

NUTRITIONAL PSYCHOLOGY, CERTIFICATE

Student Learning Outcomes

1. Students will understand and be able to discuss the relationship between nutrition and mental health.
2. Students will be able to navigate current and emerging research and consider its application to personal wellness and clinical practice.
3. Students will understand how to integrate practical concepts into daily living and professional practice.

Specific Program Requirements

Course	Title	Credits
PSYC 380	Nutrition for Mental Health Fundamentals	3
PSYC 484	Advanced Nutrition for Mental Health	3
Select two courses from the following:		6
PSYC 382	Personal Food Relationships	3
PSYC 384	Food Psychology	3
PSYC 428	Cannabinoids as Medicine	3
PSYC 486	Botanicals for Mental Health	3
Total Credits		12