Overview

Nutritional ignorance or misunderstandings are at the root of the health problems that most Americans face today. Health professionals need to be armed with the most current information available about nutrition science, including how to understand nutritional content of food; implications of exercise and activity on food consumption and weight management, and management of community or population specific nutritional challenges. The Health and Wellness Through Nutritional Science course should prepare health professionals to provide support, guidance, and teaching about incorporation of sound nutritional principles into daily life for health promotion. This course covers the following concepts: nutrition to support wellness; healthy nutritional choices; nutrition and physical activity; nutrition through the lifecycle; safety and security of food; and nutrition and global health environments.

Competencies

- **Nutrition and Global Health Environments**
  The graduate discusses the various myths and truths about nutrition today, including dietary supplements and nutritional fads.

- **Safety and Security of Food**
  The graduate analyzes the role of food safety in nutrition and the factors contributing to world hunger.

- **Nutrition through the Lifecycle**
  The graduate analyzes the role of nutrition in an average human life cycle from conception and pregnancy to older adulthood.

- **Nutrition and Physical Activity**
  The graduate analyzes the balance of nutrition and physical activity in the human body and its relationship to overall physiological functioning and body systems.

- **Healthy Nutrition Choices**
  The graduate recognizes the role of health diet choices in relation to body weight, genetic control, healing and body weight imbalances.

- **Nutrition to Support Wellness**
  The graduate discusses components of a healthy diet plan, guided by national guidelines and sound nutritional principles.
Getting Started
Welcome to Health and Wellness through Nutritional Science! This course investigates the importance of nutrition in a person's lifestyle throughout the world. When you are ready to begin the course, select the "Go to Course Material" button to access the course content and learning resources. Each course topic will be included via the course's learning platform. A pacing guide is provided as a suggestion for weekly goals and time management. Your course instructor will inform you how best to schedule time for reading and coursework, help you prepare for the Pre-Assessment, and provide feedback on your progress. Frequent communication with your program mentor will help you succeed. Competency will be demonstrated by the successful completion of an objective assessment.