EXCELSIOR COLLEGE

7 Columbia Circle, Albany, NY 12203-5159
Phone: **518.608.8211** | Toll Free: **888.647.2388** | Fax: 518.464.8777
WWW.EXCELSIOR.EDU/CPD

CENTER FOR PROFESSIONAL DEVELOPMENT

# NUTRITIONAL SPECIALIST

200 Hours/6 Months/Instructor-Facilitated
Course Code: **CPD097**

## OVERVIEW

Whether you're a health or medical professional, a registered dietitian, a fitness professional, or just someone who's concerned about their own health, the Nutrition for Optimal Health, Wellness, and Sports program will teach you about developing individualized nutritional programs. You'll explore topics such as energy and nutrient needs for daily living, with emphasis on particular physical activities, common myths and fallacies concerning diet and athletic performance, and appropriate behavioral modifications and dietary approaches for different ages and populations.

Content and curriculum in each module is designed to prepare allied health care professionals and registered dietitians to apply their client's health history toward optimal nutritional health and wellbeing. Personal trainers and fitness professionals will learn fundamental nutrition education to use with clients in partnership with registered dietitians. Individuals interested in learning more about nutrition, daily meal planning, wellness strategies, and sport nutrition and performance will discover information to help them achieve their own goals or to support family members in reaching their goals.

### Continuing Education Credits

The Commission on Dietetic Registration, the credentialing agency for the American Dietetic Association (ADA), has approved this program for 120 Continuing Professional Education Units (CPEUs), or 40 (CPEUs) per each individual program taken separately for both registered dietitians and dietetic technician-registered.

The following national organizations and associations have approved the Nutrition for Optimal Health, Wellness, and Sports Online Program for Continuing Education Credits/Units (CECs/CEUs):

- The American Senior Fitness Association: 2.0 CEUs per program
- The Health and Fitness Professionals Association: 30 CECs per program
- The National Council on Strength and Fitness: 10 CEUs per program
- The National Federation of Professional Trainers: 1 CEC per program, equivalent to an entire six-month CEC requirement
- The National Strength Professional Association: 2 CEUs per program

## OBJECTIVES

By completing the Nutrition for Optimal Health, Wellness, and Sports Program, you'll:

- Understand functional food implementation
- Explore meal plan analysis
- Learn appropriate behavioral modifications and dietary approaches for different ages and populations
- Understand vitamin supplementation and weight management
- Gain a foundation for wellness nutrition based on current scientific research
- Understand how to reinforce positive food habits and behaviors
- Learn how to personalize meal plans for yourself or your clients
- Identify common myths and fallacies concerning diet and athletic performance

## MATERIALS INCLUDED

- *Nutrition for Health, Fitness, & Sport, 8th Edition*

## OUTLINE

1. **Nutrition and You: Functional Foods**
    a. Define and Choose Functional Foods, and Functional Foods Protection
    b. Incorporate Spices Into Your Diet
    c. General Guidelines and Foods to Include in Your Meal Plan
    d. Diet Diversity and Free-Radical Theory

2. **Weight Management and Nutrition in the Lifecyle**
    a. Obesity, Incidence, and Contributing Factors
    b. Obesity Treatment, Interventions, and Contributing Factors
    c. Fad Diets and Practical Strategies
    d. Obesity Epidemic and Weight-Management Programs

3. **Introduction to Sports Nutrition and Performance**
    a. Nutrition, Exercise, and Sports-Related Fitness
    b. Nutrition for Performance and Energy Utilization
    c. Protein, Ergogenic Aids, and Hydration in Sports Nutrition
    d. Meals for Competitions

4. **Public Nutrition and Wellness Education**
    a. Genomics and Evidence-based Medicine
    b. Healthful Diets
    c. Role, Functions, and Recommendations for Vitamins
    d. Wellness and Cancer Prevention

## COMPUTER REQUIREMENTS

This program can be taken from a PC (Windows XP/Vista/7); it is not recommended for MAC users. An Internet connection is required (high-speed recommended). Your computer should also have CD-ROM/DVD capabilities.

## INSTRUCTOR BIO

**Jane Burrell Uzcategui, M.S., R.D.** is a registered dietitian with a Master's degree in clinical nutrition. She has had extensive experience as a didactic program director at the collegiate level, where she was responsible for the placement of dietetic students in clinical and community nutrition rotations. In addition, as a Certified Nutrition Support Dietitian for 10 years, she taught medical nutrition therapy to medical and surgical residents in teaching-hospital settings. Jane's experience as a distance runner has prompted her specialization in sports nutrition to teach to students about the role of nutrition in maximizing performance and altering body composition.

**Melissa Halas-Liang** is a registered dietitian, with a Master's in nutrition education and a certification in nutrition support. In addition to working as a clinical dietitian, she assists in clinical trials, has taught group diabetes classes, and has counseled patients on weight loss. She has spoken on a wide range of topics in the community, from diet and fitness to high school sports nutrition. She has spoken at the Woman's Health Symposium on Fad Diets and on Weight Management and Disease Prevention. Melissa has published articles in periodicals on healthy eating and edited textbook nutrition sections. She developed curriculums for medical residents and lectured to healthcare professionals for continuing education credits on a variety of topics. Melissa's enthusiasm for healthy eating is contagious, and her outgoing and interactive approach to learning motivates her audience to commit to new lifestyles.