

# EXERCISE SCIENCE AND WELLNESS

## SPORT NUTRITION SPECIALIST CERTIFICATE

### Overview

The Sports Nutrition Specialist Certification Microcredential will allow students to pursue a certification in the fitness field. Students would have a certification as a Nutrition Specialist, allowing employment in the fitness field to be highly attainable.

Students who successfully complete this Microcredential will be able to:

- Effectively educate, motivate, and/or communicate with individuals to influence healthy lifestyle behavior modifications which include the dimensions of wellness, occupational wellness, and stress management;
- Perform safe, ethical and legal practices in a variety of health and fitness related settings within the scope of practice

### Requirements

For requirements, see Program Map.

### Program Map

Required Courses		Course Hours Per Week		Semester Hours
		Class	Lab	Credit
BIO-122	NUTRITION	3	0	3
BUS-102	FOUNDATIONS OF BUSINESS	3	0	3
ESW-204	SPORTS NUTRITION SPEC CERTIF	3	0	3
	Credit Hours	9	0	9
Total Required Minimum Semester Hours Credit				9

Because a Microcredential is comprised of short course sequences, requirements for a Microcredential are to be completed at DCC. Any exception to this would require departmental approval in order to transfer in credits.

No more than 50% of credits may be accepted in transfer.\*

A digital badge will be awarded to students who complete the required coursework and earn a 2.0 or higher in each course.

If the Microcredential contains a certification exam, a successful score on that exam is also required for the award of the Microcredential.

\*Certain courses may be required to be taken at DCC; check your specific program for these exceptions.

#### This microcredential can be stacked into:

Exercise Science & Wellness, A.S.

### Contact Information

Program Chair:

[Tara Flagler-Sweet](#)

