



# CROSSFIELDS INSTITUTE LEVEL 6 DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS

---



**WORLD LEADING.  
LIFE CHANGING.**

[WWW.IINH.NET](http://WWW.IINH.NET)

# TURNING PASSION FOR WELLNESS INTO REWARDING CAREERS

Our mission at IINH is to spread a 'wellness epidemic' far and wide, by training passionate, caring people to help others restore and sustain optimal health.

Our students receive comprehensive education and practical training in food, nutrition and lifestyle to optimise their own and others' health.

Our graduates leave with globally recognised professional qualifications to build rewarding careers as Nutrition & Health Coaches and Nutritional Therapists.

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



**Richard Burton**  
Founder and Director of IINH

*"Those who have no time for healthy eating will sooner or later have to find time for illness."*

*- Edward Stanley*



# WHY IINH?

## QUALIFICATIONS

As a pioneering provider of nutrition education and training, we were:

- 1<sup>st</sup> - to graduate Nutritional Therapists in Ireland (2004)
- 1<sup>st</sup> - to graduate Nutrition & Health Coaches in Europe (2013)
- 1<sup>st</sup> - with globally recognised qualifications in this field
- 1<sup>st</sup> - with a dedicated cooking school in Ireland

## FLEXIBLE LEARNING

Courses delivered fully online (flipped classroom), using Brightspace learning platform, weekly live Zoom sessions, forums, personal mentors.

## COOKING CLASSES

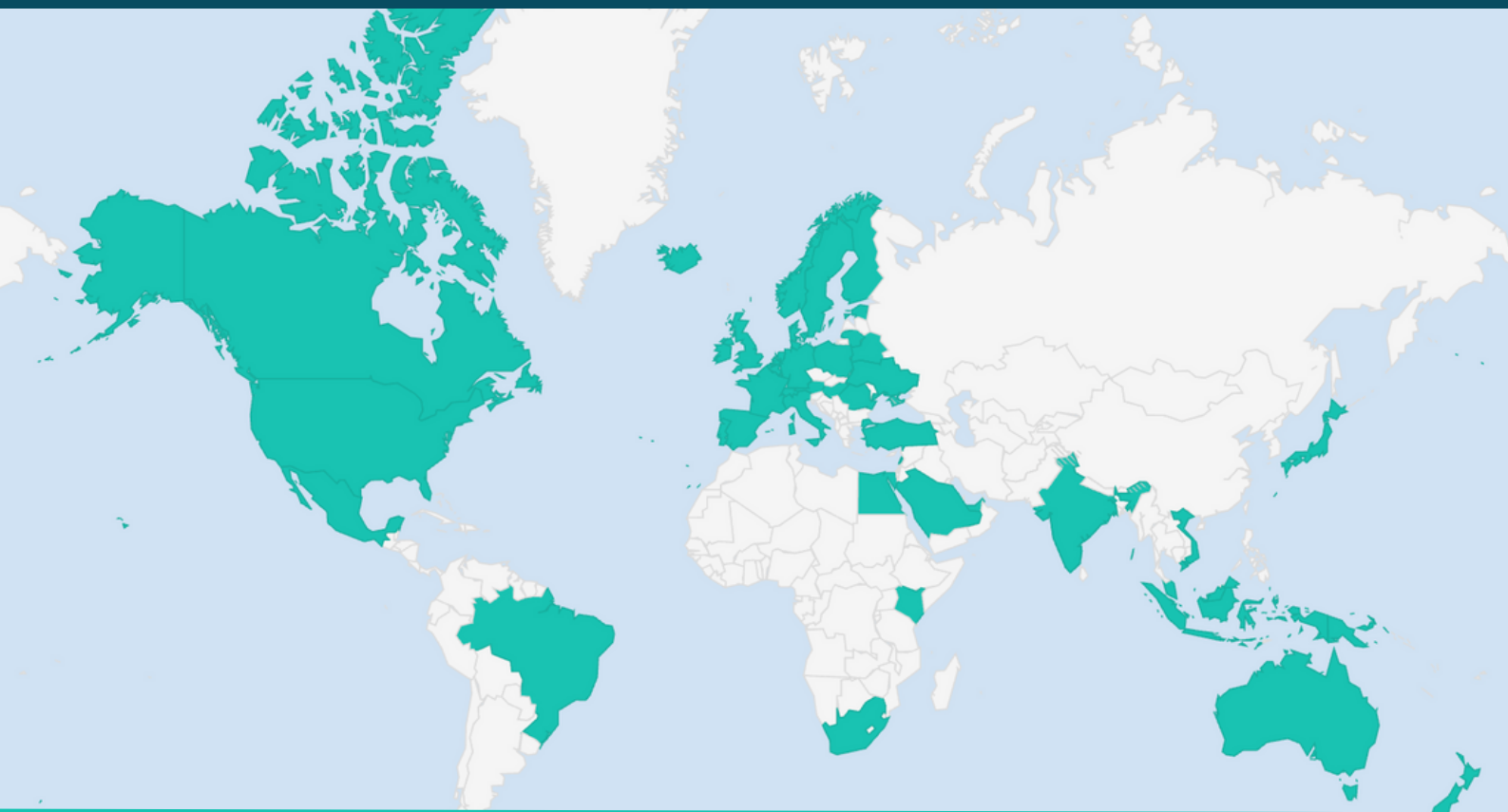
Demonstration classes (live online and attendance) in our purpose built kitchen are an integral part of our courses.

