



Specializing in Continuing Education For Health Professionals and Educators

## Incorporating Nutrition - Part 2

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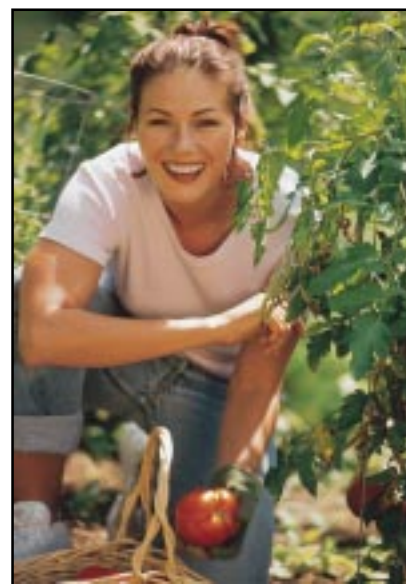
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Prerequisite: Must complete Incorporating Nutrition Part 1 before registering for Part 2.

Refund Policy:  
No refunds are available for this home study course, nor does LMA provide a refund for shipping and handling charges.

## Incorporating Nutrition - Part 2



*Teaching health professionals how to incorporate nutrition services into their wellness programs safely, legally and professionally*

Featuring Dr. Jane Pentz

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# Incorporating Nutrition - Part 2

Many professionals have been told that nutrition is beyond their scope of practice; other professionals incorporate nutrition and are unaware of the legal issues involved.

This course focuses on the types of nutrition education/services that can be incorporated while still adhering to all state licensure laws and the American Dietetics Association guidelines.

The American Academy of Sports Dietitians and Nutritionists has proposed a "Nutrition Scope of Practice" for all health and fitness individuals. For more information on this proposal visit [www.aasdn.org](http://www.aasdn.org).

**Course Theme:** The theme of this program is to provide health and fitness professionals with details on constructing a nutrition program, in conjunction with their fitness program, that will adhere to all state licensure laws and ADA guidelines.

**Contact Hours:** 7 hours of instruction

**Course Goals:** The main goal of this program is to educate professionals as to the details of how to safely, professionally, and legally incorporate nutrition into their wellness/fitness programs.

## Incorporating Nutrition - Part 2 Course Objectives:

1. Lecture – Constructing a Program. Discuss the types of services that can be provided (in conjunction with a licensed dietitian/nutritionist), along with details of how to provide those services. (1.5 hour lecture on CD)
2. Assignment - Students will be required to complete a workshop assignment after lecture 2. (2.5 hours)
3. Workshop - audio/web conferencing class. Students will be required to write up their assignment and attend this audio/web conferencing class and present the results of assignment 2. (3.0 hour audio/web class)

Visit our website at [www.lifestylemanagement.com](http://www.lifestylemanagement.com)

# Dr. Jane Pentz

Dr. Jane began her career in nutrition with an undergraduate degree in nutritional biochemistry from Vassar College while simultaneously raising three children. Her education continued at Tufts University where she received her Masters and Ph.D. degrees in nutritional biochemistry; she is one of only several hundred to ever earn a Ph.D. in Human Nutrition Sciences from the USDA Human Nutrition Research Center on Aging at Tufts University. In addition, Dr. Jane worked with the USDA Human Nutrition Research Center's team that completed ground breaking research on the effects of weight training in 80 and 90 year olds.

## Prerequisite: Incorporating Nutrition-Part 1

**Cost \$130**

**Price Includes:**

- 7 hours of instruction
- All materials for the class - CD's, Workbooks
- Nutrition Specialist Manual (on CD)
- CEC's for two organizations:

### **.7 NASM**

Please visit our website to determine number of credit hours through other organizations.

## Incorporating Nutrition - Part 2 Course Registration Form

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Tel.# Work \_\_\_\_\_ Tel. # Home \_\_\_\_\_  
 Email \_\_\_\_\_

Please list the organization for which you are requesting CEC's below. If no organization is listed, you will receive a letter of attendance.

		<b>\$130</b>	<b>Total</b>
CEC's 1st Org. name _____	Cert.# _____	<b>no charge</b>	<b>xxxxxxx</b>
CEC's 2nd Org. name _____	Cert.# _____	<b>no charge</b>	<b>xxxxxxx</b>
		<b>Total</b>	<b>_\$130</b>

To register please complete the above form. You can register using MasterCard or Visa through secure fax at **800-617-4615**

(credit card form and return policy on reverse side)  
 Or by mail using credit card or check.

Make check payable to  
 Lifestyle Management Associates Inc and mail to:  
 111 Grove Street, Suite 1  
 West Roxbury, MA 02132