

Schools For Nutrition

Schools for nutrition provide programs of study in food sciences and nutrition for health. Nutrition schools help students to build an understanding of nutrition for the promotion of lifestyles that include good overall health. Future nutritionists and dietitians can earn Bachelor of Science (BS), Master of Science (MS), or doctorate (PhD) degrees in nutrition or food sciences; or nutrition studies may be incorporated into other degree programs. Programs of study in schools for nutrition can also provide professional certification in nutrition. Schools for nutrition help professionals prepare for careers such as instructors, teachers, and personal trainers. Nutrition schools teach the basic concepts of digestion and absorption, integration of better nutrition into lifestyles, the functions of vitamins and minerals in the body, nutrients and habits aimed at preventing illness, and ways of modifying diets for weight control and overall health. Nutrition education can include philosophical methods to promote health, and may address practices of obtaining health naturally, building stamina, and enjoying physical activity. Schools for nutrition provide opportunities to learn and teach new approaches to healthful lifestyles. Students will learn how to use nutrition for improved cardiovascular health and nutritional needs in relation to lifecycles, disease, and addictive drugs and habits. Nutrition studies can prepare students for careers in advocacy of good health, in nutrition counseling, for treating addictive behaviors, and for working with patients with eating disorders. Holistic nutrition schools may focus on natural and organic foods versus foods produced with pesticides and fertilizers, as well as water quality, vitamin and mineral supplements, exercise and physical fitness, lifestyles, weight gain and loss, and much more. Holistic schools may teach nutrition in relation to overall health and disease prevention as well as sports and sports medicine.

About the Author

Human Digestion. The human digestive tract extends from mouth to anus. There are accessory structures such as salivary glands, the liver, and pancreas.

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