

Nutrition and Fitness; Bachelor of Science in Nutrition and Fitness Program

Outcomes

- 1) Students will apply the principles and best practices of nutrition education, assessment and counseling, fitness assessment and exercise prescription;
- 2) Students will communicate the importance of nutrition and fitness in a healthy lifestyle;
- 3) Students will interpret and apply nutrition concepts to evaluate and recommend improved food choices for those with various medical conditions;
- 4) Students will assess, plan, manage, and evaluate nutrition and fitness programs;
- 5) Students will identify, analyze, and use reliable nutrition and fitness information effectively; and
- 6) Students will display professional dispositions associated with entry-level nutrition and fitness professionals.