## ONLINE COMMUNITY

Graduates who join our new IINHub community, launching late 2023, can access forums, client support tools and advice, Q&A; CPD and refresher courses; Maggie's recipes and tips; business tools; special events.... with more to come.

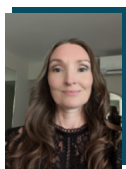


# JOIN THE GLOBAL MOVEMENT TO NURTURE WELLNESS & TRANSFORM HEALTHCARE



## JOIN OUR IINH GLOBAL COMMUNITY

- Our Nutrition & Health Coaches active in over 50 countries - and counting!
- Most graduates aged 18-70 years with no science or healthcare background



### HELEN MALLABURN

Nutrition & Health Coaching & Nutritional Therapy Graduate

*"I loved that I could do this course remotely, there was always support on hand if needed."*

*Studying with IINH for both the nutrition and health coaching programme and the nutritional therapy programme has helped me turn my health around and get my autoimmune conditions under control. I'm now helping others do the same and love it, all thanks to what I learnt with IINH."*



# Nutritional Therapy

## WHAT IS NUTRITIONAL THERAPY?

Nutritional Therapy, as the core component of Functional Medicine, is a holistic, person-centred 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 consultation, the Nutritional Therapist and client discuss and agree a programme of dietary and lifestyle recommendations based on the client's unique needs and their personal preferences and circumstances. These recommendations can often be supported by findings from functional tests. Follow-up appointments to monitor progress and provide further advice and support take place over the following weeks or months.

At IINH the journey to becoming a Nutritional Therapist begins with the BTEC Diploma in Professional Nutrition & Health Coaching (Year 1). Once this is completed, students move into the second year of the Nutritional Therapy course.

## WHAT ISSUES DO NUTRITIONAL THERAPISTS ADDRESS?

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.





# CROSSFIELDS INSTITUTE DIPLOMA IN NUTRITIONAL SCIENCE & THERAPEUTICS

## QUALIFICATION

### Globally Recognised Qualification:

Our Diploma in Nutritional Science and Therapeutics is a UK level 6 (Ireland Level 7/8) and is externally accredited through [Crossfields Institute](#). They approve and monitor the curriculum and assessment standards, and routinely audit students' work. This way you can be assured that the content you are learning is up to date and of the highest standard.

Crossfield's Institute Diploma in Nutritional Science and Therapeutics

Level 6 UK (=Level 7/8 Ireland)  
Same level as BSc Hons, but note that the NT award is not a degree.



## DELIVERY

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



**Next Course: January 3rd 2024**

Course Length: 3 Years.



### Time Commitment

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



### Prerequisite:

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

*\* For those with prior learning from another college, please contact us to discuss further.*

# ASSOCIATED BODIES

## AWARDING BODY

**Crossfields Institute** – Crossfields Institute is an education charity and an awarding organisation based in the UK.

The organisation is regulated by Ofqual (The Office of Qualifications and Examinations Regulation) who regulate qualifications, examinations and assessments in England and vocational qualifications in Northern Ireland. All awarding organisations including larger ones such as City and Guilds are regulated by Ofqual.



## PROFESSIONAL BODY

**NTOI** (Nutritional Therapists of Ireland) is the professional organisation representing qualified Nutritional Therapists in Ireland.



The organisation is independently run through its membership.

The NTOI is a registered non-profit company with no capital and has a minimum of 3 directors at any time. One of the directives of the board is to ensure that the professional status of NTOI registered Nutritional Therapists is formally recognised in Ireland.

A qualified registered Nutritional Therapist is someone who holds a minimum 3-year diploma in Nutritional Therapy and is trained in basic biochemistry, physiology and pathology as well as 200 hours supervised clinical practice.

As such, a Nutritional Therapist is qualified to work in private practice and see clients on a one to one or group basis. They are fully insured and must comply with the NTOI requirements for Continuing Professional Development (CPD) and Code of Professional Ethics & Practice.





