

AASDN

The American Academy of Sports Dietitians and Nutritionists

Licensed and Non-Licensed Professionals Disseminating Sound, Scientific Nutrition Information

AASDN Sports Nutrition Certificate Program



Catalogue

About AASDN

The American Academy of Sports Dietitians and Nutritionists is a nonprofit organization dedicated to establishing and maintaining high professional standards for the dissemination of accurate, scientific sports/wellness related nutrition information by qualified professionals.

Mission Statement

With the focus on health, fitness, and disease prevention, this certificate program is designed to expand knowledge related to the field of sports nutrition and to enable students of other disciplines to relate this knowledge to their specific fields.

The curriculum of the AASDN Online Sports Nutrition Certificate Program is designed to allow participants to progress from the Nutrition Specialist Certification (or equivalent) to the Sports Nutrition Certificate program; with the opportunity to progress to the Advanced Sports Nutrition Certificate program and Master Sports Nutrition Certificate program.

Conflict of Interest Policy

AASDN, AASDN-BOC and AASDN-CC maintain a strict **Conflict of Interest Policy** for its staff, volunteers and board members. AASDN has no legal or financial connection to accreditation organizations from which it seeks accreditation. AASDN-BOC has no financial or legal connections to NOCA or NCCA or any other accreditation organization.

AASDN accepts no funds from advertising, no corporate funds or government grants. Funding for AASDN programs is achieved through AASDN memberships and the AASDN Nutrition Specialist Certification. AASDN extends its sincere gratitude to members, Nutrition Specialist Certificants and students of the Sports Nutrition Certificate program who provide support for all AASDN activities.

AASDN Online Sports Nutrition Certificate Programs

AASDN is pleased to announce the establishment of the AASDN Online Sports Nutrition Certificate Programs. With the focus on health, fitness, and disease prevention, these certificate programs are designed to expand knowledge related to the field of sports/wellness related nutrition and to enable students of other disciplines to relate this knowledge to their specific fields.

The curriculum of the AASDN Online Sports Nutrition Certificate Programs is designed to allow participants to progress from the initial level nutrition certificate (Sports Nutrition Certificate - SNC) to the Advanced Sports Nutrition Certificate (ASNC) and the Master Sports Nutrition Certificate (MSNC).

Certificate Program versus Academic Degree

Certificate programs are discipline-specific courses designed as a way to fulfill professional development requirements or to earn recognition in a specific discipline. A certificate program is meant to compliment professional experience.

While a certificate program takes less time to finish and is valuable when it comes to advancing your career and enhancing your knowledge, it is not a stepping stone toward achieving a higher level academic degree. Therefore, if you wish to work toward achieving a degree in nutrition you should work toward earning that degree from an accredited university rather than participate in a certificate program. If this is not of concern to you, and you wish to gain recognition in sports nutrition, a certificate program is a better option.

The AASDN Online Sports Nutrition Certificate Program Audience

The AASDN Online Sports Nutrition Certificate Program serves 5 distinctive audiences:

- Students with clinical degrees or in science-related degree programs seeking employment opportunities in health-related industries and community based programs.
- Individuals with no previous experience in the field who would like to use the AASDN Online Sports Nutrition Certificate Program as a stepping stone towards a formal degree.
- Non-licensed nutrition professionals seeking career advancement. Individuals need NOT be licensed in nutrition to take advantage of the curriculum offered through the AASDN Online Sports Nutrition Certificate Program. Graduates of the AASDN Online Sports Nutrition Certificate program that are not Registered Dietitians (RD) do NOT hold themselves out to be as such and are qualified to relate sports/wellness nutrition information to their specific fields and work in an academic, educational and work setting.
- Health and fitness professionals seeking advancement in the sports/wellness related nutrition venue but lack the academic qualifications and experience.
- Licensed Registered Dietitians (clinical degree) seeking employment in the sports nutrition venue - but lack the academic qualifications and experience. These licensed professionals can also take advantage of the curriculum offered through the AASDN Online Sports Nutrition Certificate Program.

Employment Opportunities

Upon successful completion of the AASDN Sports Nutrition Certificate graduates have the opportunity to disseminate sports/wellness nutrition information in their respective health related field. AASDN will assist in directing students concerning employment opportunities; however, AASDN makes no guarantee about employment opportunities or placement services.

Successful completion of the AASDN Sports Nutrition Certificate Programs does not qualify the graduate to take required professional examinations for the FL Dietetics program or the American Dietetics Association. Please visit <http://www.eatrightflorida.org/> for details on the FL Dietetics Association.

Admissions

For admission into the AASDN Sports Nutrition Certificate programs applicants must:

- Be 18 years of age or older
- Possess a high school diploma
- Have a certificate, certification or degree in an exercise/fitness/health related field
- Be working in an exercise/fitness/health related field
- Hold the Nutrition Specialist Certification (or equivalent)

- Complete the registration form and accept the Applicant Terms and Conditions.
- Include payment along with the registration form.
- Provide documentation of two forms of identification (ID). One form of ID must be photo-bearing and must contain a signature; the photo-bearing ID must be: a valid driver's license, state or military ID, or passport
- Have access to a computer, the internet and an email address

Applicant will be notified within 10 days of receipt of application as to acceptance status.

Completed registration forms and tuition fees must be received within 30 days of acceptance into the program.

Applications are accepted on a rolling basis for course modules and examination. Contact hours to complete the program are asynchronous – students may complete the coursework at a time of their own choosing rather than at a specified time. The certificate program must be completed within 2 years of its initiation. Students must also complete the final exam within this time frame.

The student must complete all course work and receive a grade point average of 75 or higher to receive the Sports Nutrition Certificate. Upon completion of the program of study, the student will receive a formal Certificate in Sports Nutrition.

Transfer of Credits

AASDN will provide transcripts at the written request of the student. Transferability of credits is at the discretion of the accepting institution. It is the responsibility of the student to confirm whether or not credits will be accepted by another institution.

Financial Aid

AASDN will cooperate with all funding agencies that distribute financial aid and/or loans. However, if you need to borrow funds to help cover the costs of the AASDN Sports Nutrition Certificate Programs there very few private loans available. Available loans let you borrow up to the cost of the program. Interest rates will be based on the borrowers credit worthiness. These loans require the school to certify that you are enrolled in an educational program so you must also complete a Certificate Program Enrollment Verification Form if you are applying for a loan.

CANCELLATION AND REFUND POLICY

Tuition and Fee Disclosure

Students will be obligated for all charges (tuition/fees/books/supplies) for the period of financial obligation they are currently attending plus any prior account balance. An administrative fee of \$150 will be charged when a student withdraws prior to completion of the certificate program. The period of financial obligation is the time the student is enrolled until completion of 20% of course completion. Students who have withdrawn and wish to re-enter will be charged a \$150 reentry fee. (See Re-admittance Policy.) Students who change their start date after signing this enrollment agreement may be charged a \$75 change of start date fee.

Cancellation / Withdrawal Calculation

If tuition and fees are collected in advance of the start date of a program and the institution cancels the class, 100% of the tuition and fees collected will be refunded except for the application fee not to exceed \$30. If tuition and fees are collected in advance of the start date and the student does not begin the program, all monies paid by the student in excess of \$150 will be refunded. AASDN shall keep a pro-rated portion of the tuition for students who withdraw within the first 20% of course completion in which they are attending. Any funds paid for supplies, books, or equipment which can be and are returned to the institution, will be refunded to students who withdraw prior to the start of the certificate program (period of financial obligation) upon return of said items which can be resold.

All registration fees will be refunded if student is not accepted into his/her particular program. Students must notify the institution in writing of cancellation. All monies paid by an applicant will be refunded if cancellation occurs within three business days after signing these terms of enrollment and making initial payment. If cancellation occurs after three business days from the signing of the terms of enrollment, all application and registration fees in excess of \$150 will be refunded to the student. Refunds will be made within thirty days from the date of determination of the student's withdrawal. All balances owed the institution due to the return of Title IV funds or withdrawal calculation or a balance due at time of graduation will be billed to the student.

Veterans Refund Policy

The refund of the unused portion of tuition, fees, and other charges for Veterans or eligible persons who fail to enter a course or withdraw or discontinue prior to the completion will be made for all amounts paid which exceed the approximate pro rata portion of the total charges that the length of the completed portion of the course bears to the total length of the course. The refund will be determined on the ratio of the number of days or hours of instruction completed by the student to the total number of instructional days or hours in the course. Upon determination of withdrawal, all refunds will be made within a thirty-day period.

Revocation of Application

AASDN-BOC may revoke or otherwise take action with regard to the application of an individual in the case of:

- A. Applicant Ineligibility
- B. Irregularity in connection with any application or examination.
- C. Unauthorized possession, use, access or distribution of certificate examinations, documents or other materials.
- D. Material misrepresentation or fraud in any statement to AASDN or in any statement to the public in connection with professional practice, including, but not limited to, statements made to assist the applicant or another to apply for, obtain or retain certificate status.
- E. The conviction of, plea of guilty or plea of no contest to a felony or misdemeanor, which is directly related to public health, athletic care or education. This includes but is not limited to rape, sexual abuse of a child or athlete, actual or threatened use of a weapon of violence; the prohibited sale or distribution of controlled substance, or its possession with the intent to distribute.
- F. Not adhering to the eligibility requirements.

G. Engaging in conduct that includes, but is not limited to, unauthorized use of the AASDN name to endorse any products or services without proper authority or exploitation of a client for financial gain.

Arbitration

It is agreed that in the event the parties to this enrollment agreement are unable to amicably resolve any dispute, claim or controversy arising out of or relating to this agreement, or if a claim is made by either against the other or any agent or affiliate of the other, the dispute, claim or controversy shall be resolved by arbitration administered by the American Arbitration Association under its Commercial Arbitration Rules. If this chosen forum or method of arbitration is unavailable, or for any reason cannot be followed, a court having jurisdiction hereunder may appoint a panel of arbitrators pursuant to section 682.04, F.S. The expenses and fees of the arbitrator(s) incurred in the conduct of the arbitration shall be split evenly between the parties to the arbitration; however, if AASDN prevails in the arbitration proceeding, AASDN will be entitled to any reasonable attorney's fees incurred in the defense of the student claim. Venue for any proceeding relating to arbitration of claims shall be in the county wherein the institution is located. This agreement cannot be modified except in writing by the parties.

S N C

Overview

The AASDN Sports Nutrition Certificate (SNC) is a program designed to expand knowledge related to the field of sports nutrition and to enable students of other disciplines to relate this information to their specific fields.

The AASDN Sports Nutrition Certificate:

- Introduces the student to post-secondary teaching skills, intermediate level nutrition, alternative medicine, business design, and nutrition program design
- Provides hands-on teaching experience
- Provides hands-on business development including marketing and sales
- Provides hands-on nutrition program development
- Upon successful completion of the AASDN Sports Nutrition Certificate program students have the opportunity to disseminate sports nutrition information in their respective health related field and also the opportunity to become AASDN NS Program Providers
- Upon successful completion of the AASDN Sports Nutrition Certificate program, students have the opportunity to continue their studies in sports nutrition by enrolling in the AASDN Advanced Sports Nutrition Certificate program

Tuition

Cost for the AASDN Sports Nutrition Certificate:

- \$229 for the complete set of 6 modules
- \$150 for the Sports Nutrition Certificate final exam
- Total cost for the entire program is \$379*
- Additional costs for materials is approximately \$300
- Cost does not include required textbooks

Required texts/materials:

- Pentz, J. Nutrition for Professionals Textbook, LMA Publishing 2008, Boston, MA
- Pentz, J. Nutrition Specialist Certification Exam Study Guide, LMA Publishing 2010 Boston, MA
- Whitney, E, Rolfes, S. Understanding Nutrition, 8th ed. West Publishing Co 2005, NY
- Gerber, M, E-Myth Mastery, HarperCollins Publishers 2005, NY
- Nutrition Manager Diet Analysis Software, Lifestyle Management Associates, www.lifestylemanagement.com (or equivalent diet analysis software)

Applications are accepted on a rolling basis for course modules and examination. Students may complete the certificate program at their own pace and should anticipate several additional hours beyond the 80 contact hours to complete the program. Contact hours to complete the SNC program are asynchronous – students may complete the coursework at a time of their own choosing rather than at a specified time. The certificate program must be completed within 2 years of its initiation. Students must also complete the final exam within this time frame.

The student must complete all course work and receive a grade point average of 75 or higher to receive the Sports Nutrition Certificate. Upon completion of the program of study, the student will receive a formal Certificate in Sports Nutrition.

