email [healthcare.ces@sdsu.edu](mailto:healthcare.ces@sdsu.edu) or call **(619) 594-3946**.

SDSU Research Foundation Program