# Nutrition and Community Wellness, Certificate of Achievement

## Item 1. Program Goals and Objectives

The Health and Exercise Science program at San Diego City College (SDCC) offers certificates of performance and achievement, and associate degrees in the field of health, exercise science, nutrition, and fitness. The program’s mission is to provide a research-based practical approach to the multi-dimensional study of human movement, while engaging students in hands-on experiences to promote critical thinking, effective communication, and a comprehensive understanding of the health and exercise science discipline. The program meets this mission by offering a variety of exercise science and health classes that can help meet the needs of our diverse community. The Health and Exercise Science program teaches students to lead by example in promoting a healthy lifestyle. It enables students to develop knowledge, skills, and abilities in exercise planning, participation, and behavior change not only for themselves, but also to the campus and community. The program embraces both the challenge to inspire our students to be individual improvement of health and wellness, and encourages our students to share their information and experience within the community.

### Program Learning Outcomes

* Demonstrate the ability to prescribe safe and effective exercise.
* Develop and implement group and individual exercise programs.
* Possess an applied understanding of human anatomy, physiology and nutrition as it applies to physical fitness.
* Develop specialized fitness programs to meet the needs of the targeted individual.

## Item 2. Catalog Description

The Nutrition and Community Wellness certificate prepares the student for jobs in the field of nutrition education and coaching. This is a valuable supplemental certificate to a personal training or group exercise certification and health coaching certifications.

The Certificate of Achievement Nutrition and Community Wellness is designed to prepare students for careers in health, nutrition, and wellness coaching. Emphasis is placed on providing students with effective communication strategies for explaining and applying the basic principles of nutrition and health, as well as community wellness. Students create and implement safe and effective healthy eating strategies and exercise recommendations based on individual needs. Students also demonstrate effective approaches to modifying behavior-change programs to promote program adherence and knowledge based on individual needs.

### Award Notes

EXERCISE SCIENCE CLASSES/INTERCOLLEGIATE SPORTS DISCLAIMER: Participation in all sports and exercise science activities involves certain inherent risks. Risks may include, but are not limited to, neck and spinal injuries that may result in paralysis or brain injury, injury to bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, and serious injury, or impairment, to other aspects of the body and general health, including death. The San Diego Community College District, its officers, agents, and employees are not responsible for the inherent risks associated with participation in exercise science classes/intercollegiate sports. Students are strongly advised to consult a physician prior to participating in any exercise science activity.

To be eligible for the National Academy of Sports Medicine (NASM) in Certified Nutrition Coach (CNC), students need to complete the following:

* Completion of a prescribed NASM learning program;
* Pass the Certified Nutrition Coach (CNC) examination within a designated enrollment period.

The NASM-CNC certification must be renewed every two years. To renew the NASM-CNC, students must purchase and pass the NASM-CNC renewal exam.

To be eligible to take the American Council on Exercise National Certification Examination in Health Coaching, students need to complete one of the following:

* Pass an accredited certification exam through the National Commission for Certifying Agencies (NCCA);
* Obtain a license in fitness, nutrition, health care, wellness, human resources or a related field;
* Earn an associate's degree or higher from an accredited college or university in fitness, exercise science, nutrition, health care, wellness, human resources or a related field;
* Complete at least two years of comparable work experience in any of the industries specified above.

Students planning to transfer to a four-year institution should consult the Counseling Department and a Nutrition Advisor for assistance in the student's nutrition educational plan.

### Career Goals

Some careers in the nutrition and wellness field include nutrition coach, health and wellness coach, life coach, family coach, pregnant and nursing individuals’ coach, adult and seniors coach, weight loss coach, nutritional health coach, and behavior change coach. These careers can be found in fitness centers and health clubs, community outreach programs, corporations and businesses, hospitals, health clinics, and doctor's offices.

