



Nutritional Sciences

Learn how dietary choices influence health and disease using the latest nutritional information available.

While food is a basic need, eating involves complex biochemical processes.

Nutritional Sciences ties biology and chemistry, physics, economics, and sociology together in relation to health and wellness. In addition to exploring the nutrients of food and the metabolic processes of the body, current issues about nutrition are also covered.

Regardless of your background, this course provides a good understanding of the science behind food and nutrition.

“Without a solid foundation in my sciences, my understanding of nutrition would be incomplete. I no longer feel that way with my certificate. This course was interesting and easy to follow; even without a science background.”

Tracy Newton, Nutritional Consultant

Highlights:

- » this course is a co-requisite for the Nutritional Consulting Diploma program, Sports & Fitness Nutrition Certificate Program and Advanced Nutrition specializing in Sports Nutrition
- » only 9 months or less required to complete the course
- » accredited, distance education
- » includes practice quizzes, tests, final examination, certificate, and free shipping within North America
- » *Nutritional Sciences* by Michelle McGuire and Kathy A. Beerman
- » provides full access to the Online Learning Centre
- » assistance and support provided while you study

Ideal for:

science enthusiasts focusing on health and wellness, health practitioners, health care providers, nutritionists, health educators, health writers

Lesson 1—The Science of Nutrition

Lesson 2—Nutritional Assessment and Dietary Planning

Lesson 3—Chemical, Biological and Physiological Aspects of Nutrition

Lesson 4—Carbohydrates

Lesson 5—Protein

Lesson 6—Lipids

Lesson 7—Energy Metabolism

Lesson 8—Energy Balance and Body Weight Regulation

Lesson 9—Physical Activity, Health and Sports Nutrition

Lesson 10—Water-Soluble Vitamins

Lesson 11—Fat-Soluble Vitamins

Lesson 12—Major Minerals

Lesson 13—Trace Minerals

Lesson 14—Life Cycle Nutrition

Contact our admissions officers today!

100-12751 Vulcan Way, Richmond BC V6V 3C8, Canada
 call 604.295.9333 or 1.800.663.6580, fax 604.295.9101 or 1.800.663.6597
 email info@aliveacademy.com, visit aliveacademy.com

