

UK LEVEL 6 DIPLOMA IN
NUTRITIONAL SCIENCE
AND THERAPEUTICS

BTEC UK LEVEL 4 DIPLOMA
IN PROFESSIONAL
NUTRITION & HEALTH
COACHING

2022
PROSPECTUS



PIONEERING NUTRITION EDUCATION

WWW.IINH.NET

WELCOME TO IINH

Welcome to the Irish Institute of Nutrition and Health (IINH), where we help transform passion for nutrition and wellness into vibrant lives and rewarding careers!

Our students receive comprehensive education and practical training in food, nutrition and lifestyle to optimise their own and others' health. They graduate with globally recognised professional qualifications to build rewarding careers as Health & Wellness Coaches and Nutritional Therapists.

IINH was established in 2002 by Richard Burton, a nutritionist with decades of experience in clinical work and education.



Richard Burton
Founder and Director of IINH

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

Edward Stanley



Five Reasons to Choose IINH



Qualifications

Our accreditations, awards and qualifications are second to none and recognised in Ireland, UK and across the world.



Firsts

As pioneers in nutrition education and training, we were the first college in Ireland to graduate Nutritional Therapists and Health Coaches, the first offering globally recognised awards, and the first with a dedicated cooking school.



Flexible Learning

Courses delivered online (flipped classroom), with live tutorials, forums, personal mentors. Occasional attendance days in class and cooking school are optional extras for local students.



Cooking School

Demonstration classes (live online and attendance) in our purpose built kitchen form an integral part of our courses.



Alumni Community

Graduates can access resources including forums, client support tool and advice, Q&A; CPD and refresher courses; recipes and tips; business tools; special events – and more.

“Health is the True Wealth”



Phoebe Webb
Nutrition & Health Coach
phoebewebbnutrition.ie

Studying with IINH was one of the best decisions I have ever made. I knew from the very first class that I was going to enjoy every moment of studying to become a Nutrition and Health Coach.

Richard and the rest of the team were incredible at both providing knowledge and support throughout the year.

I couldn't recommend IINH enough! It has given me a fantastic new chapter in life, and I am looking forward to helping others start theirs. Trust me, you won't regret studying with IINH.

IINH – Top Choice for Career Progress

Choosing the right college and course is a key decision. For the best career potential you need a qualification recognised by employers across the public and private sectors.

Our qualifications are awarded* by **Pearson** (Coaching) and **Crossfield's Institute** (Nutritional Therapy).

UKHCA is the professional body for our Coaches, and **NTOI** for our Nutritional Therapists.

For further study to degree level you need recognised prior learning. Our NT graduates may progress with substantial learning credits to BSc (Hons) or MSc programs offered by our UK partner college (CNELM) and validated by Middlesex University.

**Pearson (formerly Edexcel) is the world's largest accrediting body for educational awards. Crossfield's is a specialised UK awarding body. Both are Ofqual regulated.*

Pioneering Education in Nutrition and Health

At IINH we know how quickly the science of nutrition and health is developing. We also understand the blend of learning and skills required for a successful career in Health and Wellness. Our course is constantly evolving to embrace new knowledge and the diverse challenges faced by graduates and their clients.

Tailored with Experts

Our Nutrition & Health Coaching and Nutritional Therapy awards are both unique 'customised' qualifications. In each case, the entire accredited program of study was developed by the IINH team in collaboration with a UK awarding body (Pearson or Crossfield's Institute).



Edel Doherty
Nutrition & Health Coach
optimumhealthhampers.com

I cannot speak highly enough of the IINH health and nutrition course. This was the most enjoyable and worthwhile course I have ever completed and this is due to many things. To name but a few, I found the content fascinating and highly relevant.

The teachers and background staff are also deeply knowledgeable and intensely passionate about advocating a healthier way of life through diet and lifestyle. Not only do they promote a healthy way of life, they embody it and this for me is the truest reflection of their commitment to health and well being. I wish I could do the course again!



BTEC Diploma in Professional Nutrition & Health Coaching

Level 4 UK (Level 6 Ireland)

Obesity, diabetes, heart disease, digestive and autoimmune disorders, plus many other lifestyle-related conditions, are straining healthcare systems as never before. Novel approaches are vital if we are to reverse this huge, costly and avoidable burden of suffering. With diet and lifestyle habits in the spotlight as never before, the demand for effective health and wellness coaching is growing rapidly.

What is a Nutrition & Health Coach?

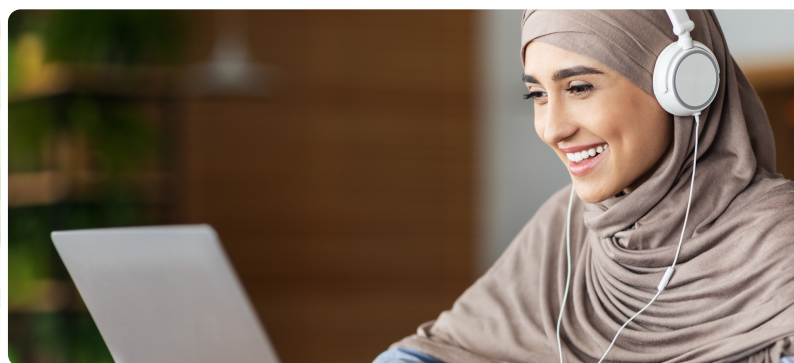
A Nutrition & Health Coach assists clients to achieve their goals around health, food, eating and lifestyle – and make them stick. The Coach educates and empowers clients as they adopt healthier habits and enjoy the benefits. Typical client goals include: better weight control; more energy; improved immunity, sleep, digestion, skin, joints, etc; healthy pregnancy; help to resolve food intolerance; guidance for choosing and using wholesome foods and ingredients; meal plans and recipes; support for fussy eaters – along with many other goals.