## Item 3. Program Requirements

|  |  |  |
| --- | --- | --- |
| **COURSES REQUIRED FOR THE MAJOR:** | **UNITS** | **RECOMMENDED SEQUENCE\*** |
|  | HEAL 101 | Health and Lifestyle  | 3 | Y1, S1 |
|  | HEAL 103 | Introduction to Public Health | 3 | Y1, S2 |
|  | HUMS 103 | Introduction to Community Health Work | 3 | Y1, S1 |
| or | HUMS 120 | Introduction to Social Work | 3 | Y1, S1 |
|  | NUTR 150 | Nutrition | 3 | Y1, S1 |
|  | NUTR 153 | Cultural Foods | 3 | Y1, S1 or S2 |
|  | NUTR 170 | Nutrition and Fitness | 3 | Y1, S2 |
| **COMPLETE THREE (3) UNITS FROM THE FOLLOWING:** | **UNITS** | **RECOMMENDED SEQUENCE\*** |
|  | EXSC 123 | Adapted Physical Fitness | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 124A | Aerobic and Core Conditioning I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 125A | Aerobic Dance I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 126A | Cardio Conditioning I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 127A | Cardio Kickboxing I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 129A | Step Aerobics I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 134 | Adapted Weight Training | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 135A | Individual Conditioning I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 136A | Off-Season Conditioning for Sport I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 139A | Weight Training I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 142 | Hiking for Fitness I- Fundamentals | 0.5 - 2 | Y1, S1 or S2 |
|  | EXSC 143A | Outdoor Cycling Level I | 0.5 - 2 | Y1, S1 or S2 |
|  | EXSC 145A | Yoga I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 147A | Kickboxing I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 148A | Mixed Martial Arts I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 154A | Badminton I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 156A | Baseball I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 158A | Basketball I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 166A | Golf I  | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 174A | Soccer I  | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 176A | Softball I  | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 178A | Tennis I  | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 182A | Volleyball I | 0.5 - 1 | Y1, S1 or S2 |
|  | EXSC 183A | Beach Volleyball I  | 0.5 - 1 | Y1, S1 or S2 |
| **Total Units** **21** |

## *\*Course offerings are subject to change. Refer to the* [*SDCCD Online Class Schedule*](https://www.sdccd.edu/students/class-search/search.html) *for the most updated course offerings for the semester.*

## Item 4. Master Planning

San Diego City College has as its highest priority student learning and achievement. The College provides lower division and general education courses that lead to certificates, associate degrees or transfer to a four-year college or university; career technical education programs that meet specific industry needs, upgrade the employment skills of students and fulfill licensing requirements of the state of California as well as contribute to the economic development of our region; basic skills instruction to assist all students in meeting their educational goals; and essential student support services for all students.

### Student Selection

The award will observe the open enrollment required for California community college courses (California Code of Regulations, Title 5, § 51006 and §§ 58100-58108).

### Need

San Diego City College seeks to provide its student population the opportunity to learn more about nutrition and earn a certificate in the field of nutrition with an emphasis on community education. There is a significant increase in student interest at San Diego City College as the college offers insufficient nutrition educational opportunities for our students. The marriage between Fitness Trainer, Nutrition, Foods and Culinary Arts, and Community Health Care Worker TOP Codes to develop a Nutrition and Community Wellness Certificate of Achievement provides students a pathway to explore nutritional education with public and preventive health in global and community perspectives in mind. With the approval of the certificate, students at San Diego City College can pursue a certificate program that combines health, fitness, nutrition, and human services (social work) courses. The focus is to generate candidates to advocate in creating and maintaining healthy communities. Proposal for a new certificate is supported by the advisory board. Labor market information supports job opportunities in this field.

### Advisory Board

At the [January 2017 City College Advisory Board](https://drive.google.com/file/d/19vf3Yam_0d2gn-sOuSfR8PUd6WgC2ORI/view?usp=sharing) meeting, discussions were made to develop a Nutrition and Community Wellness certificate to address the growing student interest at San Diego City College for a pathway exploring nutritional education with public and preventive health in global and community perspectives in mind. At San Diego City College, students can pursue a certificate program focusing on the nutritional education within their community through the combination of nutrition and human services courses. The focus is to generate candidates to advocate in creating and maintaining healthy communities. It was discussed possible employment outcomes upon the completion of the certification are available in the health and fitness industry as well as community outreach in health and wellness. Upon completing the certificate, students are better prepared for nationally accredited nutrition certifications in nutrition coaching and health coaching.

At the [October 2020 City College Advisory Board](https://drive.google.com/file/d/1B_EH5kQW3PHqFXe9kS3QWrOVgfWlMATB/view?usp=sharing) meeting, members motioned to continue the creation of the new award at San Diego City College understanding that the Centers of Excellence recommends proceeding with caution when developing a new program because 1) some of the occupations’ entry-level and median wages are below the living wage, and 2) the percentage of student who obtained a living wage after completing related programs is below the state average for student who complete Career Education programs in general.

