

Certificate in Nutrition

22 credits



This program is designed to broaden the knowledge base of individuals 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 Requirements (16 credits)



NUTR 2110

Human Nutrition ^{QM} (3 credits)

Presents basic principles of human nutrition including functions, requirements, and food sources of nutrients and their roles in maintaining optimal health throughout the life cycle. Nutrition tools and guides to plan a healthy and sustainable diet are examined.

Prerequisite: ENGL 109. Offered: summer, fall and spring.



NUTR 2130

Nutrition in the Life Cycle (3 credits)

A presentation and explanation of the specific nutritional needs and recommendations for all phases of the human life cycle: pregnancy, infancy, childhood, adolescence, adulthood, and the elderly.

Prerequisite: ENGL 109. Offered: fall and spring.



NUTR 2140

Community Nutrition (3 credits)

An exploration of food and nutrition issues and programs related to individuals, families, and groups living in a defined area.

Prerequisite: ENGL 109. Offered fall and spring.



NUTR 2160

Culinary Nutrition (3 credits)

A combination of the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated. Information needed to meet the specialized dietary and health needs of individuals and groups is provided. Menu development, modification, and analysis are reviewed.

Prerequisite: ENGL 109. Offered: fall and spring.



EXSC 2130

IM Lifestyle Change (3 credits)

Health-risk appraisals and their application to lifestyle change. Topics include weight control, stress management, smoking cessation and the principles of exercise adherence. Emphasis is on techniques in behavior modification, motivation, teaching and counseling, and behavior change as lifestyle change.

Offered: summer, fall and spring.



NUTR 1120

Dietary Guidelines (1 credit)

A presentation and explanation in detail of the Dietary Guidelines for Americans developed by the U.S. Department of Agriculture (U.S.D.A.) and the U.S. Department of Health and Human Services.

Prerequisite: READ 101L. Offered: fall and spring.

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Related Requirements (6 credits - choose from the following)



EXSC 2140

Nutrition for Fitness and Sport (3 credits)

An introduction to the basic principles of nutrition, including functions, interactions and human requirements of nutrients and their roles in maintaining optimum health in the exercising adult. The effects of exercise on nutritional requirements and guidelines for their use are emphasized. The efficacy and potential risks of various ergogenic aids are reviewed.

Prerequisite: ENGL 109. Offered: fall or spring.



HLED 1160

Stress Management (3 credits)

Introduces students to the pathophysiology of stress. Emphasis will be placed on the detrimental effects of stress on the body, as well as on the impact of stress-eating on the body. A variety of stress management techniques will be explored to promote enhanced well-being.

Offered: fall and spring.



HLED 1225

Weight Management and Exercise (3 credits)

A class designed to assist in body fat loss through adequate nutrition, physical activity, and behavior modification. Emphasis is placed on developing an exercise routine for weight management using a step counter/pedometer. Healthy ways to increase lean body mass will be explored.

Offered: summer, fall and spring.



NUTR 2150

Nutrition in Chronic Disease (3 credits)

A review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer. Dietary strategies for prevention and management of these chronic diseases are also examined.

Offered: fall or spring.



NUTR 2170

Diabetes Management (3 credits)

This course reviews the prevention and management of various types of diabetes. Included is information on blood glucose control, insulin and medications, nutrition and exercise recommendations, and the prevention of complications.

Offered: fall or spring.

School of Fitness Education
Nutrition Faculty and Staff



Ute Jannsen-Kerr, Academic Director; Rosa Lopez, Adjunct Faculty; Enita Pendleton, Assistant Professor; Gretchen Scott, Adjunct Faculty; Patty Willms, Assistant Professor; Tomas Duran, Assistant Professor; Lynda Trujillo, Administrative Assistant; Jason Beam, Assistant Professor

Learn More.

For more information about course offerings and registration, contact **Lynda Trujillo** at lynda.trujillo@sfcc.edu or [505-428-1651](tel:505-428-1651).