Curriculum Modules:

Module	Course Description	Contact Hours
<u>201</u>	Post Secondary Education Teaching Methods	10
<u>202</u>	Intermediate Level Biochemistry	18
<u>203</u>	Alternative Medicine	12
<u>204</u>	Instituting a Nutrition Program	30
<u>205</u>	Intermediate Coaching Skills	10
	Total Contact Hours	80

Required texts/materials:

- Pentz, J. Nutrition for Professionals Textbook, LMA Publishing 2008, Boston, MA
- Pentz, J. Nutrition Specialist Certification Exam Study Guide, LMA Publishing 2010 Boston, MA
- Whitney, E, Rolfes, S. Understanding Nutrition, 8th ed. West Publishing Co 2005, NY
- Gerber, M, E-Myth Mastery, HarperCollins Publishers 2005, NY
- Nutrition Manager Diet Analysis Software, Lifestyle Management Associates, www.lifestylemanagement.com (or equivalent diet analysis software)

SNC Required Coursework (See Course Description below):

201 Post Secondary Education Teaching Method

Course #	Title	Contact hours
201.1	Learning Modalities - Introduction	1
201.2	Learning Modalities - Visual	1
201.3	Learning Modalities - Auditory	1
201.4	Learning Modalities - Kinesthetic	1
201.5	Presentation - All 3 Modalities	6

202 Intermediate Level Biochemistry

Course #	Title	Contact hours
202.1	Digestion/Absorption/Transport	2
202.2	Carbohydrates/Fats/Proteins	4
202.3	Metabolism/Energy Balance	4
202.4	Vitamins/ Minerals Overview	3
202.5	Mock Class Presentation	5

203 Alternative Medicine

Course #	Title	Contact hours
203.1	Definitions	1
203.2	Supplements	2
203.3	Nutrition Research	4
203.4	Presentation	5

204 Instituting a Nutrition Program

Course #	Title	Contact hours
204.1	Prerequisites / Legal Considerations / Professional Considerations	2
204.2	The Process - Volunteer 1	6
204.3	The Process - Volunteer 2	6
204.4	Keys To Promoting Success	2
204.5	Developing a Business Plan	7
204.6	Presentation	7

205 Intermediate Coaching Skills

Course #	Title	Contact hours
205.1	Essentials of Coaching part 1	2
205.2	Essentials of Coaching part 2	2
205.3	Coaching Skills In The Classroom	6

SNC Course Description

201 Post Secondary Education Teaching Method

201.1	<p>Learning Modalities – Introduction</p> <p>Explores the 3 types of learning modalities; Effective teaching methods incorporating all 3 modalities; Students are required to complete a modality quiz and identify their primary mode of learning.</p>
201.2	<p>Learning Modalities - Visual</p> <p>Explores the characteristics of the visual learner; Difficulties for the visual learner; Suggestions for the visual learner; Ways to enhance a visual learner’s educational experience Students are required to Write a one page summary identifying how they would address the needs of the visual learner when creating a nutrition education presentation.</p>
201.3	<p>Learning Modalities – Auditory</p> <p>Explores the characteristics of the auditory learner; Difficulties for the auditory learner; Suggestions for the auditory learner; Ways to enhance an auditory learner’s educational experience</p>

	Students are required to Write a one page summary identifying how they would address the needs of the visual learner when creating a nutrition education presentation.
201.4	Learning Modalities – Kinesthetic Explores the characteristics of the kinesthetic learner; Difficulties for the kinesthetic learner; Suggestions for the kinesthetic learner; Ways to enhance an kinesthetic learner’s educational experience Students are required to Write a one page summary identifying how they would address the needs of the kinesthetic learner when creating a nutrition education presentation.
201.5	Presentation - All 3 Modalities Students are asked to complete a PowerPoint presentation on a nutrition topic. The presentation must include all 3 modalities of learning.