# COURSE OUTLINE

## UNIT 1. ANATOMY AND PHYSIOLOGY

- Comprehensive knowledge of the structure and function of the major physiological systems of the body – digestive system, liver, endocrine system, immune system, cardiovascular and circulatory system, respiratory system, nervous system, bones and joints and urinary system.
- How the different systems are integrated into the body as a whole.
- Comprehensive anatomical and physiological knowledge to communicate knowledgeably and confidently with other healthcare professionals.
- Understanding of the effect of genetic factors on cell metabolism and function.



## UNIT 2. BIOCHEMISTRY

- Understanding of the basic chemistry of the human body and the essential requirements for good health at the cellular level.
- The basic unit of life: the cell – The health of the cell underpins all aspects of our general health.
- Chemical processes and transformations in living organisms, molecular interactions, structural characteristics of molecules.
- Understanding of the substances essential to maintaining life at a molecular level and of the chemical mechanisms and pathways involved.
- Understanding of the structure and function of water, macronutrients and nucleic acids.
- How energy is produced at a cellular level and how macronutrients, with the aid of particular co-factors and co-enzymes, are metabolised into energy.



## UNIT 3. PATHOPHYSIOLOGY

- Understanding of pathology and how pathology can affect the functionality and integrity of the different body systems, both directly and indirectly.
- Identifying any clinical imbalances presented by a client to enable a complete assessment from a holistic point of view and therefore identify the most suitable nutritional interventions.
- Ability to identify any potential serious signs and symptoms (red flags as listed in the NTEC Core Curriculum) to refer on to a medical practitioner.
- The origin of disease processes and how diseases develop at both a physiological and biochemical level.
- Clinical features and possible causes of the most encountered diseases and about differential diagnosis.
- Overview of common functional tests and their clinical applications.



## UNIT 4. NUTRITIONAL THERAPEUTICS

- Understanding of the key principles and practices of nutritional therapeutics and how they may help combat pathology and disease in the different body systems.
- Founding principles of nutritional therapy and understanding of the principles of Functional Medicine (FM). FM operates with a client centred principle, in that the client, not the disease, is at the centre of any therapeutic interventions.
- How FM tools may be used to identify client needs and develop nutritional therapeutic treatment programmes.
- How nutritional therapy may support various clinical imbalances within body systems.
- Skill of using food as a therapy and exploring the impact of nutrients on the health of the major body systems.
- Sources, functions and interactions of micronutrients.



## UNIT 5. CLINICAL PRACTICE CONDUCT

- Conduct live consultations under close supervision allowing development of newly learnt skills as competent practitioners, drawing on the physiological, pathophysiological and nutritional knowledge gained throughout the program.
- Experience the consultation process first hand, initially through observing consultation sessions and then by conducting own consultations under experienced supervision.
- Use of Functional Medicine tools to gather client information, assess and evaluate client needs and build an in-depth assessment of their client.
- Design and evaluate the effectiveness of nutritional therapeutic interventions and provide effective on-going support to clients.
- Opportunity to identify and develop own individual approach as practitioners.
- Discuss and share experiences with peers and explore the subtle complexities of working with real life cases in a supportive environment.
- Explore and utilise reflective practice methods that can be applied to support personal growth and development as a nutritional therapist.



## UNIT 6. PHARMACOLOGY

- Nutritional therapists frequently work with clients who are taking doctor-prescribed and/or over the counter (OTC) medications.
  - Key concepts and principles of pharmacology, including how drugs interact with the human organism and with foods and nutraceuticals.
  - Basic understanding of pharmacology and the principles of pharmacokinetics and pharmacodynamics.
  - How commonly used drugs interact with the human organism, including possible side effects and contraindications.
  - How drugs interact with foods, nutraceuticals and other substances.



This unit does not enable learners to prescribe or administer pharmaceuticals in any way and is intended solely to deepen understanding relating to nutritional therapeutic practice.

## UNIT 7. PRACTITIONER DEVELOPMENT (INCLUDES PRACTICE MANAGEMENT)

- Knowledge and skills to develop the competencies needed to establish appropriate and effective professional and therapeutic relationships with clients.
- Reflective practice and how this can be used to develop skills as nutritional therapists.
- Explore and practice the skills required to establish, develop and manage therapeutic and professional relationships with clients.
- Develop capacity for empathic and effective communication within the context of a professional relationship.
- Practice management; the legal, ethical, administrative and business requirements of practice, including privacy and data protection, which are essential when offering services to the public.



## UNIT 8. UNDERSTANDING AND ACCESSING RESEARCH

It is important that nutritional therapists are research orientated and think critically about the field of nutritional science. As the profession is constantly evolving, nutritional therapists must keep up to date with the latest developments in their field.

- Principles and practices of research to better understand and evaluate publicly available research literature.
- Value and skill of researching information in practice.
- How to access, understand and evaluate the reliability of research data as it relates to clinical decision making.
- How to effectively reference work.



