

Online 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. The Certificate is an entirely online program.

Prerequisites include: an undergraduate degree in nutrition, exercise physiology, kinesiology or sports medicine or related fields, which would have included Anatomy and Physiology I and II with laboratory, and Introductory Nutrition.

The program consists of four, three-credit online courses and can be completed in either one or two years (for U.S. students*). Two courses are offered each fall and spring semesters.

Two Certificate in Sports Nutrition courses are required as part of the Master's nutrition program. Students enrolled in or considering the Master's program can also use one Certificate of Sports Nutrition course as an elective in the Master's program. However, students **must** apply simultaneously to the Master's program in order for these courses to apply to the Master's program. **Non-degree students are not eligible to take any of the Certificate courses.**

Required Courses**

SHS 415
Sports Psychology

NUTR 455
Nutrition, Fitness and Wellness

NUTR 461
Exercise Assessment and Prescription

NUTR 462
Sports Nutrition Practice

*International students in the U.S. are allowed to enroll in online distance courses but no more than the equivalent of one class or three credits per semester which may be counted toward the full course of study requirement if the class does not require the student's physical attendance for classes, exams, or other purposes. The course may be an elective or required course. Students may take other online courses but only in future terms, and only one course per semester.

**See the Course Descriptions section for full information.