



# Nutrition for Healthy Lifestyles

**A**s public demand for healthier foods and accurate nutrition information increases, the need for trained consultants in nutrition is critical. Proper nutrition is central to a positive and healthy lifestyle.

The Nutrition for Healthy Lifestyles program is ideal for professionals currently working in health and wellness-related areas such as health coaching, education, health promotion, culinary and fitness.

In this program, students will learn about nutrition as it relates to human development and disease, current trends, and the principles of critically evaluating information about nutrition. More advanced topics on nutrition such as sports nutrition, health promotion, adult behaviour change process, and education are also taught. Throughout the program, students will be provided with hands-on experience modifying and evaluating recipes for specific population needs, and will complete a special project related to their areas of interest in healthy living.

## Is this the right fit for me?

Students who experience success in this program and profession:

- have higher secondary and/or post-secondary grades
- demonstrate a person interest in nutrition and health
- have strong leadership potential, and effective communication skills in English
- may possess previous professional or volunteer experience in a health or wellness-related setting

## Credentials

After successfully completing this program, graduates will receive a SAIT Nutrition for Healthy Lifestyles certificate.

Graduates will also have the opportunity to write the Government of Alberta Food Safety and Sanitation exam to receive certification in food safety and sanitation.

## Admission requirements

### Application dates

Applications are accepted until the program start date but are subject to change.

- **Fall 2022 start:** applications opened on Oct. 6, 2021.

**Please note:** Fall 2022 will be the last intake for this program.

### Admission requirements

Completion of the following courses or equivalents with an overall average of at least 60%:

- Math 20-1 or Math 20-2 or Pure Math 20 or Applied Math 20, and,
- English Language Arts 30-1 or English Language Arts 30-2, and,
- Chemistry 20 or Science 20 or Physics 30 or Biology 30
- All applicants to SAIT must demonstrate [english language proficiency](#) prior to admission, including students educated in Canada.

SAIT accepts [high school course equivalents](#) for admission. If you don't meet the requirements, consider [Academic Upgrading](#).

SAIT evaluates international documents for admissions. After you've applied, consider our [international document assessment](#) service if your education is from outside of Canada. SAIT may also accept courses completed at certain international post-secondary institutions. Find more information [here](#).

## Direct entry: four-step process

**Step 1:** Read the program information to see the qualities needed for student success.

**Step 2:** Ensure that you meet all of the admission requirements listed above.

**Step 3:** [Apply](#) to Nutrition for Healthy Lifestyles and [submit your transcripts and/or anticipated final grades](#).

- Admission will be extended on a first-qualified, first-offered basis until the program is full.

**Step 4:** Find out how to monitor your application status [after you apply](#).

## Communication during admission

Email is the primary source of communication during the admission process. Ensure your personal email account is managed appropriately to receive our emails, files and communications.

We recommend you add [hps.info@sait.ca](mailto:hps.info@sait.ca) domain to your safe senders' list or you risk missing critical email messages.

# Costs 2022/23

## Domestic tuition and fees

Cost per credit: \$335

Year	Number of semesters	Tuition fees	SAIT fees	Saitsa fees*	Total
1	2	\$7,537.50	\$916	\$553	\$9,006.50

## International tuition and fees

Cost per credit: \$767.51

Year	Number of semesters	Tuition fees	SAIT fees	Saitsa fees*	Total
1	2	\$17,268.98	\$916	\$553	\$18,737.98

\*Maximum fee. Actual fees may be less and are based on the number of credits a student takes per semester and whether they opt-out of health and dental benefits.

## SAIT fees

- Campus athletic and recreation fee: \$196
- Universal transit pass (Upass): \$320
- Student support fee: \$200
- Student technology fee: \$200

## Saitsa fees

## Student Association fee

- Maximum: \$291

This is the maximum amount the student will pay. Actual fees may be less and are based on the number of credits the students take per semester.

## Health and dental fees

- Health plan: \$127
- Dental plan: \$135

Students with existing health and/or dental plans can opt-out. Please refer to [Saitsa's website](#) for information.

For more information on health and dental benefits for international students, please contact the [International Centre](#).

## Books and supplies\*

Books and supplies are approximately \$1000 per full-time year.

For an estimate of the costs associated with purchasing a computer that meets the program's hardware and software requirements, see our [computers and laptops page](#).

Learn more about [tuition and financial aid](#).

\*Tuition, fees, books and supply costs are subject to change.