The [March 2022 City College Nutrition Advisory Board meeting](https://drive.google.com/file/d/1MgryCGDLw-JWeG0iEHBPsEiPlrtKcqBq/view?usp=sharing) included discussions in continuing the creation of the new certificate program at San Diego City College. Advisory members support and approve the new certificate program as it makes for a well-rounded City College student population to fill the gap within community-based organizations in need of specialist that possess nutrition and social work knowledge. Cultural relevance and an aptitude to train and collaborate with various populations as it relates to nutrition, fitness, and health, was expressed as high needs from the recreational and community-based organizations.

### Labor Market Information

According to the [December 2020 Centers of Excellence Nutrition and Community Wellness Occupations labor market analysis for San Diego County](https://drive.google.com/file/d/1p-UdkaPoZ8u-K-zWn4zLNIHoAikbSLyP/view?usp=sharing), San Diego County have a labor market demand of 1,258 annual job openings and 13 educational institutions in San Diego County supply 547 awards for these occupations, suggesting that there is a supply gap in the labor market. While there appears to be a supply gap, this brief recommends proceeding with caution when developing a new program because 1) some of these occupations’ entry-level and median wages are below the living wage; and 2) the percentage of students who obtained a living wage after completing related programs is below the state average for students who complete Career Education programs in general.

According to the [March 2019 Centers of Excellence Fitness Trainer Occupations labor market analysis for San Diego County](https://drive.google.com/open?id=1rpQ0Gco_RYjqqdWWcyBlj1pkeVOz8UsY), employers in San Diego County will need to hire 1,006 workers annually to fill new jobs and backfill jobs due to attrition caused by turnover and retirement. The labor market report between 2018 and 2023, Fitness Trainer Occupations are projected to increase by 667 jobs or 13 percent.

According to the [May 2019 Centers of Excellence Fitness Trainer and Aerobic Instructors labor market analysis for San Diego County](https://drive.google.com/open?id=1RFx8XethFswosGJnA4l_ZJRyF6_J_2-o), the Centers of Excellence reports there is a large demand for Fitness Trainers and Aerobic Instructors in San Diego County. Fitness Trainers and Aerobics Instructors have a labor market demand of 988 annual job openings, while average demand for an occupation in San Diego County is 277 annual job openings.

According to the [August 2019 Centers of Excellence Community Health Workers labor market analysis for San Diego County](https://drive.google.com/file/d/1W9cU6M6RsF1TAF_wgjSw7tS0I85bhGDP/view?usp=sharing), Community Health Workers have a labor market demand of 82 annual job openings. Between 2018 and 2023, Community Health Workers are projected to increase by 67 net jobs or 12 percent. Employers in San Diego County will need to hire 82 workers annually to fill new jobs and backfill jobs due to attrition caused by turnover and retirement. While the report suggests there is an oversupply of awards for this occupation, the Certificate of Achievement in Nutrition and Community Wellness expands the student’s employment opportunities into fitness and nutrition fields, which are projected to increase in employment opportunities by 2026 based on Centers of Excellence and the State of California Employment Development Department.

According to the State of California Employment Development Department, projections of employment for the 2018 – 2028 for fitness occupations are expected to increase by 530 by 2028 in the San Diego-Carlsbad area.

Occupational Projection of Employment for Fitness Occupations 2018-2028

|  |  |  |  |
| --- | --- | --- | --- |
| **Occupation** | **Employment** | **Employment Change** | **Annual Avg Openings** |
| **Estimated** | **Projected** | **Number** | **Percent** |
| [Athletic Trainers](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSDetails.asp?searchCriteria=athletic+trainers&careerID=&menuChoice=&geogArea=0604000073&soccode=299091&search=Explore+Occupation)(SOC Code: 29-9091) | 100 | 120 | 20 | 20.0 | 90 |
| [Fitness Trainers and Aerobic Instructors](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSDetails.asp?searchCriteria=athletic+trainers&careerID=&menuChoice=&geogArea=0604000073&soccode=399031&search=Explore+Occupation)(SOC Code: 39-9031) | 5130 | 5640 | 510 | 9.9 | 9450 |

*Source:* [*https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSSelection.asp?*](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSSelection.asp)

According to the State of California Employment Development Department, projections of employment for the 2018 – 2028 for nutrition- and health-related occupations are expected to increase by 160 by 2028 in the San Diego-Carlsbad area.

