

Area of Interest: Nursing, Health & Emergency Careers
Certificate: Nutrition and Health Promotion
College Catalog: [2024-2025](#)



Program Location: Statewide/District/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 also meets some of the requirements for the Nutrition and Dietetic Technician (NDT) AAS Degree. Students interested in working towards this degree are encouraged to contact the Nutrition and Dietetic Technician advisor.

Contact Information: diettechadvisor@centralaz.edu

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

Legend

Bold Course =Required Course	Recommended Course (R)	Stackable Certificate (SC)
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AGEC Course list (Arizona General Education Curriculum)

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

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	NTR150 Overview of Nutrition Professions	1		
CC	NTR200 Human Nutrition	3		
CC	NTR232A Food and Culture	1		
Semester Credits		5	Research career resources and opportunities!	

Semester 2

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

Semester 3

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

Arizona Resident Tuition for 2024-2025 is \$75 per credit hour; see [Paying for College](#). Financial aid may be available.

Career Information

CAC Career Center: centralaz.edu/career FREE CAC career resources and assistance.

O*NET OnLine: Visit 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 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:

Advisor Name:

Student ID Number: 880

Date: