

# Which College? ... Which Course?

You may have found a Health Coaching or Nutritional Therapy course that looks interesting - but it really makes sense to check what you will actually get at the end of all your hard work!

Understanding the exact meaning of terms like 'accreditation' and 'award' can be confusing. Here's a brief checklist of vital points to get clarity on, to help you decide which college and study programme might be the best choice for you.

## Choose a college accredited by an official awarding body

Are both the college AND course accredited by an independent awarding body that is itself approved by an official accrediting regulator, e.g. Ofqual in UK or QQI in Ireland? An independent awarding body sets and monitors curriculum and assessment standards, and routinely audits students' work. Many colleges offer their own 'homemade' diplomas, but we find that most learners prefer an award overseen by a respected external accrediting body.

At IINH we work with two independent accrediting bodies:



**Pearson International - for our BTEC Nutrition & Health Coaching qualification**



**Crossfield's Institute UK - for our Nutritional Therapy qualification**

## What level award?

An award that comes with an official level is particularly important:

- If at some point you decide to study further for a higher award, e.g. BSc or MSc.
- If you want to join a professional body that requires a minimum award level

Award levels often vary between countries (even within the UK!). For example, a Level 6 award in Ireland is equivalent to Level 4 in England (for reference, UK A-levels are Level 3). UK level 4/Ireland level 6 are Higher Education awards. Here's a chart to help you compare levels:

[https://www.qaa.ac.uk/docs/qaa/quality-code/qualifications-can-cross-boundaries.pdf?sfvrsn=a852f981\\_12](https://www.qaa.ac.uk/docs/qaa/quality-code/qualifications-can-cross-boundaries.pdf?sfvrsn=a852f981_12)

At IINH our award levels are as follows:

- **BTEC Diploma in Professional Nutrition & Health Coaching - Level 4 UK/Level 6 Ireland**
- **Nutritional Therapy Diploma - Level 6 UK/Level 7/8 Ireland**



## Can I Join a Professional Body?

Like the vast majority of professions, Health Coaching and Nutritional Therapy are not legally regulated, so this is where professional bodies step in. While some offer little more than a 'badge of respectability', other professional bodies are actively involved in raising standards, offering CPD courses and professional insurance, and otherwise advancing the profession in numerous ways, such as promotion, progression opportunities, networking, and educating the public about professional services and where to find a practitioner.

At IINH we are actively involved with two excellent, dynamic professional bodies:



For Health Coaching: [UK & International Health Coaching Association](#)



For Nutritional Therapy: [Nutritional Therapists of Ireland](#)

## Can I Progress to Earn a Degree?

What happens if you want to take your learning to a higher level?

At IINH we have a long and productive relationship with one of the UK's most prestigious nutrition colleges: The College of Nutrition Education and Lifestyle Management - <https://cnelm.ac.uk>

Our Nutritional Therapy graduates may apply to study for a Masters in Personalised Nutrition (even without a previous BSc), or for a BSc Hons in Nutritional Science. Both degrees are awarded by Middlesex University.