

Independence High School



Sports Health and Nutrition Science



These courses involve an in depth study of the macro and micro nutrients, nutrition and its relationship to diseases, health and fitness assessments, cooking safe and sanitary meals, and nutrition across the lifespan.



COURSE WORK

- Nutrition Across the Lifespan
- Sports Health and Nutrition Science
- Sports Nutrition Practicum
- Work Based Learning
- Dual Enrollment opportunities**

Careers

CLINICAL DIETICIAN
NUTRITION CONSULTANT
PUBLIC HEALTH NUTRITIONIST
EDUCATION AND RESEARCH
BUSINESS AND INDUSTRY
NUTRITION JOURNALIST
CO-OP EXTENSION AGENT
FOOD BUYER
FOOD DISTRIBUTOR/INSPECTOR
CATERER
HEALTH COACH/FITNESS TRAINER