



CERTIFICATE OF COMPLETION (CCL)
GCC ADVISEMENT CHECK SHEET 2009-2010



The Certificate of Completion (CCL) will provide personal trainers and other nutrition paraprofessionals with a foundational nutrition background, in non-clinical settings. Students acquire the knowledge and skills to work in a general community setting, with a focus on improving well-being and healthy lifestyles.

Students are responsible for proper selection of courses and admission to University and professional programs.

Name	SID	Nutrition for Fitness and Wellness 21 Credits Major code: 5302 Effective First Year/Term: 2009 Spring
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Students must earn a grade of "C" or better in all courses within the program.

I. REQUIRED COURSES (23 Credits)		CRS	GR	SEM
Students must complete Required Courses in Block One before enrolling in Block Two courses.				
FON100 may not be taken for credit if credit has been earned in FON100AA and/or FON100AC.				
Block One				
FON100	Introductory Nutrition (3) OR			
FON100AA	Introductory Nutrition I (2) AND			
FON100AC	Introductory Nutrition II (1) OR Equivalent FON course	3		
FON247	Weight Management Theory	3		
EXS130	Strength Fitness-Physiological Principles and Training Techniques	3		
AND				
Block Two				
FON210	Sports Nutrition and Supplements for Physical Activity	3		
FON230	Nutrition for Special Populations	3		
EXS112	Professional Applications of Fitness Principles	3		
EXS125	Introduction to Exercise Physiology	3		