202 Intermediate Level Biochemistry

202.1	Digestion/Absorption/Transport Identify and describe in general the process of digestion, absorption and transport of nutrients; Explore myths associated with these processes; Explore homeostasis and the homeostatic conditions maintained in the human body.
202.2	Carbohydrates/Fats/Proteins Identify and describe in detail the process of digestion, absorption and transport of carbohydrates, fat, and proteins; Explore the science of the metabolic syndrome and controversies regarding the glycemic index; Identify nutritive and nonnutritive sweeteners and explore their role in health and disease; Identify the types of fats utilized by the body and explore health issues associated with each type of fat; Explore the process of hydrogenation and the health issues associated with this process; Identify the categories of proteins in the body and health issues associated with inadequate and toxic levels of proteins.
202.3	Metabolism/Energy Balance Explore the processes involved in the metabolism of nutrients; Identify anabolic and catabolic processes involved in muscle hypertrophy; Explore the process of energy production from all the energy nutrients; Explore health issues associated with overeating, under eating, fasting, etc. Determination of total energy needs and percentages of macronutrient needs under circumstances of rest, activity, fasting, etc.
202.4	Vitamins/ Minerals Overview Explore the roles of micronutrients; recommendations, deficiency and toxic symptoms, nutrient antagonists and food sources.
202.5	Mock Class Presentation Opportunity to present information learned in the previous two modules through a “mock” class presentation,

203 Alternative Medicine

203.1	Definitions Define and discuss complimentary alternative medicine therapies; Define and discuss the government agency NCCAM and explore the controversies associated with this agency; Define the origins and purpose of the Office of Dietary Supplements.
203.2	Supplements Explore the controversial world of dietary supplements by investigating the 1994 Dietary Supplement Health and Education Act and requirements place on supplement manufacturers after the passage of this act; Investigate the results of NCCAM clinical trials on supplements; Investigate the possible dangers and interactions of supplements;.
203.3	Nutrition Research Investigate the scientific method and applicability in the field of research today; Investigate marketing tactics versus scientific research in the field of research as it relates to corporate involvement; Analyze research on a popular supplement and identify actual science versus marketing tactics.
203.4	Presentation Opportunity to create a presentation detailing the information learned in this module and which includes all 3 modalities of learning.

204 Instituting a Nutrition Program

204.1	Prerequisites / Legal Considerations / Professional Considerations Explore legal considerations and identify types of state regulations and ADA guidelines before instituting a nutrition program; Investigate professional considerations before instituting a nutrition program which includes a defined scope of practice;
204.2	The Process - Volunteer 1 Participate in the process of recruiting a potential nutrition client (volunteer), and working through ten individual sessions with this volunteer.
204.3	The Process - Volunteer Participate in the process of recruiting a second potential nutrition client (volunteer), and working through ten individual sessions with this volunteer.
204.4	Keys To Promoting Success Explore the components that prevent individuals from achieving success in health and weight management, including the failure of diets, confusing labeling regulations (whole grain, organic, free range, net carbs, etc.), eating out; Explore the components that encourage success in health and weight management.
204.5	Developing a Business Plan Explore the components of developing a successful business plan that incorporates nutrition education along with fitness/exercise components.
204.6	Presentation Opportunity to present information learned in this module through a "mock" class presentation,

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205 Intermediate Coaching Skills

205.1	Essentials of Coaching part 1 Explore the exciting world of coaching versus counseling and consulting; Explore the process of change as it relates to coaching.
205.2	Essentials of Coaching part 2 Investigate the "Stages of Readiness" to change as it relates to coaching individuals; Explore the process of "motivational interviewing" and the questioning process; Explore the "relapse" process and identify coaching techniques required during this process.
205.3	Coaching Skills In The Classroom Opportunity to utilize information learned in this module through a mock presentation using coaching techniques and the questioning process.

ASNC

AASDN is pleased to announce the establishment of the AASDN Advanced Sports Nutrition Certificate (ASNC) program. The mission of this program is to provide health and fitness professionals with the opportunity for educational advancement in sports/wellness nutrition beyond the SNC level. Graduates of the AASDN Advanced Sports Nutrition Certificate program have the opportunity to continue their education in sports/wellness nutrition by enrolling in the AASDN Master Sports Nutrition Certificate program.

This online training program is the second in a series of certificate programs aimed at providing allied health and fitness professionals with an advanced certificate program. This program will be available in June of 2011.

MSNC

AASDN is pleased to announce the establishment of the AASDN Master Level Sports Nutrition Certificate (MSNC) program. The mission of this program is to provide health and fitness professionals with the opportunity for educational advancement in sports/wellness related nutrition beyond the Advanced Sports Nutrition Certificate. Graduates of the AASDN Advanced Sports Nutrition Certificate program have the opportunity to continue their education in sports/wellness related nutrition by enrolling in the AASDN Master Sports Nutrition Certificate Program.

This program will be available in December of 2011.