
The Online Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports has been designed to meet the growing demand of allied health/medical professionals, Registered Dietitians, fitness professionals, personal trainers, and the general public who want to learn about developing individualized nutritional programs for clients, patients, or for personal improvement. This innovative and comprehensive Web-based Certificate program provides an in-depth examination of contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management. Research of current issues include: energy and nutrient needs for performing activities of daily living with emphasis on particular physical activities; common myths and fallacies concerning diet and athletic performance; and appropriate behavioral change modifications and dietary approaches for different ages and populations. Content and curriculum in each course 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 work with clients in partnership with Registered Dietitians. Individual consumers interested in learning more about nutrition, daily meal planning, wellness strategies, and sport nutrition and performance will be introduced to information to help them achieve their own goals or for their family members. The Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association (ADA) has approved the Certificate in Nutrition program for 120 Continuing Professional Education Units (CPEUs) or 30 (CPEUs) per course for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

Who Should Attend
This unique program has been established for allied health, medical, and fitness professionals, personal trainers, and Registered Dietitians seeking advanced nutrition education, re-certification, re-licensure, or career advancement. Individuals from the public and consumers interested in seeking to stay current in nutritional program design, health, and performance would benefit from this program as well.

Certificate Structure and Start Dates
To earn the certificate you are required to complete all four core courses. The four core courses are offered in a two-module format; each module consists of two courses that are designed to be taken at the same time. You may also register for individual courses if desired. The two-module series is offered three times per year in the fall, spring, and summer.

Workplace Advantages and Benefits
- On-Going guidance, instruction, and interaction from instructors/faculty members that hold either a Master's or Ph.D Degree in Nutrition or a nutrition related field and/or are licensed Registered Dietitians.
- College courses provide CECs or CEUs for personal trainers and allied health/medical professionals seeking re-certification, re-licensure, or career advancement.
- A professional certificate from an accredited institution.
- Networking opportunities with industry experts.

Award of the Certificate:
- Completion of Nutrition for Optimal Health, Wellness, and Sports four core courses within a period of two years
- Completion and receipt of a passing grade (C- or above) in all courses: which includes quizzes, exams, written/research projects, and class assignments

Why Online Learning?
- Learning occurs in a user-friendly environment and is accessible to participants with little or no computer experience.
- Online courses give you the knowledge and tools you need to stay ahead in today's rapidly changing professional marketplace.
- Online education allows students to access their courses from anywhere there is an Internet connection even if you are traveling for business or on vacation.
• Flexibility: Students can attend class in the comfort and convenience of their own home, office, library, or internet café and complete assignments after breakfast, during lunch, late at night, while on vacation or any time that is convenient for the student.
• Cost-effective: expenses related to facilities, travel, and non-productive time is reduced.

Continuing Education Credits
The following National Organizations/Associations have approved the Nutrition for Optimal Health, Wellness, and Sports program/courses for Continuing Education Credits/Units (CECs/CEUs):

- The Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association (ADA) has approved the Certificate in Nutrition program for 120 Continuing Professional Education Units (CPEUs)/ or 30 (CPEUs) per course for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs). The American Senior Fitness Association (SFA) has approved each course in the program for 2.0 CEUs.
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- The National Federation of Professional Trainers (NFPT) has approved each course in the program for 1 CEC, equivalent to an entire 6 month CEC requirement.
- The Health and Fitness Professionals Association (HFPA) has approved each course in the program for 30 CECs
- The National Strength Professional Association (NSPA) has approved each course in the program for 2 CEUs
- The National Council on Strength and Fitness (NCSF) has approved each course in the program for 10 CEUs.

Cost Per Course
$245 for each individual Certificate course. Register for all four required courses for and receive a 10% discount. The cost for your textbooks/course materials is separate.