Occupational Projection of Employment for Nutrition-Related Occupations 2018-2028

|  |  |  |  |
| --- | --- | --- | --- |
| **Occupation** | **Employment** | **Employment Change** | **Annual Avg Openings** |
| **Estimated** | **Projected** | **Number** | **Percent** |
| [Dietetic Technicians](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSDetails.asp?searchCriteria=dietetic&careerID=&menuChoice=&geogArea=0604000073&soccode=292051&search=Explore+Occupation)(SOC Code: 29-2051) | 380 | 420 | 40 | 10.5 | 370 |
| [Dietitians and Nutritionists](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSDetails.asp?searchCriteria=dietetic&careerID=&menuChoice=&geogArea=0604000073&soccode=291031&search=Explore+Occupation)(SOC Code: 29-1031) | 770 | 890 | 120 | 15.6 | 640 |

*Source:* [*https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSSelection.asp?*](https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/occExplorerQSSelection.asp)

## Item 5. Enrollment and Completer Projections

(A) Enrollment Data

|  |  |  |
| --- | --- | --- |
| **Annual Number of Sections (SECT) and Enrollment (ENRL) Total** | **2020 – 2021\*** | **2021 – 2022\*** |
| **Course Department Number** | **Course Title** |  **SECT** | **ENRL** |  **SECT** | **ENRL** |
| EXSC 123 | Adapted Physical Fitness | 0 | 0 | 0 | 0 |
| EXSC 124A | Aerobic and Core Conditioning I | 3 | 59 | 5 | 34 |
| EXSC 125A | Aerobic Dance I | 1 | 13 | 0 | 0 |
| EXSC 126A | Cardio Conditioning I | 8 | 124 | 7 | 74 |
| EXSC 127A | Cardio Kickboxing I | 0 | 0 | 1 | 4 |
| EXSC 129A | Step Aerobics I | 0 | 0 | 0 | 0 |
| EXSC 134 | Adapted Weight Training | 0 | 0 | 0 | 0 |
| EXSC 135A | Individual Conditioning I | 0 | 0 | 0 | 0 |
| EXSC 136A | Off-Season Conditioning for Sport I | 1 | 5 | 0 | 0 |
| EXSC 139A | Weight Training I | 8 | 134 | 11 | 144 |
| EXSC 142 | Hiking for Fitness I- Fundamentals | 4 | 133 | 6 | 117 |
| EXSC 143A | Outdoor Cycling Level I | 0 | 0 | 0 | 0 |
| EXSC 145A | Yoga I-Fundamentals of Yoga | 8 | 136 | 10 | 119 |
| EXSC 147A | Kickboxing I | 2 | 38 | 2 | 46 |
| EXSC 148A | Mixed Martial Arts I | 0 | 0 | 0 | 0 |
| EXSC 154A | Badminton I | 1 | 6 | 1 | 10 |
| EXSC 156A | Baseball I | 2 | 19 | 2 | 38 |
| EXSC 158A | Basketball I | 2 | 21 | 3 | 10 |
| EXSC 166A | Golf I  | 0 | 0 | 0 | 0 |
| EXSC 174A | Soccer I  | 3 | 16 | 2 | 7 |
| EXSC 176A | Softball I  | 0 | 0 | 1 | 9 |
| EXSC 178A | Tennis I  | 0 | 0 | 1 | 20 |
| EXSC 182A | Volleyball I | 2 | 19 | 0 | 0 |
| EXSC 183A | Beach Volleyball I  | 1 | 11 | 1 | 2 |
| HEAL 101 | Health and Lifestyle  | 24 | 766 | 24 | 607 |
| HEAL 103 | Introduction to Public Health | + | + | 0 | 0 |
| HUMS 103 | Introduction to Community Health Work | 0 | 0 | 0 | 0 |
| HUMS 120 | Introduction to Social Work | 4 | 169 | 4 | 161 |
| NUTR 150 | Nutrition | 13 | 452 | 12 | 333 |
| NUTR 153 | Cultural Foods | + | + | + | + |
| NUTR 170 | Nutrition and Fitness | 4 | 148 | 4 | 128 |

