Functional Nutrition Certificate (Post-Professional)

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2023 Tuition:
Per credit: $440.00
Total program: $5280.00

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Curriculum

The Functional Nutrition Certificate (FNC) prepares individuals to make better use of food as a natural medicine to reduce the risk of disease and promote vibrant health. The courses focus on a systems biology approach to identifying the root causes of disease and dysfunction; understanding the basic tenets of functional nutrition protocols; exploring traditional food ways and culturally based herbal medicine as well as translating modern research into recommendations for food selection, recipes and/or product development. These courses are appropriate for individuals in healthcare, allied healthcare, food manufacturing, product research and development, hospitality, food service or even those interested in keeping themselves optimally healthy.

Certificate Program Outcomes

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

- Use the systems biology 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.
- Translate current research into recommendations, recipes and preparation techniques that will support optimal health.
- Evaluate traditional eating patterns and medicine practices as sources for culturally appropriate food recommendations.
- Evaluate therapeutic recommendations as evidence-based.

Admission Requirements

A bachelor's degree with appropriate background in sciences (biology, chemistry, biochemistry, anatomy & physiology).

Pre-program course: (Non-required, 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.
All courses are 12 weeks.

Course Code	Title	Credits	Semester Taught
Pre-program Elective (Optional):			
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 630	Functional Nutrition	3	Summer, Winter
FN 635	Therapeutic Functional Nutrition	3	Summer, Fall
FN 650	Culinary Medicine & World Food Culture	3	Summer, Winter
FN 655	Culinary Medicine & Health Promotion	3	Winter, Fall

Course Descriptions

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 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.

FN 635 Therapeutic Functional Nutrition* **(3 credits)**

A deep dive into the GI system and the microbiome will set the stage for the discussion of the other physiological systems. Common dysfunctions and chronic disease states and their food/lifestyle medicine protocols will be discussed. Topics are selected by the faculty and where appropriate, the link with gut health and dysfunction will be explored. Conditions explored may include autoimmunity, GI disorders, Celiac disease, heart disease, hypertension, Rheumatoid arthritis, acne, food intolerances, and obesity.

FN 650 Culinary Medicine and World Food Culture **(3 credits)**

World cuisines will be explored in the context of food as medicine using The Mediterranean Diet as a model. Diversity of the food, eating patterns and family traditions as well as the assimilation of immigrants and their influence on American cuisine will be covered. The historical use of polyherbal formulas in traditional medicines will be included. Topics may include African Heritage diet, Nordic diet, Asian cuisine, herbal medicine and curries of the world.

FN 655 Culinary Medicine and Health Promotion **(3 credits)**

This course explores food as medicine as a means to promote vital health. Trending meal patterns and food selection as well as preparation techniques to maximize healthfulness, flavor and disease risk reduction will be covered. Translating research into recipes and techniques that promote optimal health and vibrancy will be included. Topics may include botanical therapies, micronutrients, phytonutrients, herbs and spices, and tinctures.

*Courses which may be substituted for *FN 635 Therapeutic Functional Nutrition* upon program approval:

WE 630 Nutrition & Exercise for Health & Wellness **(3 credits)**

This course includes an overview of chronic diseases and associated risk factors. The effects of behaviors in the etiology and treatment of chronic diseases are examined. Emphasis is placed on the effects of modifying behaviors such as nutrition, physical activity, sleep, smoking, and alcohol use as well as stress reduction. The role of exercise and diet in integrative lifestyle medicine is explored. Basic skills in exercise prescription and nutritional intervention strategies within scope of practice are developed.

HP 706 Sports Nutrition for Human Performance (3 credits)

This course will discuss, in detail, scientific and practical applications of nutrition for sports. Integrated discussions spanning exercise physiology and nutrition on topics that relate to aerobic and anaerobic performance, health, weight gain, weight loss and recovery will be covered. Class assignments will broaden the student's knowledge, writing ability and competence at both retrieving and summarizing scientifically-based information.