



ROCKY MOUNTAIN
UNIVERSITY of
HEALTH PROFESSIONS

Functional Nutrition Certificate (Post-Professional)

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Program Director

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2021 Tuition:

Per credit: \$430.00

Total program: \$5160.00

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Provo, UT 84606

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Curriculum

The Functional Nutrition Certificate (FNC) offers the opportunity for Dietitians/Nutritionists, Nurses, Physician Assistants, Physical and Occupational Therapists, Athletic Trainers, Speech-Language Pathologists, Health Coaches, and Eating Disorders Counselors to make better use of food as a natural medicine and address physical performance and functioning. Because nutrition can directly affect physical and mental recovery, health professionals will be better able to integrate diet into their interdisciplinary assessment and care planning. The courses are designed to inform the learner on how nutrients influence the genome and their relationship to health and wellness, as well as the changing nutritional needs throughout the lifespan.

Certificate Program Outcomes

After completing the Functional Nutrition Certificate, students are expected to be able to:

- Use the systems approach to nutrition care taking into consideration an individual's symptoms, food choices, nutrient intake, lifestyle, environment and metabolic differences as precipitating factors in disease and impaired health functioning.
- Provide individualized nutrition guidance, within scope of practice, for improved health, wellness, and sport performance goals.
- Evaluate nutritional status by performing a comprehensive nutrition focused physical examination for the assessment of malnutrition.
- Adopt a lifespan approach to nutrition care not only in early and late adulthood, but for the next generation through lifestyle epigenetic programming.
- Address racial/ethnic and socioeconomic disparities, food literacy and insecurity when counseling clients.

Admission Requirements

Master's or professional degree, but a bachelor's student with appropriate background (biology, chemistry, anatomy & physiology) would be eligible with acceptance determined on an individual basis.

Pre-program course: (Non-required, highly recommended for individuals who may need an introduction to or refresher with nutrigenomics)

Nutrigenomics: Genetic Testing for Personalized Nutrition (3-4-week course)
Self-paced asynchronous course taken through the learn.rm.edu website.

This one-credit short self-paced course uses genomic tools and genetic information to address issues important to nutrition and human health, such as celiac disease, protein needs for weight management, caffeine and cardiovascular disease. Student will have an opportunity to obtain a personalized nutrition focused genetic profile for insight into their health and fitness needs. Module quizzes and case studies provide the opportunity for critical reflection and assessment of how genomics tool may be used in your practice.

*This course is located on our learn.rm.edu platform and students can register via the learn.rm.edu website. This course is available anytime for students to register (all year round).

Program Requirements

Non-cohort-based program, students can enter program in any semester

Course Code	Title	Credits	Semester Taught
Pre-program Elective (highly recommended):			
	Nutrigenomics: Genetic Testing for Personalized Nutrition (3-4 week course; Self-paced asynchronous course taken through the learn.rm.edu website)	n/a	Every Semester
Required Courses:			
FN 610	Nutrition & Healthy Aging (12 week course)	3	Winter 2021 Summer 2021
FN 620	Nutrition for Adolescence & Early Adulthood* (12 week course)	3	Summer 2021
FN 630	Functional Nutrition (15 week course)	3	Fall 2021
FN 640	Nutritional Genomics (15 week course)	3	Winter 2022
Elective Course:			
FN 650	Cultures, Food Traditions, & Healthy Eating* (15 week course – 12 weeks of didactic) Cultural Food experiences (3 week immersion required)	3	Winter 2022

*Students who elect to take FN 650 elective may choose to take only one of the following courses: FN 620 OR FN 610

Course Descriptions

FN 610 Nutrition & Healthy Aging (3 credits)

The over-65 population is projected to reach 23.5% (98 million) by 2060. For most older adults, good health ensures independence, security, and productivity throughout the later years. One in four older adults experiences some brain dysfunction including depression and anxiety disorders, and dementia. Cutting edge research points to the role of diet and the human gut microbiome as targets for intervention during adulthood. The impact of nutrition and physical activity on metabolic and molecular mechanisms which regulates the aging processes and age-related chronic disease will be covered. *(12 week course)*

FN 620 Nutrition for Adolescence & Early Adulthood (3 credits)

Nutrition in the adolescent and early adult years addresses the basic nutrition requirements and adjustments for growth, development, and lifestyle influences on chronic disease. Nutrition topics for specialty populations such as polycystic ovary syndrome, eating disorders, transgender transition, female athlete triad, and the immune compromised will be a focus. This course will address the use of an age and ethnicity specific comprehensive nutritional assessment including standardized anthropometric measurements of body composition; biochemical measurements of serum protein, micronutrients, and metabolic parameters; and assessment of altered nutritional requirements due to social or psychological issues. *(12 week course)*

FN 630 Functional Nutrition (3 credits)

Functional medicine is an approach to treating health conditions and preventing disease through the identification and treatment of root causes to for health conditions. It is founded upon the perspective that nutrition therapy considers the individual-specific information founded upon the nutrition assessment model assessing mind, body, spirit, environment, and community to promote lifestyle behavior change that will result in measurable health and wellness benefits. *(15 week course)*

FN 640 Nutrition Genomics (3 credits)

Nutritional genomics focuses on the interactions between nutrients and an individual's genome; students will gain knowledge regarding genetics and genomics, nutritional and exercise genomics, epigenetics, and genomic testing. The course addresses the applications of use of genomic testing in clinical practice, and the relation of the genomic profile to overall health and their application to lifestyle and diet choices. Students will have the opportunity to use an evidence-based DNA analysis of how their genes impact weight loss & body composition, nutrient metabolism, heart health, performance, fertility, food intolerances, and eating habits. Students are required to purchase and complete the Nutrigenomics Test Kit to determine their own personal profile. (Additional fee for the test kit will be charged to each student) *(15 week course)*

FN 650 Cultures, Food Traditions, & Healthy Eating**(3 credits)**

This course is a study of food and culture. It explores the various racial, ethnic, and regional groups in view of the diversity of the food, eating patterns, and family traditions as well as the assimilation of immigrants and their influence on American cuisine. It offers nutrition counseling and communication strategies where educational interventions by health providers are aligned with the religious values, health beliefs, and dietary practices of the diverse clients. It investigates evidence-based research regarding health disparities and nutritional issues of various cultures. Students participate in high impact practices that foster cultural understanding. This course requires a food and culture 3 week “immersion” experience (ethnic food tour, international cooking class, etc.) in the learners own geographical area. *(15 week course; 12 weeks didactic plus required 3 week immersion)*