

UNDERGRADUATE CERTIFICATE: NUTRITION AND WELLNESS

The undergraduate Certificate in Nutrition and Wellness trains students in nutrition as it relates to the dynamic influences of diet, society, exercise, stress, and disease. This program will benefit those individuals in the health care, teaching, coaching, organizational leadership, fitness and sports therapy, physical therapy, home health aide, exercise specialists, health coaches, nutrition or fitness writers/bloggers, human resources, nutritional advising, and senior wellness fields.

The 15-credit undergraduate certificate focuses on recognizing needs for changing health behaviors, reducing diet and exercise disparities and reducing liabilities that may influence disease development. It may assist and prepare the student for the registered dietitians program. The registered dietitians (RD) program is a bachelor's degree given from an accredited university approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA). Additionally, to become a RD the student must pass a national examination administered by the Commission on Dietetic Registration (CDR) as well as other requirements.

The Certificate in Nutrition and Wellness is a unique fully online interdisciplinary course of study.

Admission Requirements

Admission to the certificate program is granted to individuals who apply and meet the standards for regular undergraduate admission to Brandman University. Students enrolled in a credential program, graduate degree program, or graduate certificate program may not enroll concurrently in an undergraduate certificate program. At least nine credits in the certificate program must be taken at Brandman University. Coursework in the undergraduate Certificate in Nutrition and Wellness requires a minimum 2.0 cumulative GPA, with no course below a 'C' or equivalent.

Required Courses

FSNU 200	Human Nutrition	3
FSNU 315	Nutritional Basis of Disease	3
FSNU 335	Science of Obesity	3
Required Courses Subtotal		9

Electives

Select two from the following:		6
FSNU 201	International Nutrition: The World Food Crisis	
FSNU 329	Experimental Topics in Food Science and Nutrition	
FSNU 338	Nutrition and Human Performance	
Electives Subtotal		6
Total Credits		15