

# NUTRITION, CERTIFICATE OF PROFICIENCY

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## Certificate Description

This certificate program is designed for individuals who are interested in learning more about basic nutrition. The focus is on wellness and disease prevention through proper nutrition and eating behaviors. It is highly recommended that students enrolling in this program have taken:

- High school biology and chemistry or
- BIOL 114 and high school chemistry.

## Certificate Requirements

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Code	Title	Credit Hours
ENGL 151	English I	3
BIOL 130	Human Anatomy and Physiology I	4
BIOL 131	Human Anatomy & Physiology II	4
MATH 156	Introduction to Statistics	3
HEHP 225	Contemporary Health	3
HEHP 188	Introduction to Nutrition	3
HEHP 239	Strength and Conditioning Physiology	3
HEHP 252	Nutrition for Fitness and Sport	3
HEHP 266	Exercise and Health Counseling	3
HEHP Elective		3
<b>Total Credit Hours</b>		<b>32</b>