



# 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 goal of teaching sports nutrition in their specific fields.

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## 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.

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## AASDN Online Sports Nutrition Certificate Program

AASDN is pleased to announce the establishment of the AASDN Online Sports Nutrition Certificate Program. With the focus on health, fitness, and disease prevention, this certificate program is 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.

## 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.
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## **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 Academy of Nutrition and Dietetics. Please visit <http://www.eatrightflorida.org/> for details on the FL Dietetics Association.

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## **Admissions**

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

- Be 18 years of age or older
- Possess a high school diploma, GED or equivalent
- 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 online application form and accept the Applicant "[Terms of Enrollment](#)".
- Include non-refundable payment of \$30 with completed Application form. The \$30 will be credited towards tuition if accepted into the program.
- 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 20 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 1 year 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 and complete the post course assessment exam to receive the Sports Nutrition Certificate. Upon completion of the program of study and exam (if required) the student will receive a formal Certificate in Sports Nutrition.

### Cost

	Non Nutrition Specialist	Nutrition Specialist
Sports Nutrition Certificate Program*	\$229	\$229
Sports Nutrition Certificate Final Exam	\$150	Not Required
Total Program Cost	\$379	\$229

\* \$30 non-refundable application fee

\* Cost does not include required textbooks

- Pentz, J. Nutrition for Professionals Textbook, 9th edition. LMA Publishing 2013, Boston, MA
- Pentz, J. Nutrition Specialist Exam Study Guide, LMA Publishing 2013, Boston, MA
- Whitney, E, Rolfes, S. Understanding Nutrition, 13th edition. West Publishing Co 2013, NY
- Gerber, M, E-Myth Mastery, HarperCollins Publishers 2005, NY

### 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.

### 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. Students who have withdrawn or have not completed the program within the one year time period and wish to re-enter

will be charged a \$150 reentry fee.

#### Cancellation / Withdrawal Calculation

If tuition and fees are collected in advance of the start date of a program and the institution cancels the program, 100% of the tuition and fees collected will be refunded except for the application fee not to exceed \$30.

All registration fees, minus the application fee, will be refunded if student is not accepted into the program. All monies paid by an applicant will be refunded if cancellation occurs within three business days after signing the terms of enrollment and making initial payment. If cancellation occurs after three business days and prior to 10 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

AASDN is pleased to announce the establishment of the AASDN Online Sports Nutrition Certificate Program. Whether you are a student, personal trainer, an athletic trainer, a massage therapist, teacher, coach or a licensed dietitian, the AASDN Sports Nutrition Certificate (SNC) can expand your knowledge relating to the field of sports/wellness nutrition and enable you to disseminate this knowledge to professionals within your specific field. Graduates of the Sports Nutrition Certificate (SNC) have the opportunity to become independent Nutrition Specialist Instructors under the directive of the AASDN.

The AASDN online Sports Nutrition Certificate Program introduces the student to post secondary teaching skills, intermediate level nutrition, alternative medicine, business design and nutrition program design.

The SNC program builds on information learned in the Nutrition Specialist program; therefore, AASDN recommends that students complete the Nutrition Specialist Certification before entering the SNC Program. **Contact hours obtained in the Nutrition Specialist Certification program may also be applied to the SNC program.** See Curriculum below for more details.

The SNC program must be completed within 1 year of its initiation. Students may complete the coursework at a time of their own choosing rather than at a specified time.

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
- Provides AASDN Continuing Education Credits
- 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 Instructor

## Tuition

	Non Nutrition Specialist)	Nutrition Specialist
Sports Nutrition Certificate Program*	\$229	\$229
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- Whitney, E, Rolfes, S. Understanding Nutrition, 13th edition. West Publishing Co 2013, NY
- Gerber, M, E-Myth Mastery, HarperCollins Publishers 2005, NY

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 listed 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 1 year 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	AASDN NS Contact Hours*
<u>201</u>	Post Secondary Education Teaching Methods	10	10 Required
<u>202</u>	Intermediate Level Biochemistry	18	5 Required
<u>203</u>	Alternative Medicine	12	5 Required
<u>204</u>	Instituting a Nutrition Program	30	7 Required
<u>205</u>	Intermediate Coaching Skills	6	2 Required
206	Presentation Skills	4	4 Required
	<b>Total</b>	<b>80 Contact Hours</b>	<b>33 Contact Hours</b>
<b>Exam</b>	<b>Post Course Assessment</b>	<b>Required</b>	<b>Not required</b>

\*Nutrition Specialist Certification graduates have already completed over half the number of required contact hours for completion of the SNC program. If you are a Nutrition Specialist in good standing and would like to complete the SNC program please contact us at [info@aaasdn.org](mailto:info@aaasdn.org).

#### SNC Required Coursework (see Course Description Below):

##### 201 Post Secondary Education Teaching Method

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

##### 202 Intermediate Level Biochemistry

Course #	Title	Contact hours	NS Contact Hours
202.1	Digestion/Absorption/Transport	2	Completed



202.2	Carbohydrates/Fats/Proteins	4	Completed
202.3	Metabolism/Energy Balance	4	Completed
202.4	Vitamins/ Minerals Overview	3	Completed
202.5	Mock Class Presentation	5	5 Required

#### 203 Alternative Medicine

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

#### 204 Instituting a Nutrition Program

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

#### 205 Intermediate Coaching Skills

Course #	Title	Contact hours	NS Contact Hours
205.1	Essentials of Coaching part 1	2	Completed
205.2	Essentials of Coaching part 2	2	Completed
205.3	Coaching Skills In The Classroom	2	2 Required

#### 206 Presentation Skills

Course #	Title	Contact hours	NS Contact Hours
206.1	Presentation Skills	4	4 Required

### SNC Course Description

#### 201 Post Secondary Education Teaching Method

201.1	Learning Modalities – Introduction 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.
201.2	Learning Modalities - Visual 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.
201.3	Learning Modalities – Auditory 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 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.
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### 203 Alternative Medicine

203.1	<p><b>Definitions</b>  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.</p>
203.2	<p><b>Supplements</b>  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; .</p>
203.3	<p><b>Nutrition Research</b>  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.</p>
203.4	<p><b>Presentation</b>  Opportunity to create a presentation detailing the information learned in this module and which includes all 3 modalities of learning.</p>

### 204 Instituting a Nutrition Program

204.1	<p><b>Prerequisites / Legal Considerations / Professional Considerations</b>  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;</p>
204.2	<p><b>The Process - Volunteer 1</b>  Participate in the process of recruiting a potential nutrition client (volunteer), and working through ten individual sessions with this volunteer.</p>
204.3	<p><b>The Process - Volunteer</b>  Participate in the process of recruiting a second potential nutrition client (volunteer), and working through ten individual sessions with this volunteer.</p>
204.4	<p><b>Keys To Promoting Success</b>  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.</p>
204.5	<p><b>Developing a Business Plan</b>  Explore the components of developing a successful business plan that incorporates nutrition education along with fitness/exercise components.</p>
204.6	<p><b>Presentation</b>  Opportunity to present information learned in this module through a “mock” class presentation,</p>

### 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.

### 206 Presentation Skills

206.1	Presentations Skills Opportunity to demonstrate presentation skills through video or webinar presentation.
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