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## Certificate in Nutrition and Health Management

18 credit hours

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The Certificate in Nutrition and Health Management will be awarded upon successful completion of required and elective course in this dual specialty area. The certificate program, is structured for non-traditional student who is currently employed in some aspect of the Fitness and Health Industry. Coursework will increase professionalism while enhancing opportunities for upward mobility within the industry. Courses in the certificate program provide the student with the knowledge, skills, and hands-on experiences required for work in health clubs, fitness centers, cardiac rehab programs, parks and recreation department, YMCAs, private member health clubs, etc. The certificate can be pursued part time and may be accomplished within one year.

### WHAT YOU CAN DO AFTER THIS CERTIFICATE

- Have a basic understanding of the foundations of nutrition and health management.
- Be familiar with careers, nutrition, wellness and health, recreation and clubs aspects of the growing Fitness and Health industry.
- Have the ability to integrate theory and practice.
- Be able to help your employer improve customer services.
- Acquire a taste for the life long learning.

### Certificate Requirements\*

Completion of the following 5 courses:

- \_\_\_ F&N 105 (1 credit) Current Issues in Nutrition
- \_\_\_ F&N 261 (3 credits) Nutrition for Health, Fitness and Sports
- \_\_\_ FM 100 (2 credits) Individualized Wellness Strategies – 2 different areas of 1 credit each
- \_\_\_ FM 219 (3 credits) Issues and Problems in Health
- \_\_\_ FM 301 (3 credits) Recreation Leadership
- \_\_\_ HTM 315 (3 credits) Private and Public Club Management

**AND**

- \_\_\_ One 3 credit course (not listed as required above) in HTM, F&N or FM

\*Grade of "C" or above required in all courses and for any substitutions

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Revised: 3-8-07



Student \_\_\_\_\_

PUC ID # \_\_\_\_\_

CODE: CNH