New! Certificate in Eating and Exercise Disorders

Build skills. Make an impact. Strengthen your future.

Designed for **undergraduate and graduate students**, this interdisciplinary certificate prepares you to **recognize, prevent, and respond** to eating and exercise disorders in clinical, community, and educational settings.

Students interested in **Psychology, Nutrition, Social Work, Child Development, Public Health, Education,** or related fields. Complements **many majors**.

Why This Matters

- Eating disorders affect nearly **10% of Americans**
- They have the **second-highest mortality rate** of any mental illness
- Many communities lack **trained, evidence-based providers**

This certificate helps close that gap—training you to respond **ethically, safely, and compassionately**, especially in underserved communities.

What You'll Gain

✓ A **career-boosting credential**
✓ Strong preparation for **graduate & professional programs**
✓ Practical skills in **assessment, prevention, and intervention**
✓ Training grounded in **health equity and real-world application**

Program Snapshot

Course	Title	Units
NFSC 200/NFSC 200W	Health at Every Size: A Non-Diet Approach to Wellness/ (W)	3
NFSC 472	Clinical Assessment and Treatment of Eating and Exercise Disorders	3
NFSC 560	Motivational Interviewing for Allied Health	3
PSYC 101	Principles of Psychology	3
Select one of the following:		3
CHLD 252	Child Development	
PHHA 328	Health Equity	
SWRK 202	Human Behavior Across the Lifespan	
Select one of the following:		3
CHLD 321	Risk and Resilience in Development	
PSYC 381	Abnormal Psychology	
SWRK 478	Mental Health Wellness and Recovery	
Total Units		**18**

Transfer Course Substitutions (Butte College)

PSYC C1000 → PSYC 101 CDF 14 → CHLD 25 PSY 15 → SWRK 202