

**Area of Interest:** Nursing, Health & Emergency Careers  
**Certificate:** Nutrition and Health Promotion  
**College Catalog:** [2023-2024](#)



**Program Location:** Online

**Program Description:** The Nutrition and Health Promotion Certificate is designed to provide knowledge and training for people who are working with individuals who need education and coaching to lead a healthy lifestyle. This certificate is based on health promotion and disease prevention. This certificate is embedded in the Nutrition and Dietetic Technician AAS Degree. Students interested in working towards this degree are encouraged to contact the Nutrition and Dietetic Technician advisor.

**Contact Information:** [diettechadvisor@centralaz.edu](mailto:diettechadvisor@centralaz.edu)

**Area of Interest Website:** [Nursing, Health & Emergency Careers](#)

### Legend

**Bold Course**=Required Course      Recommended Course (R)      Stackable Certificate (SC)

### AGEC Course list (Arizona General Education Curriculum)

Written Communication ( <b>WC</b> )	Oral Communication ( <b>OC</b> )	Arts/Humanities ( <b>AH</b> )	Social/Behavioral Science ( <b>SB</b> )
Lab Science ( <b>LS</b> )	Mathematics ( <b>M</b> )	Core Course ( <b>CC</b> )	Elective ( <b>E</b> )

### Recommended Proficiencies

High School diploma or GED

### Semester 1: New Students-Find your suggested starting point for [English/Reading & Math courses](#).

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
	CC	<b>NTR150 Overview of Nutrition Professions</b>	1		
	CC	<b>NTR200 Human Nutrition</b>	3		
	CC	<b>NTR232A Food and Culture</b>	1		
		<b>Semester Credits</b>	<b>5</b>	<b>Research career resources and opportunities!</b>	

### Semester 2

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
	CC	<b>NTR123 Nutrition Throughout the Life Cycle</b>	3		NTR 200 Prerequisite
	CC	<b>NTR219 Community Nutrition</b>	3		NTR 200 Prerequisite
	CC	<b>NTR247 Weight Management Theory</b>	1		NTR 200 Prerequisite
		<b>Semester Credits</b>	<b>7</b>	<b>Apply for graduation and attend career events!</b>	

### Semester 3

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
	CC	<b>NTR191 Nutrition Counseling Skill Development</b>	3		NTR 200 Prerequisite
	CC	<b>NTR222 Nutrition Assessment and Medical Nutrition Therapy</b>	3		NTR 200 Prerequisite
		<b>Semester Credits</b>	<b>6</b>	<b>Finish strong-don't get distracted before finals!</b>	
		<b>Total Certificate Credits</b>	<b>18</b>		

Arizona Resident Tuition for 2023-2024 is \$75 per credit hour; see [Paying for College](#). Financial aid may be available.

## Career Information

**CAC Career Center:** [centralaz.edu/career](https://centralaz.edu/career) FREE CAC career resources and assistance.

**O\*NET OnLine:** Visit [onetonline.org](https://onetonline.org) and search for:

- Education needed for specific occupations
- Occupation tasks, knowledge, skills and abilities
- Salary/wages for specific occupations (\$)

## Transfer Information

**CAC University Transfer Center:** [centralaz.edu/transfer](https://centralaz.edu/transfer) FREE CAC transfer resources and assistance.

**Note:** Use this Program MAP as a guide to choose courses with your advisor and track progress towards milestones and completion of program. Work with the NDT advisor to customize your plan to align with your specific career and/or transfer goals.

**Part-Time Students:** Plans can be modified to fit the need of part-time students by adding more semesters.

**Student Name:**

**Student ID Number:** 880

**Advisor Name:**

**Date:**