## *\*Limited enrollment experienced during the 2020-2022 pandemic.*

*+New course to San Diego City College*

*Source:* [*https://www.sdcity.edu/about/institutional-effectiveness/research/enrollment-dashboard.aspx*](https://www.sdcity.edu/about/institutional-effectiveness/research/enrollment-dashboard.aspx)

|  |  |  |
| --- | --- | --- |
| **Annual Number of Sections (SECT) and Enrollment (ENRL) Total** | **2018 – 2019** | **2019 – 2020\*** |
| **Course Department Number** | **Course Title** |  **SECT** | **ENRL** |  **SECT** | **ENRL** |
| EXSC 123 | Adapted Physical Fitness | 1 | 2 | 0 | 0 |
| EXSC 124A | Aerobic and Core Conditioning I | 17 | 205 | 13 | 172 |
| EXSC 125A | Aerobic Dance I | 0 | 0 | 1 | 13 |
| EXSC 126A | Cardio Conditioning I | 10 | 160 | 7 | 119 |
| EXSC 127A | Cardio Kickboxing I | 3 | 47 | 2 | 36 |
| EXSC 129A | Step Aerobics I | 0 | 0 | 0 | 0 |
| EXSC 134 | Adapted Weight Training | 1 | 5 | 0 | 0 |
| EXSC 135A | Individual Conditioning I | 2 | 14 | 0 | 0 |
| EXSC 136A | Off-Season Conditioning for Sport I | 17 | 169 | 14 | 129 |
| EXSC 139A | Weight Training I | 21 | 320 | 17 | 281 |
| EXSC 142 | Hiking for Fitness I- Fundamentals | 0 | 0 | 0 | 0 |
| EXSC 143A | Outdoor Cycling Level I | 0 | 0 | 0 | 0 |
| EXSC 145A | Yoga I-Fundamentals of Yoga | 26 | 350 | 17 | 315 |
| EXSC 147A | Kickboxing I | 8 | 148 | 8 | 169 |
| EXSC 148A | Mixed Martial Arts I | 2 | 18 | 2 | 36 |
| EXSC 154A | Badminton I | 1 | 18 | 1 | 16 |
| EXSC 156A | Baseball I | 2 | 39 | 2 | 50 |
| EXSC 158A | Basketball I | 2 | 25 | 3 | 25 |
| EXSC 166A | Golf I  | 2 | 19 | 2 | 18 |
| EXSC 174A | Soccer I  | 8 | 87 | 4 | 56 |
| EXSC 176A | Softball I  | 0 | 0 | 0 | 0 |
| EXSC 178A | Tennis I  | 4 | 30 | 2 | 21 |
| EXSC 182A | Volleyball I | 2 | 26 | 2 | 16 |
| EXSC 183A | Beach Volleyball I  | 0 | 0 | 2 | 31 |
| HEAL 101 | Health and Lifestyle  | 48 | 1160 | 3 | 1148 |
| HEAL 103 | Introduction to Public Health | + | + | + | + |
| HUMS 103 | Introduction to Community Health Work | 0 | 0 | 0 | 0 |
| HUMS 120 | Introduction to Social Work | 6 | 185 | 4 | 154 |
| NUTR 150 | Nutrition | 13 | 407 | 18 | 645 |
| NUTR 153 | Cultural Foods | + | + | + | + |
| NUTR 170 | Nutrition and Fitness | 2 | 44 | 2 | 42 |

## *\*Limited enrollment experienced during the 2020-2022 pandemic.*

*+New course to San Diego City College*

*Source:* [*https://www.sdcity.edu/about/institutional-effectiveness/research/enrollment-dashboard.aspx*](https://www.sdcity.edu/about/institutional-effectiveness/research/enrollment-dashboard.aspx)

(B) Completer Projections

Based on enrollment data, the estimated completer projection of students to earn the award annually is 5 students.

## Item 6. Place of Program in Curriculum/Similar Programs

After reviewing San Diego City College’s existing program inventory in the CCC Curriculum Inventory, the following questions have been addressed:

1. Do any active inventory records need to be made inactive or changed in connection with the approval of the proposed program? If yes, please specify.
This is a new program at the State Chancellor’s Office. No active inventory record needs to be made inactive or changed in connection with the approval of the proposed program at the State Chancellor’s Office.

