



# Nutrition Educator Certification

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## Statement of Educational Objectives

The **Nutrition Educator Certification** training provides students with an understanding of whole food nutrition as it contributes to the prevention of illness and the promotion of optimal health. Students learn to conduct an in-depth diet and lifestyle evaluation, and to advise individuals on plant-based *Eating for Health*<sup>™</sup> food plans that respond to individual taste, temperament and health goals. The fundamentals of whole food nutrition, digestive physiology, macro and micro nutrients, weight management and immune support are presented based upon current global research and application. Students are trained to work in the community in a wide variety of institutional, school, business, and private practice settings.

**Occupation and Job Titles - Nutrition Educator, D.O.T. 077.127-010 Community Dietitian, Nutritionist**

*Plans, organizes, coordinates, and evaluates nutritional component of health care services for organization; develops and implements plan of care based on assessment of nutritional needs and available sources and correlates with other health care. Evaluates nutritional care and provides follow-up continuity of care. Instructs individuals and families in nutritional principles, diet food selection, and economics and adapts teaching plans to individual lifestyle. Provides consultation to and works with community groups. Conducts or participates in in-service education and consultation with professional staff and supporting personnel of own and related organization. Plans or participates in development of program proposals for funding. Plans, conducts, and evaluates dietary studies and participates in nutritional and epidemiological studies with nutritional component.*

**Length of Educational Service:** (350 hours) 9 month classroom or up to 18 months self-paced Distance Learning.

**Sequence and Frequency of Lessons:** 10 modules, three to six 3.5 hour classes per module, 3.5 hours practicum/research homework per class

## Citation of Texts and Required Materials

*Nutrition Educator Handbook:* a compilation of articles, charts and work sheets

*Recipes and Remedies for Rejuvenation* (2005) Bauman, E.

*The Human Body Book* (2008) Parker, S.

*Know Your Fats* (2000) Enig, M.

*Digestive Wellness* (2000) Lipski, L.

*Encyclopedia of Healing Foods* (2005) Murray, M. & Pizzorno J.

*Encyclopedia of Nutritional Supplements* (1996) Murray, M.

*The Diet Cure.* (1999), Ross, J.

*Hydrion PH Paper*

## ***Nutrition Educator Training continued...***

### **Sequential Outline of Subject Matter**

- NE101 - Eating for Health
- NE102 - Digestive Physiology
- NE103 - Nutrition Analysis
- NE104 - Macronutrients
- NE105 - Micronutrients
- NE106 - Research and Presentations
- NE107 - Nutritional Counseling
- NE108 - Weight Management
- NE109 - Allergy and Immune Support
- NE110 - Business Development

### **Modules: Skills to Be Learned: How Measured**

- NE101:** Introduction to whole foods and current nutrition issues: short essay.
- NE102:** Physiology of digestion: short answer, written report on organ or endocrine gland.
- NE103:** Hand calculations and computer assisted diet evaluation: nutritional analysis of a daily diet.
- NE104:** Requirements and metabolism of protein, fats and carbohydrates: short answer and written reports.
- NE105:** Requirements and metabolism of minerals, vitamins, phytonutrients and co-factors: short answer and written reports.
- NE106:** Introduction to reading and interpreting research; instruction on how to prepare for a public nutrition lecture: teaching outline, handouts, oral and written final presentation on an approved life-cycle topic.
- NE107:** Intake, assessment, client counseling and program development: client interview and customized health supportive diet program.
- NE108:** Behavioral, cognitive, metabolic & nutritional factors involved in weight management: a six-week 'shape up' group program.
- NE109:** Identification of food and environmental triggers for allergy with explanation of immune response pattern and foods, herbs, and nutrients to fortify immune response: client interview and case history.
- NE110:** How to set up a nutrition business: operation, management, marketing, legal and professional issues: business plan preparation and presentation.

### **Instructional Methods**

1. Lecture by faculty and guest instructors
2. Class discussion
3. Demonstration
4. Partner exercises
5. Audio/video presentations
6. Computer software applications
7. Homework: research, written assignments, client interview
8. Student reports and demonstrations
9. Logs and journals
10. Exams