



SPORTS PERFORMANCE NUTRITION CERTIFICATE

GREAT LAKES CULINARY INSTITUTE (GLCI)



Northwestern
Michigan College



FUEL ATHLETES TO VICTORY

➤ Become a sports nutrition chef
study on the bay in the heart of Traverse City





NEW! Culinary Arts Sports Performance Nutrition Certificate (Level II)

**Become a Sports Nutrition Chef
Fueling athletes to victory!**

What you gain:

Level II Certificate: Culinary training & specialized sports nutrition courses.

Internship: Apply your skills with a real sports team nutritionist.

High-demand jobs: Teams, athletes and sports performance groups need your expertise.

Benefits:

Prestigious career: Work with top athletes in exciting environments.

Well-paying: High demand leads to competitive salaries.

Make a difference: Optimize athlete performance with your expertise.



STACKABLE PROGRAM

Combine with other Culinary Arts certificates for enhanced opportunities.



GET AHEAD

Summer courses available for English & math.



Connect with us

Northwestern Michigan College
1701 E. Front Street, Traverse City, MI
(800) 748-0566 | (231) 995-1080
nmc.edu/culinary | culinary@nmc.edu



Culinary Arts Sports Performance Nutrition Certificate (Level II)

COURSE	TITLE	CREDITS/CONTACTS
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YEAR 1 - FALL

Full session wks 1-16	CUL111 Professional Cookery	5/10
	CUL102 Culinary Concepts & Career Mgmt.	2/2
Session A wks 1-8	CUL110 Safety and Sanitation	2/2
Session B wks 9-16	CUL118 Introduction to Baking & Pastry	3/6
	Semester Total	12/18

YEAR 1 - SPRING

Full session wks 1-16	BIO106 Human Biology	4/5
	BIO106L Human Biology Lab	0/0
	CUL213 World Cuisine	5/10
Session A wks 1-8	CUL210 Nutrition for Culinary Arts	2/2
Session B wks 9-16	CUL201 Food and Beverage Operations	3/3
	Semester Total	14/20

YEAR 2 - FALL

Full session wks 1-16	CUL211 Menu Planning and Purchasing	3/3
Session A wks 1-8	CUL233 Farm to Table	3/6
Session B wks 9-16	CUL234 Sports Nutrition	2/2
	Semester Total	8/11

YEAR 2 - NO SPECIFIC SEMESTER

Full session	CUL192 Culinary Internship (with a sports team)	2/2
	Semester Total	36/51