

# NUTRITION AND FITNESS EDUCATION, CERTIFICATE OF ACHIEVEMENT

**Banner Code:** 1\_CT\_NCFE

**Control Number:** 18842

**Financial Aid Eligible**

Students who graduate from this program are prepared for entry-level positions in the health and fitness industry, encompassing weight control clinics, sports medicine clinics, health clubs and gyms, corporate fitness and wellness centers, fitness and nutrition programs in schools, and community agencies concerned with health, fitness and nutrition education.

Students in this program will be able to advise clients on normal nutrition, weight control and improved performance by working with other nutrition professionals. The fitness industry is experiencing rapid growth and has a growing demand for trained fitness and nutrition educators.

## Program Outcome

Graduates will be competent entry-level Nutrition and Fitness professionals meeting the employment needs of the community.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

Course	Title	Units
<b>Required Courses</b>		
BIOL A221	Anatomy-Physiology	4
FBM A102	Sanitation and Safety	2
FN A100 or NC A100	Careers in Dietetics and Food Science Careers in Dietetics/FDSCI	1
FN A136	Nutrition, Fitness and Performance	3
FN A144	Life Cycle Nutrition	3
FN A171	Applied Nutrition	2
FN A185	Cultural Foods	2
KIN A109: Must take 1-3 units		1-3
KIN A109	Cardiovascular Training and Strength Development Level 1	
KIN A270	Fitness and Health	3
KIN A282	Introduction to Exercise Physiology	3
NC A180	Introduction to Medical Nutrition Therapy	3
NC A280	Intermediate Nutrition Care	2
NC A281	Supervised Practice 1	3
<b>Total Units</b>		<b>32-34</b>

Recommendation - Combine the Nutrition and Fitness Assistant Certificate with the Fitness Specialist Certificate in the Kinesiology Department.

## Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to

consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Some courses in this program may be offered once per academic year.

Course	Title	Units
<b>Year 1</b>		
<b>Semester 1</b>		
BIOL A221	Anatomy-Physiology	4
FBM A102	Sanitation and Safety	2
FN A100 or NC A100	Careers in Dietetics and Food Science or Careers in Dietetics/FDSCI	1
FN A136	Nutrition, Fitness and Performance	3
FN A185	Cultural Foods	2
<b>Units</b>		<b>12</b>
<b>Semester 2</b>		
KIN A109: Must take 1-3 units		1-3
KIN A109	Cardiovascular Training and Strength Development Level 1	
KIN A270	Fitness and Health	3
KIN A282	Introduction to Exercise Physiology	3
NC A180	Introduction to Medical Nutrition Therapy	3
<b>Units</b>		<b>10-12</b>
<b>Year 2</b>		
<b>Semester 1</b>		
FN A171	Applied Nutrition	2
FN A144	Life Cycle Nutrition	3
NC A280	Intermediate Nutrition Care	2
NC A281	Supervised Practice 1	3
<b>Units</b>		<b>10</b>
<b>Total Units</b>		<b>32-34</b>

Recommendation - Combine the Nutrition and Fitness Assistant Certificate with the Fitness Specialist: Health Fitness Instructor/Personal Trainer Certificate (<https://catalog.cccd.edu/orange-coast/pathways/kinesiology-fitness-wellness-sports-athletic-performance/kinesiology/fitness-specialist-certificate-achievement/>) in the Kinesiology Department