

# Nutritional Coaching & Nutritional Therapy

## Nutrition & Health Coach

## Nutritional Therapist



**Professional Role Summary**

The Nutrition & Health Coach educates, motivates and supports clients to embrace healthier choices and habits around food, exercise and stress management.

The Nutritional Therapist applies in-depth knowledge of nutrition and physiology in a personalised approach that assists clients to resolve chronic, often complex, conditions and guides them to improve health.



**Teaching Programme**

The course explores a wide range of key issues around health, food, nutrition and lifestyle. Students learn to apply powerful skills in communication and coaching to educate, guide and support clients towards their wellness-related goals.

Based on Functional Medicine principles, the course provides ample knowledge, resources and clinical training for graduates to address clients' complex health conditions and help them to maximize their ability to restore and maintain good health. Cooking demos focused on specialised diets are held in years 2 & 3.

Learner assessments are based on a range of practical assignments that include in-depth case studies with 'real' volunteer clients. This provides the experience and confidence needed for Nutrition & Health Coach graduates to work safely and effectively with future clients.

During their final year, students complete extensive training and assessment in clinical practice, including functional testing. This takes place with 'real' clients in the IINH Nutritional Therapy Clinic, supervised by expert tutors.



**Awards & Qualifications**

**BTEC Diploma in Professional Nutrition & Health Coaching (Level 4 UK/ 6 Ireland)**

**Crossfield Institute Diploma in Nutritional Science and Therapeutics (Level 6 UK/ 8 Ireland)**

Pearson/BTEC qualifications are respected across the world. They are recognised by public and private sector employers, and higher learning institutes.

This award was developed by IINH with the expert assistance of of Crossfield Institute UK, a specialised, Ofqual regulated, awarding body



**Further Learning**

Nutrition & Health Coaching graduates may progress to the Nutritional Therapy programme - a further 2 1/2 years.

Nutritional Therapy graduates can progress to BSc (Hons) or MSc/DipPG/CertPG through our partnership programme with CNELM and the University of Middlesex.



**Course Duration**

Nine months part- time

Thirty-three months part-time, following the Nutrition & Health Coaching programme



**Working**

Nutrition & Health Coaches are qualified to offer practical nutrition and health education, guidance and motivation to individuals and groups.

Nutritional Therapists are qualified to investigate and help resolve complex chronic health conditions.