

Certificate in Sports Nutrition

Nutrition graduates, exercise physiologists, athletic trainers and sports medicine specialists can parlay their expertise into an expanded area of practice. Combining nutrition and exercise knowledge allows students to build competence in the area of personal training and fitness.

The Certificate in Sports Nutrition provides the necessary preparation for the American College of Sports Medicine (ACSM) Health/ Fitness Instructors Exam.

Course Descriptions

SHS 415

Sports Psychology

This course addresses counseling for athletes and teams including performance enhancement, motivation, stress management, and career transitions. Students build on their skills as behavior change educators. They develop an additional understanding of appropriate educational and behavioral change theory and strategies as related to sports psychology. (3 CREDITS)

NTR 455

Nutrition, Fitness and Wellness

This course develops the students' understanding of how food fuels the body and affects athletic performance. The student gains an understanding of how nutrition affects optimal fitness and sports performance. Students design a nutrition/fitness program as a course requirement. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

NTR 461

Exercise Assessment and Prescription

This course builds on the understanding of energy intake, transformation, and liberation. Students learn to evaluate, create, and implement exercise programs for a variety of populations. This course uses a critical reasoning approach to clinical situations. Students apply an understanding of how nutrition and exercise interact to influence work capacity in children and adults. This course is partially Internet-based. Students meet on site at least five times during the semester. (3 CREDITS)

NTR 462

Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a clinical nutrition practice in fitness and wellness. Current nutrition practice delivery systems are investigated, as are reimbursement and legal issues, and market-driven service. Students develop a business plan for a targeted market. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)