

Online Graduate Courses and Certificate Programs at Tufts University

**“Our students
come from all
over the world...”**

...with very diverse backgrounds and reasons for attending, but they all come together for the same goal - to pursue their interest in nutrition. To me, this is what makes our certificate programs such an enriching experience.”

-Diane McKay, Ph.D, Program Director

Online Graduate Courses and Certificate Programs at Tufts

The Friedman School currently offers the following online courses and certificates designed to meet the needs of working professionals and others interested in expanding their knowledge, enhancing their skill set, and improving their marketability in order to advance in their career. For a complete list of course options, visit nutrition.tufts.edu/certificates.

CERTIFICATE PROGRAM	FALL SEMESTER	SPRING SEMESTER	SUMMER SEMESTER
Developing Healthy Communities: Nutrition, Behavior, and Physical Activity	Foundations of Nutrition Science	Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions	Policy, Systems, and Environmental Change for Physical Activity
Nutrition Science for Communications Professionals	Foundations of Nutrition Science	Interpreting Nutrition Evidence ¹	Nutrition-Related Consumer Marketing Current Controversies in Nutrition
Nutrition for Cooks and Culinary Professionals	Foundations of Nutrition Science	Health Properties of Food	Serving a Healthy Diet
Sustainable Agriculture and Food Systems	Sustainability on the Farm	Sustainable Food Systems and Markets	Sustainability and the Food Consumer
Nutrition for Industry Professionals and Entrepreneurs	Nutrition and Innovation	Nutrition Product Regulations: Labeling and Claims	Nutrition-Related Consumer Marketing
Nutrition Science for Health Professionals	Principles of Nutrition Science ²	Nutrition, Health, and Disease I: Pregnancy to Adolescence ³	Principles of Nutrition Science ² Nutrition, Health, and Disease II: Adulthood ³
Global Nutrition Programming	Malnutrition Prevention and Response	Underlying Causes of Malnutrition Theories of Behavior Change and Positive Deviance	Program Monitoring and Evaluation
Build Your Own Certificate Program	Pick any 3 courses (Note: prerequisites may be required for select courses ^{1,2,3})		

¹ *Interpreting Nutrition Evidence* requires a prerequisite course in either general nutrition, *Foundations of Nutrition Science*, or *Principles of Nutrition Science*

² *Principles of Nutrition Science* requires a prerequisite course in human physiology or prior degree in the life sciences

³ *Nutrition, Health, & Disease I and II* require the prerequisite course, *Principles of Nutrition Science*, or an equivalent course

Nutrition Science for Health Professionals

Healthcare professionals are now expected to interpret nutrition research and implement clinical practice guidelines, yet most have received little or no formal nutrition education. We offer a graduate certificate program where health professionals can acquire knowledge about nutrition science and skills in translating this knowledge into plans for disease prevention and treatment.

Nutrition for Industry Professionals and Entrepreneurs

Food industry professionals and entrepreneurs are increasingly challenged to create, develop, and promote healthy products that meet consumer demands, while understanding and adhering to regulations related to nutrition and ingredient labeling. As a student in this program, you will gain insight into the nutrition-related product development process - from generating ideas to messaging to marketing.

Nutrition Science for Communications Professionals

Television, magazines, and the internet are the primary sources of nutrition information for the general public. Communications professionals, such as journalists, freelancers, marketing, corporate and public relations professionals are often responsible for generating this information. This program will provide communications experts with an understanding of the concepts and language of nutrition science, the skills required to interpret nutrition-related research studies for consumers, and the ability to apply this knowledge to help inform and guide marketing efforts.

Developing Healthy Communities: Nutrition, Behavior, and Physical Activity

The relationship between diet, physical activity and health is well researched, documented, and broadly disseminated to the public. Despite the extensive evidence, the obesity epidemic continues to grow. It takes more than just awareness to instigate significant change. This program will arm professionals from a variety of sectors with the scientific knowledge, as well as research supported methods of interventions, approaches and programs proven to help curb the prevalence of lifestyle-related health problems in our communities, towns and individual lives.

Global Nutrition Programming

Malnutrition and diet are by far the biggest risk factors for the global burden of disease. Many low- and middle-income countries are said to have the double burden of malnutrition— continued stunting of growth and deficiencies of essential nutrients along with the emerging issue of obesity. The courses in this program are designed for those interested in learning more about the design, development, implementation, and evaluation of nutrition-related programs around the world that are successfully addressing malnutrition.

Sustainable Agriculture and Food Systems

The many facets of the food system - from farms, to supply chain businesses, to consumers - feed the global population. Recent increases in consumption, which are likely to continue as populations grow and diets change, is the primary driver of the use of global

resources. It is critical to understand the broad impacts of the food system in order to create effective policy and market solutions. This program is ideal for professionals engaged in a variety of food-related businesses and organizations, as well as others interested in implementing sustainable practices for their organizations, partners, and communities.

Nutrition for Cooks and Culinary Professionals

Whether operating a large or small scale kitchen, all chefs and cooks have the power to influence the health and well-being of their individual customers, clients, and family members, while positively impacting the environment. It is important for those who are preparing meals for others to educate themselves about the nutritional quality of food and to integrate the latest evidence-based principles of health and sustainability into their practice. The courses in this program are designed for home cooks, chefs, food service and culinary professionals who want to make informed decisions in order to reshape the American diet one bite at a time.

Build Your Own Certificate

We understand that students come to us with different backgrounds, knowledge, prior coursework and degrees, so if you see another combination of courses that you would prefer to do, you have the flexibility to build your own certificate program. This program is ideal for students who are only interested in select courses.

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100% Online Courses

This course structure allows students with full-time careers the flexibility to continue their education without having to leave their job. Students are not required to attend live classes, but must have access to a reliable computer and internet connection. Weekly lectures are available on-demand, as well as required readings, videos, written assignments, quizzes, and/or online discussions in which students actively engage with faculty and peers.

The Highest Academic Standards

Upon the successful completion of each course, students will earn academic credit. All online courses offered within the certificate programs are designed and taught by Tufts faculty, and held to the same academic standards and rigor as those taught in our degree programs. The Friedman Online Graduate Courses and Certificate Programs are encompassed within Tufts University's accreditation by the New England Association of Schools and Colleges (www.neasc.org).

Flexible Program/Course Options

Students are welcome to take as many, or few, courses as they want to meet their own specific needs, goals, and interests. Upon completion of three courses, students will earn a Certificate of Graduate Studies from Tufts University. If at least two of your three courses are from within the same program, your certificate will be in that area. In most cases, students can start their program with any semester. Each certificate program can be completed in 1-3 years.

Course descriptions and program information are available at nutrition.tufts.edu/certificates

For more information, please contact us at nutritioncertificates@tufts.edu



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