

NUTRITION AND FITNESS EDUCATION, CERTIFICATE OF ACHIEVEMENT

Financial Aid Eligible

Banner Code: 1_CT_NCFE

Control Number: 18842

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

1. 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-study/>) section of this catalog.

Course	Title	Units
Year 1		
Semester 1		
BIOL A221	Anatomy-Physiology	4
FN/NC A100	Careers in Dietetics and Food Science	1
FN A136	Nutrition, Fitness and Performance	3
FSM A160	Sanitation and Safety	3
Units		11
Semester 2		
FN A185	Cultural Foods	2
KIN A109	Cardiovascular Training and Strength Development Level 1	1-3
KIN A270	Fitness and Health	3
NC A180	Introduction to Medical Nutrition Therapy	3
Units		9-11

Course	Title	Units
Semester 3		
FN A171	Applied Nutrition	2
FN A144	Life Cycle Nutrition	3
KIN A282	Introduction to Exercise Physiology	3
NC A280	Intermediate Nutrition Care	2
NC A281	Supervised Practice 1	3
Units		13
Total Units		33-35