|  |  |
| --- | --- |
| Submission TypeNew Program | Projected Start DateFall 2023 |
| Need for proposalSan Diego City College seeks to provide its student population the opportunity to learn more about nutrition and earn a certificate in the field of nutrition with an emphasis on community education. There is a significant increase in student interest at San Diego City College as the college offers insufficient nutrition educational opportunities for our students. The marriage between Fitness Trainer, Nutrition, Foods and Culinary Arts, and Community Health Care Worker TOP Codes to develop a Nutrition and Community Wellness Certificate of Achievement provides students a pathway to explore nutritional education with public and preventive health in global and community perspectives in mind. With the approval of the certificate, students at San Diego City College can pursue a certificate program that combines health, fitness, nutrition, and human services (social work) courses. The focus is to generate candidates to advocate in creating and maintaining healthy communities. Proposal for a new certificate is supported by the advisory board. Labor market information supports job opportunities in this field. |

1. Does the program replace any existing program(s) on the college’s inventory? Provide relevant details if this program is related to the termination or scaling down of another program(s).
This award does not replace any existing program(s) on the college’s inventory at the State Chancellor’s Office.
2. What related programs are offered by the college?
* Certificate of Performance
	+ Aerobic Conditioning
	+ Anaerobic Conditioning
	+ Health and Wellness Coaching
	+ Individual Sports
	+ Martial Arts
	+ Team Sports
	+ Yoga
* Certificate of Achievement
	+ Personal Trainer
	+ Nutrition and Community Wellness (NEW)
* Associate of Arts for Transfer Degree
	+ Kinesiology

## Item 7. Similar Programs at Other Colleges in Service Area

Six colleges provide nine awards in TOP Code 0835.20 Fitness Trainer in the San Diego County area per the State Chancellor’s Office Curriculum Inventory.

|  |  |  |  |
| --- | --- | --- | --- |
| **College** | **Award Title** | **Award Type** | **COCI CTRL#** |
| **0835.20\* Fitness Trainer *Vocational*** |
| MiraCosta College |
| Personal Trainer | Certificate of Achievement | 17363 |
| Yoga Instructor | Certificate of Achievement | 18844 |
| Palomar College |
| Adult Fitness and Health | Certificate of Achievement | 08923 |
| San Diego City College |
| Personal Trainer*(undergoing title change from Fitness Specialist)* | Certificate of Achievement | 07072 |
| San Diego Mesa College |
| Personal Trainer | Certificate of Achievement | 07071 |
| San Diego Miramar College |
| 300-Hour Registered Yoga Teacher | Certificate of Achievement | 39433 |
| Personal Training | Certificate of Achievement | 17037 |
| Southwestern College |
| Fitness Specialist Certification---Advanced | Certificate of Achievement | 14602 |
| Yoga Teacher Training - 200 Hour | Certificate of Achievement | 38298 |

*Source:* [*https://coci2.ccctechcenter.org/programs*](https://coci2.ccctechcenter.org/programs)

Five colleges provide nine awards in TOP Code 1306.00 Nutrition, Foods, and Culinary Arts in the San Diego County area per the State Chancellor’s Office Curriculum Inventory.

|  |  |  |  |
| --- | --- | --- | --- |
| **College** | **Award Title** | **Award Type** | **COCI CTRL#** |
| **1306.00\* Nutrition, Foods, and Culinary Arts *Vocational*** |
| MiraCosta College |
| Nutrition and Dietetics | Associate in Science Degree for Transfer | 36150 |
| Palomar College |
| Nutrition and Dietetics | Associate in Science Degree for Transfer | 35889 |
| San Diego Mesa College |
| Nutrition | Associate of Science | 09416 |
| Nutrition & Fitness | Associate of Science | 09418 |
| Nutrition and Dietetics | Associate in Science Degree for Transfer | 35656 |
| Nutrition | Certificate of Achievement | 22316 |
| Nutrition & Fitness | Certificate of Achievement | 22317 |
| San Diego Miramar College |
| Nutrition and Dietetics | Associate in Science Degree for Transfer | 35571 |
| Southwestern College |
| Nutrition and Dietetics | Associate of Science Degree for Transfer | 38092 |

*Source:* [*https://coci2.ccctechcenter.org/programs*](https://coci2.ccctechcenter.org/programs)

Additionally, only one college provides one award in TOP Code 1261.00 Community Health Care Worker in the San Diego County area per the State Chancellor’s Office Curriculum Inventory.

|  |  |  |  |
| --- | --- | --- | --- |
| **College** | **Award Title** | **Award Type** | **COCI CTRL#** |
| **1261.00\* Community Health Care Worker *Vocational*** |
| San Diego City College |
| Community Health Work | Certificate of Achievement | 37036 |

*Source:* [*https://coci2.ccctechcenter.org/programs*](https://coci2.ccctechcenter.org/programs)