



BTEC Advanced Diploma in Nutrition and Health Coaching

Obesity, diabetes, heart disease, digestive and autoimmune disorders, plus many other lifestyle-related conditions, are now commonplace. Preventive approaches are vital if we are to reverse this huge burden of avoidable and costly suffering. With the key role of good food and lifestyle habits now fully recognised, the demand for sound knowledge and practical guidance is growing rapidly.

What is a Health Coach?

A Health Coach assists clients to achieve their goals around health, food, eating and lifestyle – and make them stick. The Coach empowers the client to adopt habits that place them on the path to a healthier future.

Typically, clients are looking for better weight control; more energy; improved immunity, sleep, digestion, skin, joints, etc.; a healthy pregnancy; help to manage food intolerance; advice for choosing and using wholesome foods and ingredients; meal plans and recipes; guidance for fussy eaters - along with many other goals.

Where do Health Coaches work?

Many Coaches run their own practice for private clients. Often they work part-time and might share a practice with another Coach. Other typical settings include complementary health clinics, weight-loss programmes, gyms and fitness clubs, spas, charity health initiatives, recovery programmes, schools, health stores, supermarkets and health programmes run by corporates or local authorities, among others. Some GPs are now referring patients to Coaches for practical help to control weight and blood sugar levels.

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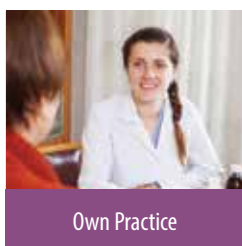
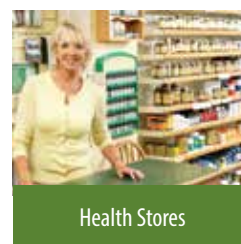
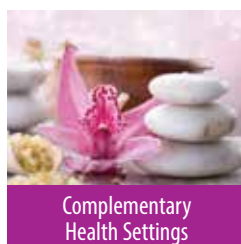
Course Duration and Format

This part-time course runs from September to May. You can choose to attend all ten classroom weekends (Sat and Sun), complete the course entirely online, or blend distance learning with some classroom attendance. Students on the online programme are invited to attend up to four days in class, plus two days in our cooking school.

Handouts, tutor recordings and other materials are available on our student platform ahead of the teaching weekends, and the classroom recordings are posted two days after. This allows all learners to progress through the course together.

Time Commitment

Most students find themselves devoting about 6-8 hours of study time per week to the course.



Key Facts

**Course length:**

1 year (also forms first year of the Nutritional Therapy programme).



Level: 3 (UK). Equivalent to level 5 Ireland.



Next course runs: September to May.

**Delivery:**

Classroom, online or blended learning (a mixture of classroom and online). Attendance and online tutorials are held frequently throughout the year.

**Time commitment:**

Credited by Pearson at 400 Notional Learning Hours. This includes lecture time, home study, tutorials, reading, assignments and case studies.

**Awards:**

BTEC Level 3 Advanced Diploma in Nutrition and Health Coaching.

ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists (optional).



Accrediting bodies: Pearson (formerly Edexcel), ITEC.

Skills Objectives

- Choose the most wholesome foods for individual needs, based on source, processing, ingredients, nutrient profile, GI/GL, health claims etc.
- Successfully conduct detailed diet and lifestyle interviews.
- Prepare diet and lifestyle recommendations appropriate for clients' health, goals, preferences and resources.
- Develop skills needed to communicate effectively and maintain rapport and confidence when coaching clients.
- Source suitable recipes, prepare meal plans and menus.
- Devise individualised eating plans for sports activity and weight management.
- Plan, prepare and deliver a presentation on nutrition and health.
- Prepare your own coaching practice plan.

Your e-Portfolio of achievements

This will include assignments such as:

- Reflective diet journal.
- Interviews with clients.
- Diet and lifestyle recommendations (case studies).
- Understanding food labels and health claims, selecting wholesome products.
- Recipes and menu plans for general and special requirements.
- Brief report on 'Farm to Fork' topic, such as sustainable vs industrial farming.
- Presentation on nutrition topic or issue.
- Plan for future coaching practice.
- Quizzes for self testing and formal assessment.



Course Overview

The **BTEC Advanced Diploma in Nutrition and Health Coaching** programme consists of seven assessed units, plus cooking.

Unit 1. Basics of Nutrition

Challenges in nutrition and health; macro- and micronutrients; food group nutrient profiles; concepts, terms, measures; dietary recommendations and controversies. The digestive system is explored in some detail.

Unit 2. Nutrition in Health and Disease

How good nutrition nurtures and protects health, from pre-conception to old age. Role of diet in obesity, diabetes, heart disease, digestive disorders, allergies, intolerances and autoimmune conditions, among others.

Unit 3. Nutrition, Exercise and Sports

Optimising diet, hydration and health in sports and exercise.

Unit 4. Farm to Fork

Sustainable vs. industrial farming issues, declining soil nutrients, food processing and refining, ingredients, decoding labels, healthier choices.

Unit 5. Practitioner Development for the Nutrition and Health Coach

Listening and rapport skills, client relations, interviewing, recording, motivating, supporting, reflecting.

Unit 6. Nutrition and Lifestyle Coaching

Applying knowledge and skills with volunteer clients.

Unit 7. Setting up Practice and Delivering Presentations

Business essentials, goals, clients, job opportunities and careers. Presentation skills, including preparing and delivering a short talk on a nutrition and health topic.

Cooking:

All students are encouraged to attend two days of cooking classes. Videos of demonstrated dishes are available online.

Assessment

Assessment is based on a variety of mainly practical assignments and case studies. There is no written exam.

Qualifications

- BTEC Level 3 Advanced Diploma in Nutrition and Health Coaching*.
- ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists**

*The BTEC Diploma forms the first year of our Nutritional Therapy programme for those who wish to continue their studies.

**The ITEC award is available as an additional option.



Michelle Henning

Nutrition & Health Coach

Michelle runs www.mamahub.nl, a site dedicated to healthy living for mums and their families.

"I studied first at IINH in 2005 and loved it so much that I chose the college again when I wanted to return to my studies. Now based in Amsterdam, I studied the online course. It's so practical and informative and gave me a great base of knowledge to start my business here. Always helpful and friendly I'd happily go back to IINH if needed."



