The Wellness Forum Institute for Health Studies
Winter Semester 2018 Class Offerings

Courses Offered as Part of the Nutrition Educator Program

Biology **Tuition $720**
Instructor: Julie Rengert, Ph.D.
36 hours: 3 hours per week for 12 weeks (two 90-minute classes per week)
Topics include cell structure and function, cellular respiration, photosynthesis, genetics, human reproduction, plant development, animal development, basic disease and immunology, ecology

Basic Chemistry **Tuition $720**
Instructor: Charles Powley, Ph.D.
36 hours: 3 hours per week for 12 weeks (two 90-minute classes per week)
Prerequisites: high school algebra
Topics include: matter and measurement, atoms and the period table, ionic compounds, covalent compounds, chemical reactions, energy changes, reaction rates and equilibrium; gases, liquids and solids; solutions, acids and bases, nuclear chemistry, introduction to organic molecules and functional groups, alkanes

Dietary Supplements **Tuition $240**
Instructor: Pamela A. Popper, Ph.D., N.D.
12 hours: one 2-hour class per week for 6 weeks
Topics include history of vitamins and supplements, nutrients in food vs supplements, DRI and RDA, deficiency diseases, constructive use of supplements in the treatment of disease

Sports Nutrition **Tuition $480**
Instructor: Pamela A. Popper, Ph.D., N.D.
24 hours: one 2-hour class per week for 12 weeks
Topics include sports nutrition overview, exercise and metabolism, nutrient requirements for child and adults athletes, hydration, dispelling the protein myths, body composition and energy balance, dietary supplements for athletes, sports-specific nutrition, diet and the professional athlete.

The Diet and Lifestyle Intervention Course

39 CME's for physicians; 39 contact hours for nurses;
39 level 3 CPEs for dietitians

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions **Tuition $745**
You do not have to be a practitioner to take this course; laypersons are welcome too!