



# Diploma in Nutritional Science and Therapeutics

Conventional health care deals mostly with chronic degenerative disease, but does little to address the underlying causes that are often rooted in poor dietary and lifestyle habits.

### What is Nutritional Therapy?

Nutritional Therapy, the core component of Functional Medicine, is a holistic, person-centered approach that uses whole foods, phytonutrients, therapeutic food supplements and lifestyle changes to assist clients to restore and safeguard sound health.

### What does a Nutritional Therapist do?

Following a comprehensive interview and discussion process, the Nutritional Therapist and the client agree a programme of dietary and lifestyle recommendations based on the client's unique set of needs, preferences and circumstances. Follow-up appointments to monitor progress and make adjustments take place over the following weeks or months.

### What conditions can Nutritional Therapy help?

Nutritional Therapy can be effective for a wide range of health issues, including digestive conditions, hormone imbalances, fertility

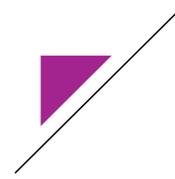
problems, chronic fatigue, heart disease, stress-related disorders, raised cholesterol, high blood pressure, skin disorders, food allergies, immune system dysfunctions, depression, arthritis, learning and behavioural difficulties, and many more.

### Where do Nutritional Therapists work?

Many of our graduates are working in a clinical setting, some alongside other therapists. Others are running their own retail or consulting business in the health and nutrition sector, teaching children and adults, educating and advising other healthcare professionals, consulting and training for corporate clients, promoting health initiatives, managing health stores, writing on health matters for newspapers, magazines and specialist journals, among others.

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1



### Course Duration and Format

This 2½ year part-time programme runs over 21 weekends, starting in September. Entry is dependent on completion of the BTEC Advanced Diploma in Nutrition and Health Coaching (or equivalent).

The Diploma in Nutritional Science and Therapeutics is offered as a combination of classroom-based and online teaching or as a fully-supported online programme for those living in other countries.

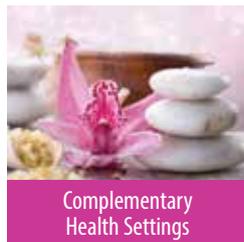
Online students may attend any number of lecture days, as well as two days of cooking in our Taste Health Cooking School. In the final

year students undertake a full programme of supervised clinical practice.

All lecture recordings, handouts and other materials are available online.

### Time Commitment

This course requires 1,500 notional learning hours (including lecture time, home study, tutorials, reading and assignments). Most students report that they devote about 8-15 hours of study time per week to the course.



## Key Facts



**Course Length:**  
2½ Years.



**Level:** Equivalent to a UK foundation degree level (any equivalence to level is assured solely by Crossfields Institute in line with guidance from Ofqual and the QAA).



**Prerequisite:** Completion of the IINH Nutrition and Health Coaching Diploma programme or equivalent.



**Next course runs:** September to June.



**Delivery format:** Approximately 21 lecture weekends or via interactive learning platform.



**Time commitment:** 1,500 notional learning hours. This includes lecture time, home study, tutorials, reading and assignments (approx. 8-15 hours per week).



**Awards:**

PACI Diploma in Nutritional Science and Therapeutics

Nutritional Therapy graduates can register with the CNHC (UK voluntary regulator for complementary therapists).



**Louise Smyth**  
*Nutritional Therapist*  
[www.thefoodclinic.ie](http://www.thefoodclinic.ie)

*"I thoroughly enjoyed my time studying with IINH from 2007 to when I graduated in 2010. I found I was able to fit the course around my busy family life with 3 children which is wonderful for people seeking to requalify and return to the workplace. Year 1 was comprehensive enough to give a good grounding in the principles of nutrition and provide a solid knowledge to help clients with their diets. I decided to continue to Year 2 and 3 and received first class tuition to go on to receive my diploma. It has opened many doors for me professionally and I made many new friends during that time. The world of nutrition and functional medicine is constantly evolving and IINH and their great team of tutors can be trusted to deliver the most up to date and relevant courses."*

- Set up The Food Clinic in 2010
- Fertility and pre-conceptual nutrition (Merrion Fertility Clinic 2011-2014)
- Qualified Metabolic Balance Coach for weight loss management
- Organiser for The Walsh Research Institute practitioner training and Outreach Clinic in Nutrient Therapy for Mental Health Disorders 2013





## Course Outline

The **Diploma in Nutritional Science and Therapeutics** is a Level 5 equivalent programme (UK undergraduate level) consisting of 8 units:

### **Anatomy and Physiology** -

Structure and integrated functions of the organs and physiological systems of the body. Homeostasis.

**Biochemistry** - Processes and pathways at cellular level, including gene expression, energy production, membrane integrity, receptor/hormone interactions. Control at molecular, cellular, tissue and whole body levels.

### **Understanding and Accessing Research** -

Exploring and applying research evidence to evaluate nutritional therapeutic approaches to disease. Understanding, sourcing and interpreting reliable data, and developing critical appraisal skills.

**Nutritional Therapy** - Understanding, evaluating and applying nutritional therapeutic interventions (food, phytonutrients, herbs, food supplements), as informed by current evidence-based developments in Functional Medicine.

**Pathophysiology** - A systematic, integrated explanation of the common diseases, their aetiology, clinical features and differential diagnosis.

**Pharmacology** - Investigation of the major classes of drugs, their administration, uses and nutrient/drug/herb interactions.

### **Practitioner Development (Includes Practice Management)** -

Comprehensive exploration of effective counselling and psychological skills that form such vital components of successful Nutritional Therapy, using reflective practice to enhance learning and skills.

### **Clinical Practice** -

This unit combines all the learning from other parts of the programme. Students conduct live consultations under expert supervision and develop their skills as competent practitioners. This includes evaluating the effectiveness of nutritional therapeutic interventions and providing effective on-going support.

### **Assessment**

Our Nutritional Therapy students undergo continuous assessment through online tests, essays, case study reports and presentations, literature reviews and supervised clinical practice.

### **Qualification**

- Pearson Assured Crossfields Institute (PACI) Diploma in Nutritional Science and Therapeutics (DipNST).
- Accredited by the Federation of Holistic Therapists.
- Recognised by Nutritional Therapists of Ireland (NTOI - [www.ntoi.ie](http://www.ntoi.ie)), the independent professional body representing Nutritional Therapy in Ireland.
- Recognised by CMA, the Complementary Medical Association (UK).



**Martha Fraser**

*Online Nutritional Therapist,  
Online Business Mentor, Speaker  
and Writer*

[www.marthafraser.com](http://www.marthafraser.com)

*"I graduated in 2012. The course was fantastic and gave me the skills and confidence to help people achieve their goals in nutrition & health, life and business. I love to motivate people individually and in groups to show them ANYTHING is possible"*

*Twelve years IT experience and 5 years teaching social media gave me the skills I needed to launch an online business, which I always wanted as I have a young family. I offer AmazingME! - an online programme that helps mums to rekindle their old self and find new energy. I also take long term clients who want to take the AmazingME! Journey on an individual basis."*



