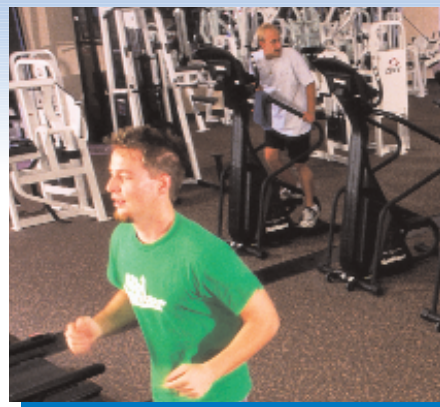


Nutrition for Fitness and Wellness

-Certificate of Completion Nutrition for Fitness and Wellness



Where can this program take me?

The Certificate of Completion (CCL) in Nutrition for Fitness and Wellness is designed to enhance the nutrition knowledge and skills of personal trainers. Unique classes broaden the nutrition knowledge for those who currently work in the field of wellness or new to this popular field.

For more information on this and other career and technical programs, please see the MCC catalog.

What are the requirements of this program?

Certificate of Completion Nutrition for Fitness and Wellness (23 credits)

Program Notes

+ indicates course has prerequisites and/or corequisites.

Students must earn a grade of "C" or better in all courses within the program.

**FON241 can be used to replace the FON100 requirement

Required Courses (23 credits)

FON100** Introductory Nutrition	3
FON100AD Nutrition Sports and Physical Activity	1
FON137 Nutrition Supplements	2
FON140AA Food for Fun and Fitness	2
FON230 Nutrition for Special Populations	3
FON247 Weight Management Theory	3
PED130 Strength Fitness-Physiological Principles and Training Techniques	3
PED112 Professional Applications of Fitness Principles	3
PED125 Exercise Science	3



It's easy to get started at MCC ...



Step 1: Complete a Student Information Form (application).

There are three ways you can do this:

- You can fill out a paper form and take it to the Admissions Office at MCC at Southern and Dobson or to Enrollment Services at MCC at Red Mountain
- You can complete the form online at www.mc.maricopa.edu/services/student_services/
- You can call MCC's phone center at 480-461-7700 and provide the information by phone.

Step 2: Take placement tests to help you choose the right courses.

You need to take placement tests if you plan to enroll in English, math, reading, or English as a Second Language (ESL) classes.

There is no cost for testing, and you don't have to make an appointment.

- You can take a complete set of placement tests at MCC at Southern and Dobson at the following times:
Mon & Thurs: 8:00 or 11:00 am, 2:00 or 5:30 pm
Friday 8:00 or 11:00 am, 2:00 pm
- If you need to take only one or two tests, you can do so on a walk-in basis at any time.
- You can take placement tests at MCC at Red Mountain on a walk-in basis
Monday - Thursday from 8:00 am - 8:00 pm.
For additional information, call 480-461-7336 or visit www.mc.maricopa.edu/services/testing/.

Step 3: Meet with an academic advisor.

You can see an academic advisor on a walk-in basis at both MCC campuses. Bring a copy of transcripts or grade reports if you have attended a university or a college outside the Maricopa County Community College District. Some courses require an advisor's signature before you can register. For more information, call 480-461-7222 or 480-654-7606 or visit www.mc.maricopa.edu/services/advisement/.

Step 4: Register for your classes.

Choose the way that is most convenient for you:

- Take your signed advisement/registration form to the Records Office at MCC at Southern and Dobson or to Enrollment Services at MCC at Red Mountain, or
- Register by phone at 480-461-7700. Be sure you meet the prerequisites for courses you want to register for by phone, or
- You can register online for courses that don't have prerequisites and for open-entry/self-paced and non-credit courses. Visit www.mc.maricopa.edu/services/student_services/.

Step 5: Pay your tuition and fees.

You can pay your tuition and fees in person at the Cashier's Office at either MCC at Southern and Dobson or MCC at Red Mountain. You can also leave your tuition in the specially marked dropbox on either campus, or pay by phone with your Visa, MasterCard, Discover Card, or American Express by calling 480-461-7700. Make sure to pay your tuition and fees before the billing date on your invoice to keep your place in the classes you've registered for.

Best wishes for your success at MCC!

For more information, contact:

S&D: Fitness Center/Health Improvement Center
Jim Haggerty at 480-461-7556 or 461-7555.
Group Activity Center - Gail Herndon at 480-461-7578
RM: Fitness Center/Group Activity Center -
Dave Gerlach at 480-654-7726
Department Chair: Ann Stine - 480-461-7546

Information available on the web:

www.mc.maricopa.edu/dept/d37/fitness/fitcenter (SD) and
www.mc.maricopa.edu/dept/d37/fitness/redmount (RM)

Mesa Community College
MCC at Southern and Dobson
1833 W. Southern Avenue
Mesa, Arizona 85202
480-461-7700
www.mc.maricopa.edu

MCC at Red Mountain
7110 E. McKellips Road
Mesa, Arizona 85207
480-654-7200
www.mc.maricopa.edu/other/redmountain

All students are urged to meet with an academic advisor regarding selection of courses. For the most current course requirements visit www.maricopa.edu/academic/curric/newsresindx.php. For graduation requirements visit www.dist.maricopa.edu/academic/curric.