Registration Information
To register for courses call us at (256) 782-5921 or go online at www.coned.jsu.edu

For program information contact:
Melissa Halas-Liang, MA, RD, CNSD, CDE
Melissa Halas-Liang, MA, RD, CNSD, CDE is the Program Coordinator and an instructor for the Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports. Melissa is a Registered Dietitian, with a Masters in Nutrition Education, is a Certified Diabetes Educator and a Certified Nutrition Support Dietitian. In addition to working in clinical management and clinical nutrition she has assisted in clinical trials, taught small group diabetes classes, and counseled patients on weight loss. She has spoken on a wide range of topics in the community including disease prevention and treatment, fitness, and sports nutrition. Melissa has published articles in periodicals on healthy eating and edited textbook nutrition sections. She has developed curriculums for medical residents and lectured to health care professionals for continuing education credits on a variety of topics. Her commitment to cardiovascular health, promoting physical fitness and the prevention and recognition of diabetes is remarkable. If you have questions about the certificate program and courses, you may contact the Program Coordinator at mhalasliang@gmail.com

Melissa Halas-Liang, MA, RD, CNSD, CDE
Program Coordinator
Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports
Email Address: mhalasliang@gmail.com

Instructor:
Jane Burrell Uzcategui, MS, RD
Jane Burrell Uzcategui M.S., RD, 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.
Certificate Course Descriptions

Course 1: Nutrition and You: Functional Foods
Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE
Heard about the health benefits of cocoa on cardiovascular health? What do garlic, tomato sauce, and tofu have in common? Which spices and herbs need to be consumed in your daily diet? There is truth to the expression “you are what you eat”. In this course you will learn what to eat and how to decrease the incidence of many common diseases such as metabolic syndrome, diabetes, cancer and heart disease. Whether you are a health/medical/or fitness professional who wants the latest on functional foods or an individual seeking to improve your overall health, this course will help you meet your goals by providing a foundation for wellness nutrition based on current scientific research.

Course 2: Weight Management and Nutrition in the Lifecycle
Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE
Applying the principles of good nutrition starts at Day 1, whether working with clients or designing a personal healthy eating program. With almost 20% of America’s children and 60% of America’s adults classified as overweight/obese there is an ever-pressing need to understand the influences on both child and adult food habits and nutrient intakes. Bad habits that start from an early age often continue into adulthood and can lead to weight issues, diabetes and chronic disease. This course teaches students the principles behind helping a client in any stage of their lifecycle to set and achieve weight goals while working in conjunction with a registered dietitian in a team approach. You will obtain tools and handouts which can be effective when teaching and reinforcing positive food habits and behaviors. In addition, discover how the right nutrition can help you feel young while growing older and what specific nutrients need to be increased in your diet as you age. Dispel the myths of fad diets as you learn how to personalize your own meal plan and those of your clients.

Course 3: Introduction to Sports Nutrition and Performance
Instructor: Jane Burrell Uzcategui, M.S., RD
If you currently work as a fitness professional, need a refresher or introduction to sports nutrition as a health care provider, need to improve your competitive edge as an athlete, exercise enthusiast, weekend warrior, or are a sports nutrition dietitian looking for new information, this class will help meet your personal or professional goals. Learn what to eat before competing, understand the principles of healthy meal planning for athletes and be able to identify safe sport supplements such as protein powders/bars, creatine, and sport drinks. Find out if you’re providing the best fuel for your body in the short or long term and gain insights into how proper nutrition can provide optimal muscle recovery and sports performance.

Course 4: Public Nutrition and Wellness Education
Instructor: Melissa Halas-Liang, MA, RD, CNSD, CDE
This course delves more deeply into nutrition and disease prevention. Master the tools needed to provide educated answers on how to stay healthy, become healthier, reduce the risk of chronic disease, prevent disease, and improve the overall well-being of your clients or yourself. Whether you’re educating the public as a health/medical/or fitness professional or teaching your family how to live healthier, this course helps you navigate through the media’s mixed messages on nutrition and diets. Learn to effectively interpret nutrition news and understand critical information on the truth behind vitamins, minerals, and antioxidants.