How and where do Coaches work?

Coaches commonly offer a one-to-one service for clients. They often work part-time and might share the practice with another health professional.

Other settings include complementary health clinics, weight-loss programs, gyms and spas, local authority or charity health initiatives, recovery programs, schools, health stores, supermarkets, corporate wellness programs, among others.

GPs are increasingly referring patients to Health & Wellness Coaches for practical help to control weight and/or blood sugar levels, for example.





Key Facts

**Course length:**

Nine months (also forms first part of the Nutritional Therapy course).

**Level:**

4 (UK) Equivalent to level 6 Ireland. This is a higher education award.

**Next course runs:**

February to November, 2022. Entire course delivered part-time and online. Time commitment approximately 10 hrs per week, on average.

**Delivery:**

'Flipped classroom' learning*, with 2hr online tutorials held 2 evenings each week. Moderated forums and personal mentor for additional support.

**Awards:**

BTEC Level 4 (UK) Diploma in Professional Nutrition and Health Coaching.

**Accrediting bodies:**

Pearson UK (Edexcel); UK Health Coaches Association

BTEC Level 4 Diploma in Professional Nutrition and Health Coaching*

Curriculum Outline

Ten Assessed BTEC Units:

Unit 1. Principles of Nutrition

Unit 2. Coaching Competencies & Practice

Unit 3. Digestion

Unit 4. Farm to Fork

Unit 5. Food Labelling

Unit 6. Diet & Lifestyle Throughout Life

Unit 7. Diet & Chronic Disease

Unit 8. Weight Management Solutions

Unit 9. Diet & Lifestyle in Exercise & Sports

**Unit 10. The Nutrition & Health Coach
in Practice**

Bonus Units – Not Assessed, No Extra Fee:

Cooking – 2x demonstration days (live online and/or attendance; includes recipes, tips etc)

Mindful Self Compassion – 6x online sessions

** The BTEC Diploma also forms the first part of the Nutritional Therapy program for those who wish to continue their studies.*

Assessment

We believe in learning by doing. You will develop vital skills for interviewing, assessing and working with clients.

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

The main assignment is to apply your new knowledge and skills with four genuine volunteer clients. You will record your encounters and observations with each client during follow-up, and submit your case study reports for assessment.

You will also practise presentation skills and learn business tips from experienced Coaches to create your own successful practice.





Diploma in Nutritional Science & Therapeutics

Level 6 UK

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

What is Nutritional Therapy?

Nutritional Therapy, the core 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 prove 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, metabolic conditions, 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.

Key Facts

**Course length:**

2 1/2 Years.

**Level:**

UK Level 6 (Ireland Level 8)

Equivalent to 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 BTEC Diploma in Professional Nutrition and Health Coaching programme, or equivalent.

**Next course runs:**

February 2022

Year 1 of our Nutritional Therapy programme is the BTEC Diploma in Professional Nutrition and Health Coaching

**Delivery:**

'Flipped Classroom', online, part-time. Students supported with frequent live tutorials, group work, interactive forums.

**Time commitment**

1,650 notional learning hours. This includes lecture time, home study, tutorials, reading and assignments (approx. 15 hours per week).

**Awards:**

Crossfield's Institute Diploma in Nutritional Science and Therapeutics



Denise

Nutritional Therapist

foodee.ie

As I reflect over the last few days, I really just wanted to connect to offer my thanks to you all. The evidence I saw presented backed up many of the concepts that you guys taught us over our studies. Much of it I don't think I was ready/able to hear. But as you always said it will come together, and it has.

I know now the quality and the standard of the education we received with your college was second to none. I realised how much I have learned both academically but practically through my journey. It was wonderful to sit amongst peers and feel so comfortable in my own skin that I belonged. I am so excited for what the next few years holds and more motivated than ever to go out and work in this area.

'Taste Health' Cooking School



***"Nutrition education without cooking
is like driving lessons without a car"***

Maggie Lynch

Cooking for Health Coaching and Nutritional Therapy

Wholesome food needs to be tasty and enjoyable if we want healthy eating habits to stick. Health Coaches and Nutritional Therapists must be able to offer their clients practical guidance in the form of menu ideas, product recommendations, recipes and cooking tips.

Any useful nutrition course should teach practical knowledge and skills for preparing wholesome foods and meals. To serve this vital need we established our own dedicated cooking school and purpose built 'Taste Health' demonstration kitchen.

Maggie Lynch is Director of Cooking Services at IINH. She is a qualified chef with over 30 years experience in high-end catering. Maggie also founded The Soul Food Company, a boutique catering business based in Dublin. After graduating from IINH in 2005, Maggie blended her twin passions of cooking and nutrition into demonstration classes themed around health issues.

Our coaching students attend two full days of cooking classes in the Taste Health kitchen, where Maggie and her team demonstrate a dozen or more delicious dishes from scratch, providing a wonderful buffet spread at the end. Students also receive a pack including recipes, tips on products, time-saving, storing and cooking, plus other practical materials for their own use and to offer future clients.

Cooking days for those who progress to the Nutritional Therapy course focus on topics such as 'free-from' cooking and baking, fermented and cultured foods, as well as vegan, paleo, ketogenic, Fodmaps and other specialised dietary needs.

Global reach

