

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “Online Meat Re-Imagined – A New Plant-Based Diet Trend 2020”. The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Tammy Fogarty, PhD

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** Online Meat Re-Imagined – A New Plant-Based Diet Trend 2020
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 Online
5. **Instructor(s):** Tammy Fogarty, PhD
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

Course Title: Meat Re-imagined. A new plant-based diet trend.

Course Description: With the growing demand for healthy food options, plant-based dietary trends are on the rise. Several factors have contributed to the demand for plant-based foods, including food safety concerns, environmental concerns, food intolerances, and allergies, and increased accessibility to vegetarian and vegan food options. This course explores the latest trends in plant-based diets, meat alternatives, and the benefits of consuming plant-based foods.

Course Objectives:

After this course you will be able to:

- The role of protein, fat, and carbohydrates in the body
- Explain the difference between high-quality and low-quality plant-based diets
- Identify the health benefits and risks of plant-based diets
- Evaluate dietary intake and preventing a protein deficiency
- Discuss the latest plant-based dietary trends, including meat alternatives

Course Outline:

- Introduction: the role of macronutrients in the human body and food sources of each macronutrient
- The pros and cons of a plant-based diet
- Dietary trends: plant-based, meat alternatives, and the latest nutritional trends
- Application: making appropriate recommendations for your client

Tammy C. Fogarty PhD, RD, LD/N

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Deerfield Beach, FL 33441
tammy@tammyfogarty.com
(888) 848-2669

EMPLOYMENT

Jan 2015- Present	About Thyme Nutrition Private Practice <ul style="list-style-type: none">• Provide medical nutrition therapy to individuals with various medical diagnoses• Weight loss counseling• Private yoga lesson
Aug 2019- Present	Parker University Department Chair, Functional Nutrition <ul style="list-style-type: none">• Develop and manage the MS degree in Functional Nutrition• Teach nutrition courses, online
Sep 2012-Aug 2019	Florida International University Adjunct Professor, on-campus <ul style="list-style-type: none">• Teach nutrition courses for Dietetics and Nutrition department• Doctoral student in Dietetics and Nutrition
Jan 2011- Aug 2019	Palm Beach State College Adjunct Faculty, online and on-ground <ul style="list-style-type: none">· Teach nutrition and health courses to students earning their nursing and AS degree
Oct 2013- Aug 2019	Everglades University Adjunct Faculty, online <ul style="list-style-type: none">· Teach various nutrition courses to students earning their BS degree in Alternative Medicine· Serve on various academic committees such as Curriculum and Program Advisory Committee· Curriculum development
Nov 2005- Oct 2013	Everglades University Department Chair of Allied Health/ Alternative Medicine Boca Raton, Florida

- Providing strong leadership and knowledge in the development, management, and assessment of all aspects of academic programming, curriculum, textbook review /selection, and student advising.
- Responsible for development of strategic planning, goals, recruiting students and instructors, hiring, supervising and evaluating staff and faculty.
- Prepared annual budget for Allied Health Department.
- Prepared the Allied Health Department for regional accreditation during candidacy and acceptance phase with Southern Association of Colleges and Schools.
- Prepared the department for two reaffirmations with the Accrediting Commission of Career Schools and Colleges.
- Teaching nutrition and complementary and alternative medicine courses.

Oct 2004- Nov 2007

Clinical Dietitian
Sodexo/ Delray Medical Center
Delray Beach, Florida

- Management duties included supervise dietitians, writing policies and procedures, in-services, scheduling, and training new employees.
- Conduct nutritional assessments for critically ill patients receiving nutrition support in intensive care and trauma setting. Provide diet education and counseling to patients nutritionally at risk.

April 2004- Oct 2004

Clinical Dietitian
Broward General Medical Center
Fort Lauderdale, Florida

- Conducted nutrition assessments and counseling to patients diagnosed with Cancer and HIV, in inpatient and outpatient settings. Provided dietary consultations for enteral and parenteral nutrition

Aug 2003- April 2004

Florida International University Dietetic Internship

May 2002- Oct 2003

Clinical Research Assistant
Health Sciences America, Inc.
Boca Raton, Florida

- Coordinated clinical research for a psychiatric facility, recruited patients, conducted site visits with pharmaceutical companies, prepared presentations

- Nov 2001- Oct 2003 Medical Billing Manager
Health Sciences Institute, Inc.
Boca Raton, Florida
- Submitted medical claims to insurance companies, verified patient benefits, obtained authorizations, data entry, collected payments from both patients and insurance companies, payroll, accounts payable and receivable
- May 2001- May 2002 Diet Technician
West Boca Medical Center
Boca Raton, Florida
Department of Nutrition Services
- Conducted nutrition consultations and counseling, modified patients' diet, assessment of nutritional needs and managed diet office

EDUCATION

- Aug 1994- April 1996 Palm Beach Community College
Boca Raton, FL
Degree: AA
- Aug 1996-April 1998 Florida Atlantic University
Boca Raton, FL
Coursework in Undergraduate Business
- Sept 1998- April 2001 Florida International University
Miami, FL
Degree: B.S.; Dietetics and Nutrition
- Sept 2001- May 2005 Florida International University
Miami, FL
Degree: M.S.; Dietetics and Nutrition
- Aug 2012- July 2018 Florida International University
Miami, Florida
PhD in Dietetics and Nutrition

ONLINE CE ATTENDANCE CERTIFICATE

Name: _____

Title: Online: XXXX

Address: _____

Course # XXXX

Date: XXXX

City: _____ **State:** _____ **Zip:** _____

Location: Online

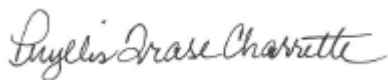
STATE [only one per voucher]: _____ **YOUR STATE LICENSE #:** _____

DO NOT WRITE BELOW THIS BOX

Completion Date	Class Hours	Course Title	Instructor
XX/XX/XX			

TOTAL HOURS ATTENDED: _____

Board Approval No. _____



Phyllis Frase Charrette
Director, Parker Professional Programs

This certificate is to acknowledge your completion of the Online Continuing Education course shown above. This copy is for your records and can be submitted to your board of licensing. Please Note: Verify the information is correct upon receipt – discrepancies will only be accepted up to 6 months after the closing date of the course. Please keep this certificate in a secure place. Any replacement, copy, or fax will incur a \$25 fee per certificate.



These Questions are delivered via the Parker Seminars mobile App.

Quality Feedback Survey

Course Name: _____

Date: _____ Location: _____

How did you hear about this Course?

Parker Brochure School E-mail Referral Parker Web Site Other _____

Please score each speaker on an “A to E” scale, with “A” Extremely Satisfied and “E” being Extremely Dissatisfied.

How would you rate this speaker

a b c d e

Rate the overall content of the session:

a b c d e

Rate the classroom & facilities:

a b c d e

Please add any additional comments:

a b c d e

Is there a certain speaker or topic you would like to see next time?:

a b c d e

12) What topics would be of interest to you for future classes?

Comments:

THANK YOU FOR YOUR FEEDBACK!

The purpose of this quality feedback survey is to provide information to the Instructors and to Parker University about extant standards of performance. **Your response will be held in confidence. You will not be identified in any way by reference to your response. For additional complaints or concerns regarding this program please contact Parker University at 800.266.4723.** Parker University will share the outcomes of this evaluation with the Instructor, and will keep a copy on file in the Continuing Education Office to demonstrate compliance with accreditation standards and requirements.