

# Community Wellness Advocate Program: Community Nutrition Specialist



**“Honor the Gift of Food”**

**Offered statewide through  
DISTANCE DELIVERY**

A cooperative effort of SouthEast Alaska Regional Health Consortium (SEARHC) and the University of Alaska Southeast, Sitka Campus

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**SOUTHEAST**  
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## Program Details for Community Nutrition Specialist

- 4 courses completed over 1 to 2 years
- Courses are primarily project based.
- 10 credits earned; may apply to the CWA Certification program.
- HS S204 Intro to Nutrition Education requires a 3-day residency at UAS Sitka Campus.
- Financial aid is available to eligible students.
- If you are interested in these courses, distance is not a barrier.
- The Community Nutrition curriculum is distance delivered, allowing students throughout Alaska to take classes for college credit.



## Community Nutrition Course Descriptions

### HS 127

#### Basic Nutrition and the Life Cycle

This 3-credit course introduces students to basic applied nutrition and nutritional needs across the lifecycle. This class will cover: key nutrients and functions in the body, common eating concerns and the role of nutrition in preventing disease.

### HS 294

#### Nutrition Education Practicum

This 3-credit course is a supervised field experience in nutrition education. The student will prepare and implement a nutrition education program with a specified agency like HeadStart, Senior Center, or school.

### HS 204

#### Intro to Nutrition Education

This 3-credit course builds on Basic Nutrition and the Lifecycle. This class includes the following topics: what works in nutrition education, how to deliver effective nutrition education across the lifecycle, and instruction on the development of nutrition-related materials.

### HS 128

#### Food Safety and Preservation

This 1-credit course covers safe food handling practices, subsistence harvesting, and food preservation. Food budgeting and economic purchasing is also discussed.



A student taking these Community Nutrition courses, combined with the core Community Wellness Advocate program, plus 3 general education (GER) classes can become a Certified CWA with an emphasis in community nutrition.

## Scenario of Course Schedules:\*

### SUMMER SEMESTER 1

HS 127

BASIC NUTRITION AND THE LIFE CYCLE

or DN 203

NUTRITION FOR HEALTH SCIENCES

### FALL SEMESTER 1

HS 125

INTRODUCTION TO HEALTH PROMOTION

### SPRING SEMESTER 1

HS 126

HEALTH PROMOTION THROUGH BEHAVIOR CHANGE

### SUMMER SEMESTER 2

HS 202

COMMUNITY HEALTH PROMOTION

### FALL SEMESTER 2

HS 204

INTRODUCTION TO NUTRITION EDUCATION

### SPRING SEMESTER 2

HS 294

NUTRITION EDUCATION PRACTICUM

HS 128

FOOD SAFETY AND PRESERVATION

\*FOR COMPLETION OF CWA PROGRAM'S  
COMMUNITY NUTRITION SPECIALIST,  
3 GER'S ARE REQUIRED FOR CERTIFICATION

### For Program Information, call:

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