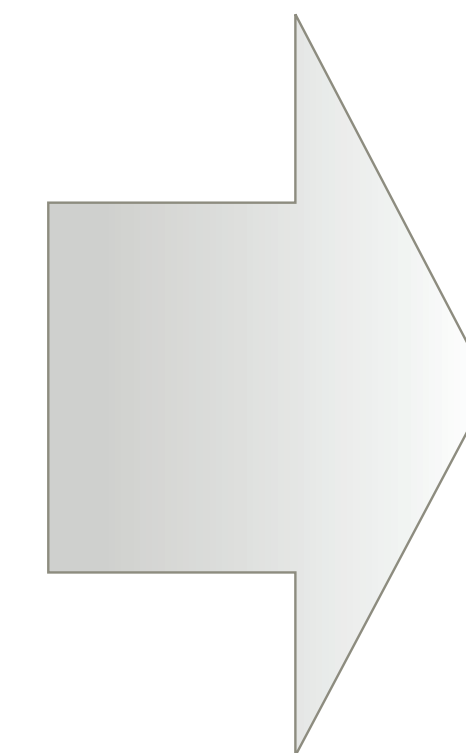
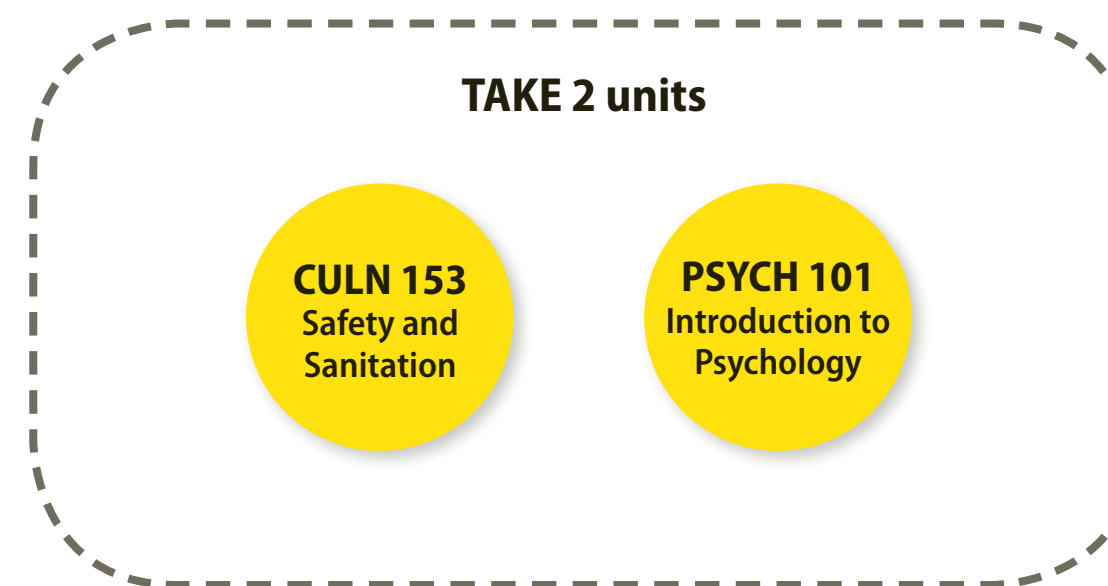
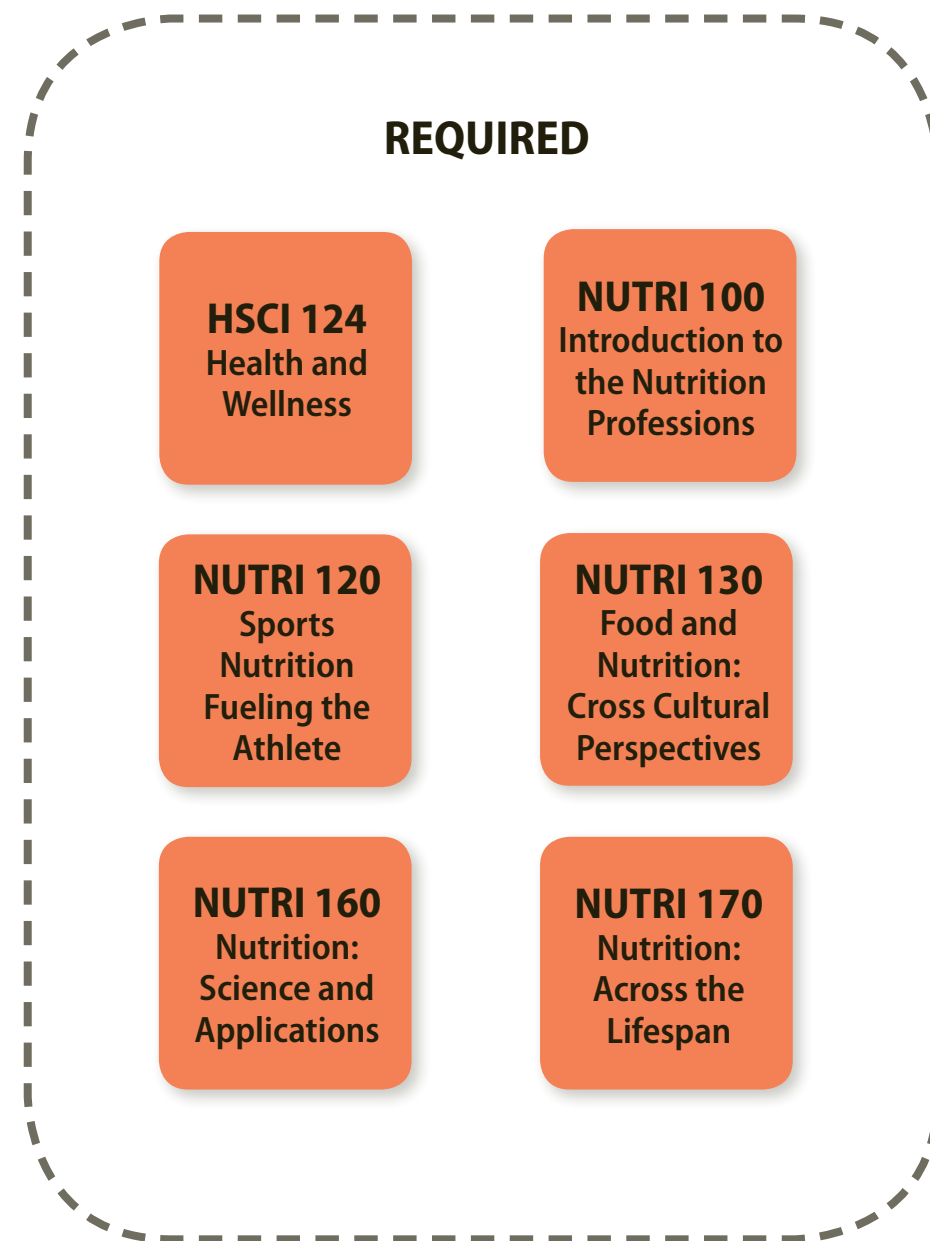
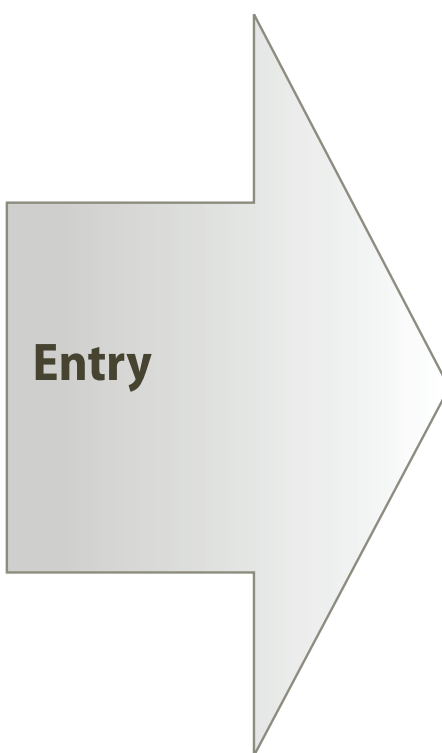


# Nutrition, Health, and Wellness Certificate of Achievement

## PROGRAM LEARNING OUTCOMES

Students completing this program will be able to

1. Summarize the basic functions, food sources, digestion and absorption of the major nutrients.
2. Analyze a menu and its preparation for nutritional adequacy and food sanitation practices.
3. Describe the nutritional requirements and health concerns of each phase of the life span.
4. Summarize the impact of food choices on exercise performance, as well as an expression of cultural, socioeconomic and geographical diversity.
5. Compare and contrast career opportunities within the nutrition, health, and wellness professions.



## Careers in

- Health and wellness programs
- Community and public settings
- Corporate fitness and wellness centers
- Weight control clinics
- Gyms and health spas

