

Academic Plan as of fall 2015

Program Description:

Nutritional guidance and support for overall health, athletic performance, weight loss, and long-term weight management is in high demand. Whether you are working with personal training clients or seeking knowledge to improve your own personal athletic performance, this course will provide essential information regarding energy balance, caloric needs, physical activity, metabolism, and food choices. Students are required to complete an additional 44 hours of online coursework and training outside of normal class meeting times.

Program Learning Outcomes:

- Describe and apply widely-accepted nutritional guidelines to enhance anaerobic and aerobic athletic performance including meal composition and timing.
- Describe the indications, contraindications, and efficacy of common dietary supplements and ergogenic aids.
- Discuss the laws of thermodynamics and the role of the calorie in weight management.
- Develop an individualized, goal-specific nutritional plan based on the Dietary Guidelines for Americans taking into considerations those with specialized dietary needs (e.g. vegan, lactose intolerance, chronic disease, seniors, youth).
- Identify and leverage current and emerging technologies to catalog daily caloric consumption, calculate caloric totals for each macronutrient, and analyze these results with published norms.

Program Requirements:

Students are required to complete the NASM Fitness Nutrition Course to earn 2.0 CEU's

Required Courses:

- NASM Fitness Nutrition Specialist Course

Prerequisites and Admissions Requirements:

Students are required to complete an additional 44 hours of online coursework and training outside of normal class meeting times.