

Course Offerings Winter Semester 2017

The Diet and Lifestyle Intervention Course

39 CME's for physicians; 39 contact hours for nurses; 39 level 3 CPEs for dietitians

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions. Very detailed slides and instructional materials are provided.

**You do not have to be a practitioner to take this course;
laypersons are welcome too!**

Starts January 18

**classes are offered via virtual classroom
(live and interactive conference calls)**

Classes offered as part of the Nutrition Educator Program

Note: do not purchase textbooks until notified by your instructor

Maternal and Children's Nutrition

\$480

Instructor: Pamela A. Popper, Ph.D., N.D. one 2-hour class per week 12 weeks

Topics include nutrition and pregnancy, lactation, how to develop healthy eating habits and tastes, nutritional requirements and recommendations for ages infant through adolescence, nutritional intervention for common childhood conditions, ADHD, nutrition and autism

Chemistry II and Introduction to Biochemistry

\$720

Instructor: Charles Powley, Ph.D. one 90-minute/one 2-hour class per week 12 weeks

Topics include organic compounds; aldehydes and ketones; carbohydrate, protein and lipid metabolism; digestion and the conversion of food into energy

Anatomy and Physiology

\$720

Instructor: Aaron Alford, D.C. two 90-minute classes per week 12 weeks

Topics include structure and function of the body, the body's various systems and how they interact with one another to promote health and homeostasis.

Plant-Based Nutrition and Health

\$360

Instructor: Pamela A. Popper, Ph.D., N.D. one 2-hour class per week 9 weeks

Topics include eating habits – an historical perspective, challenges in structuring nutrition studies, relationship between diet and disease, food trends, various types of plant-based diets, and evaluation and analysis of opposing viewpoints.

School and Institutional Food**\$400**

Instructor: Del Sroufe

one 2-hour class per week 10 weeks

Textbook: Syllabus prepared by instructor

Topics include various types of food-service institutions and how they are set-up (menus, suppliers, budgets), solutions for improving institutional food-service, sanitation issues and procedures, food-borne illnesses and how they are transmitted, and how to assist clients who eat some or all meals in institutional settings.