

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.

Certificate of Achievement Requirements

The Certificate of Achievement is a state-approved career program that requires a minimum of eight units and is designed to prepare the graduate to enter a particular field of employment. In order to be awarded a certificate, students are required to obtain a grade of "C" or better in all program-required courses. Grades of "CR" or "P" will be accepted whereas "CR" or "P" meets the equivalency of a "C" or better. At least 3 units in an advanced course from the certificate must be completed at OCC at the department's discretion. Certificates of Achievement are not automatically awarded. A petition must be filed in Enrollment Services or online at the beginning of the semester in which the student will be completing their final requirements. The petitioning periods are listed in the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog. Check with a counselor to determine the requirements for completion.

A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs/>) section of this catalog.

Course	Title	Units
Required Courses		
BIOL A221	Anatomy-Physiology	4
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
FSM A160	Sanitation and Safety	2
KIN A109	Cardiovascular Training and Strength Development Level 1	0.5-3
KIN A270	Fitness and Health	3

Course	Title	Units
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
Total Units		31.5-34

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
Year 1		
Semester 1		
BIOL A221	Anatomy-Physiology	4
FN A100 or NC A100	Careers in Dietetics and Food Science or Careers in Dietetics/FDSCI	1
FSM A160	Sanitation and Safety	2
FN A136	Nutrition, Fitness and Performance	3
FN A185	Cultural Foods	2
Units		12
Semester 2		
KIN A109	Cardiovascular Training and Strength Development Level 1	0.5-3
KIN A270	Fitness and Health	3
KIN A282	Introduction to Exercise Physiology	3
NC A180	Introduction to Medical Nutrition Therapy	3
Units		9.5-12
Year 2		
Semester 1		
FN A171	Applied Nutrition	2
FN A144	Life Cycle Nutrition	3
NC A280	Intermediate Nutrition Care	2
NC A281	Supervised Practice 1	3
Units		10
Total Units		31.5-34

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