

NUTRITION AND HEALTHY LIVING CERTIFICATE

eCornell DNS606	How Nutrition Affects Cancer, Osteoporosis, and Hypertension	0
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Program Description

This certificate program helps you answer one of the most important questions you can ask yourself: how can I live the longest, healthiest life possible? Courses present in-depth contemporary scientific information on nutrition and disease prevention, while building your awareness of ways to preserve optimal lifetime health. From diet to exercise and weight loss, you'll go beyond the "fluff" and explore a holistic view of how biochemical pathways work together with physiological systems and behavior to determine your nutritional health and overall wellness.

Students who have completed High School Biology will be most successful in this program.

Key Takeaways

- Understand the scientific relationships between diet, exercise, and chronic disease
- Understand how our biochemistry, physiology, psychology, sociology, economics, and politics affect our nutrition and health
- Learn the many mechanisms in our bodies that are responsible for maintaining our health
- Critically evaluate claims and research concerning nutrition and health
- Learn healthy recipes through cooking demonstrations

What You'll Earn

- Nutrition and Healthy Living Certificate from Cornell Division of Nutritional Sciences

Who Should Enroll

- Nutrition, health, and wellness professionals
- Fitness and sports professionals, including personal trainers and athletic coaches
- Anyone interested in personal wellness and living a healthier life
- Anyone interested in nutrition, weight loss, diet, and exercise

Total Investment

- 6 months to complete all the courses

How to Enroll

For more information on how to enroll, please visit Nutrition and Healthy Living Certificate (<https://ecornell.cornell.edu/certificates/nutrition/nutrition-and-healthy-living/>).

Courses

Code	Title	Hours
eCornell DNS601	Nutrition and the Digestive System	0
eCornell DNS602	Energy and the Role of Carbohydrates	0
eCornell DNS603	The Role of Fats in Atherosclerosis	0
eCornell DNS604	Energy Expenditure and Theories of Eating	0
eCornell DNS605	Managing Weight, Exercise, and Nutrition	0