



School of American Education (SAE)

Certificate in Nutritional Science

Are you captivated by the blend of food science, biology, chemistry, and sociology? Advance your journey in nutritional science with a transformative education that combines immersive internships and pioneering research, designed to deepen your expertise and refine your skills.

The Certificate in Nutritional Science at the School of American Education (SAE), Institute of Health & Management (IHM), is a comprehensive 6-month online program designed to establish a strong foundation in the principles of nutrition and its vital role in promoting health and preventing disease. This course consists of 4 units (12 credit hours), providing an interdisciplinary approach that combines traditional nutritional science with cutting-edge research in areas such as chronic disease prevention and optimal health management.

Key topics include:

- Food and Nutrition Across the Lifespan
- Chronic Inflammation and Metabolic Syndrome
- Medical Nutrition in the Care and Prevention of Disease
- Complementary Nutrition

This certificate is an excellent choice for individuals seeking to expand their knowledge of nutrition, particularly as a stepping stone toward a master's degree. The fully online delivery mode ensures flexibility, enabling students to balance their studies with other commitments. Graduates are well-prepared for advanced academic pursuits or practical roles in healthcare, wellness, and public health nutrition, making this course an invaluable foundation for career or academic growth in the field.

Upon successful completion of the Certificate at IHM, students can also choose to continue their education by transitioning to the Master of Science in Nutritional Science at Arizona State University (ASU). This pathway allows you to complete an additional 18 credits at ASU, earning the full MS degree. The combined program provides a strong foundation and advanced skills to tackle modern healthcare challenges and excel in the cutting-edge field of nutritional science.

Why Nutritional Science?

Nutritional Science is at the heart of understanding how food impacts our bodies, health, and overall well-being. As the prevalence of chronic diseases and lifestyle-related health issues continues to rise, the demand for experts in nutrition is growing rapidly. This field offers a unique blend of biology, chemistry, and sociology, providing insights into how nutrients support life, prevent disease, and enhance quality of living.

By studying Nutritional Science, you gain the tools to:

- Address global health challenges such as obesity, malnutrition, and metabolic disorders.
- Develop evidence-based strategies for disease prevention and management.
- Contribute to public health, wellness initiatives, and policy-making.

Whether your goal is to work in healthcare, research, or wellness industries, Nutritional Science equips you with the knowledge and skills to make a meaningful impact on individual lives and communities alike. It's not just a career choice - it's a step toward creating a healthier, more informed society.

? Why Study at Arizona State University® (ASU)?

Arizona State University (ASU) is a globally recognized institution renowned for its innovative approach to education, consistently ranked #1 in innovation by U.S. News & World Report. Offering over 800 programs across various disciplines, ASU provides students with access to cutting-edge research opportunities, state-of-the-art facilities, and expert faculty. With a diverse student body representing over 135 countries, ASU fosters a multicultural environment that prepares students for a globalized world.

Many of its programs are STEM-designated, enabling international students on F-1 visas to benefit from Optional Practical Training (OPT) extensions of up to 36 months.

Committed to sustainability, innovation, and entrepreneurship, ASU empowers students to tackle global challenges and create meaningful change. Additionally, the university also provides comprehensive career services, generous scholarships, and strategic partnerships to make quality education accessible and affordable for students from around the world.



U.S News and World Report #1 in Most Innovative School 2024

<https://www.usnews.com/best-colleges/rankings/national-universities/innovative?sort=rank&sortDirection=asc>

Times Higher Education, University Impact Rankings for 2024

<https://www.timeshighereducation.com/impactrankings>

Arizona State University | Institutions | STARS Reports

<https://reports.aashe.org/institutions/arizona-state-university-az/report/>

Certificate at
Institute of Health & Management, Australia
6 Months | Online

Master's degree at
Arizona State University®
Campus, USA
12 - 18 Months

Post-study visa
up to
3 Years
(if applicable)

STEM-OPT for International Students on F-1 Visas

After successfully completing this pathway master's degree, students on an F-1 visa may be eligible for an Optional Practical Training (OPT) extension of up to 36 months. This extension provides an opportunity for international students to gain valuable skills and work experience in the United States. Please note that the OPT extension applies only to students on an F-1 visa and does not apply to those completing the degree through ASU Online.

Entry Requirements

- A bachelor's or master's degree (nutrition or science is recommended) from a recognised university.
- Students who are pursuing the Master of Science in nutritional science need to complete the following prerequisites: anatomy and physiology, biochemistry, general chemistry with lab, general nutrition for majors, organic chemistry with lab, and statistics.
- Competitive applicants typically have a "B" (3.00 on a 4.00 scale) grade point average in the last 60 semester hours or 90 quarter hours of undergraduate coursework. If you do not meet the minimum GPA requirements, your application may still be considered by the department.
- English proficiency requirements (TOEFL, IELTS, or equivalent)
 - Pass the TOEFL, IELTS or PTE, or Duolingo English test
 - TOEFL: Minimum score of 80 on the TOEFL iBT® (testing center only; no home editions accepted).
 - IELTS: Minimum overall band score of 6.5 (Academic).
 - PTE: Minimum score of 60.
 - Duolingo: Minimum score of 105.

Units

- NTR 510:** Food and Nutrition Across the Lifespan
- NTR 511:** Medical Nutrition in the Care and Prevention of Disease
- NTR 524:** Chronic Inflammation and Metabolic Syndrome
- NTR 525:** Complementary Nutrition

(IHM Credit: 4 units (12 credit hours))



Pathway to Master of Science (MS) in Nutritional Science at Arizona State University® (ASU)

The Certificate in Nutritional Science at IHM serves as a direct pathway to the MS in Nutritional Science at Arizona State University (ASU). Upon completion of the IHM Certificate, students can transfer directly to ASU to complete the remaining 18 credit hours required for the MS degree.





Career Opportunities

Graduates of this program will be equipped with the skills needed to pursue roles in various healthcare settings, including:

- Community and public health organizations
- Corporations
- Food manufacturing industries
- Government agencies
- Hospitals and other medical facilities
- Long-term care facilities
- Nonprofit organizations
- Schools

Study Mode and Durations

- Online** (6 months at Institute of Health & Management, Australia)
- On-campus** (12 months at Arizona State University)



Intakes

March, May, July, September, November, January



Disclaimer: This is a non-AQF course and does not result in a qualification recognized under the Australian Qualifications Framework (AQF). Completion of this program makes students eligible to enroll in postgraduate programs at Arizona State University, subject to meeting their specific entry requirements.

Program/Course Manager:

Dr. Balasankar Ganesan

BOT, MSc. OT (HKPU), MPH (UOW, Australia), Ph.D. (HKPU), Ph.D. (UTS Sydney), FRSPH (UK)

**Head, School of American Education
IHM Australia**

Certificate in nutritional science

USD 8,000

Master of Science in Medical Nutrition (ASU)

USD 33,430

ASU fees vary by program and other factors. For the latest information on tuition, scholarships, and financial requirements, please visit the ASU website or contact our SAE or ASU admissions office.

Institute of Health & Management Pty Ltd.

Sydney Campus | Perth Campus | North Melbourne Campus
www.ihm.edu.au | enquiry@ihm.edu.au | 1800 763 757

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American
Education**

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