

GENERAL NUTRITION, CERTIFICATE OF PROFICIENCY



Designed for individuals and allied health care professionals who are interested in learning more about basic nutrition, but are not interested in pursuing a Dietetic Technology degree. This certificate focuses on wellness and disease prevention through proper nutrition and eating behaviors. Students earning this certificate are not qualified to practice medical nutrition therapy, as stated by the State of Ohio.

Program contact: Learn more

The General Nutrition program is no longer accepting new students and will be discontinued effective May 16, 2025. Current program students must complete their dietetic technology courses by the end of Spring 2025

This certificate will be automatically awarded when the certificate requirements are completed. If you do not want to receive the certificate, please notify the Office of the Registrar at RegistrarOffice@tri-c.edu.

Program Admission Requirements

- Completion of Health Careers Application.
- High School Diploma/GED
- ENG-0995 Applied College Literacies or appropriate score on English Placement Test.
- MATH-0955 Beginning Algebra or qualified Math Placement.
- Seven year limit on Math and Science courses. Three year limit on Dietetic Technology courses.
- 10 Students accepted per year in the program.
- GPA required: 2.0 admission requirements, 2.0 overall
- Eligibility for BIO-2331 Anatomy and Physiology I (appropriate score on Biology placement test or BIO-1100 Introduction to Biological Chemistry with "C" or higher).

Program Learning Outcomes

This program is designed to prepare students to demonstrate the following learning outcomes:

- Develop knowledge of evidence based nutrition information focusing on wellness and prevention.
- Locate and validate evidence based research.
- Apply knowledge of mathematics to develop and analyze recipes.
- Communicate accurate evidence based nutrition information.

Suggested Semester Sequence

First Semester		Credit Hours
BIO-2331	Anatomy and Physiology I	4
DIET-1200	Basic Nutrition	3
DIET-1320	Nutrition Applications	1
DIET-xxxx	DIET Elective	3
MATH-1xxx	1000-level MATH course or higher ¹	3
Select one of the following:		3
ENG-1010	College Composition I	
ENG-101H	Honors College Composition I	
Credit Hours		17
Second Semester		Credit Hours
BIO-2341	Anatomy and Physiology II	4
DIET-2410	Life Cycle Nutrition - Pregnancy and Lactation	1
DIET-2420	Life Cycle Nutrition - Nutrition for Children	1
DIET-2430	Life Cycle Nutrition - Nutrition through Adulthood	1
DIET-xxxx	DIET Elective course	2-3
HLTH-1100	Personal Health Education	3
SES-1300 or SES-2500	Fitness and Wellness Coaching ² or Health and Wellness Coach Certification Prep	3
Credit Hours		15-16
Total Credit Hours		32-33

¹ MATH-1240 Contemporary Mathematics recommended for students who plan to apply credits to Dietetic Technology Degree program.

² Students will need to request departmental approval from the Sport and Exercise Studies Program Manager to enroll in SES-1300 or SES-2500.

MATH-1140, MATH-1141, MATH-1200, MATH-1270, and MATH-1280 can no longer count towards fulfilling the college-level mathematics requirement. These courses were re-classified as developmental mathematics by the state of Ohio in 2016. Tri-C established a 5-year transitioning window for students who had completed these courses prior to 2016 to apply them towards meeting graduation requirements, which expired in Summer 2021. It is highly recommended to see a counselor to determine the appropriate math required for your current major.