Denise Wogan  
Nutritional Science and  
Therapeutics student  
2019, Foodee Nutrition

*"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."*





# NUTRITIONAL THERAPY STUDENT CLINIC

As part of the Nutritional Therapy Clinical Practice module, students are required to complete 36 clinic observations and conduct 6 live consultations, all under close supervision.

## 36 CLINIC OBSERVATIONS

For the 36 observations, students have the opportunity to watch pre-recorded videos featuring experienced Nutritional Therapists conducting real live initial consultations and follow-up sessions with clients. This allows observing students to witness the entire journey, from the client's first consultation to the recommended diet and lifestyle changes and how these changes affect the client's health concerns and symptoms over time. The experienced NTs also assess the effectiveness of nutritional therapeutic interventions and provide ongoing support during 1-2 follow-up consultations.

Moreover, students can attend live clinic days to observe their peers in action. During these sessions, they actively participate in designing client plans and can ask questions. These live clinics are closely supervised by experienced nutritional therapists affiliated with IINH.

## CLINICAL PRACTICE – 6 LIVE CONSULTATIONS

As well as these two options to build up 36 observations for their portfolio, students also conduct 6 live consultations, all under close supervision. Real clients are assigned to students by our Student Clinic Supervisor. This hands-on experience with real clients allows students to apply the knowledge they've gained throughout their studies and develop their skills as competent practitioners. It empowers them to refine their unique approaches as practitioners, preparing them for a successful transition into their professional careers after graduation.

# VIEW OUR STUDENT SPOTLIGHT SERIES

At IINH we love to keep in touch with and support our graduates long after they have finished studying with us. We have created a **Student Spotlight Series** to showcase some of our graduates' experiences and what they have gone on to do with their qualifications.



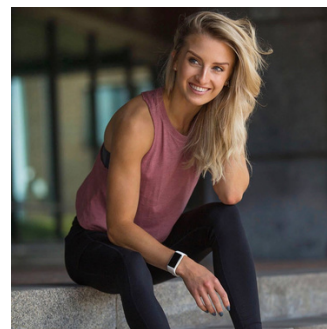
**ELLA GALE**

Ella runs her own successful nutrition business, as well as working for Xyla Health & Wellbeing, reversing prediabetes with patients referred through the NHS.



**AMELA IVKOVIĆ O'REILLY**

Amela runs her own successful nutrition business Nutricionista in Sarajevo. She's a regular on TV and has worked with Sarajevo Football Club and was a Jamie Oliver Food Ambassador for Bosnia & Herzegovina



**NATHALIE LENNON**

Nathalie is an influencer, radio host, PT and health coach. Through Nathalie Lennon Fitness, she empowers clients with education, tools, support & a positive environment to thrive.



**HELEN MALLABURN**

Helen is a nutritional therapist specialising in helping women with Hashimoto's thyroiditis and Hypothyroidism recover their health and live symptom free.



**OLIVER MCCABE**

Oliver is a qualified Nutritional Therapist – Director of Hubble Health, independent Health Food consultancy, Chef, Nutrition Advisor, TV Personality, Writer & Speaker on Health and Nutrition.



**DEIRDRE DOYLE**

Deirdre is the founder of The Cool Food School. She promotes healthy eating in a fun and interactive environment for kids of all ages. She travels to schools, preschools, and parties to teach children the value of eating healthily.



**MICHELLE HENNING**

Michelle has published her first book Grow Healthy Babies: The Evidence-Based Guide to a Healthy Pregnancy and Reducing Your Child's Risk of Asthma, Eczema, and Allergies.



**NIKKI VIRAG**

Nikki is the Lead Health Coach at BeyondBMI, a digitally-delivered obesity clinic. We caught up with Nikki to discuss her interest in nutrition, her nutrition philosophies and her role in BeyondBMI.



**DR COLETTE REYNOLDS**

Colette is a qualified Nutrition & Health Coach. She founded Growing Healthy Eaters to provide Fussy Eating Strategies and expert advice on How to Avoid Picky Eaters.



# JOIN THE IINH COMMUNITY



**I'M READY TO TAKE  
THE NEXT STEP**

**CROSSFIELDS INSTITUTE  
DIPLOMA IN NUTRITIONAL  
SCIENCE & THERAPEUTICS**

You can enrol online by clicking [here](#)  
or contact our admissions team.

**I HAVE GOT A FEW  
QUESTIONS**

**SPEAK TO A MEMBER OF OUR  
ADMISSIONS TEAM**

Our knowledgeable Admissions Team  
is here to answer your questions.  
If you have any questions, we invite  
you to contact us.

## CONTACT US TODAY

IRISH ADMISSIONS TEAM



[Call +353899745321](tel:+353899745321)



[WhatsApp +353899745321](https://www.whatsapp.com/chat?phone=353899745321)



[Email admissions@iinh.net](mailto:admissions@iinh.net)

UK ADMISSIONS TEAM



[Call +447586185336](tel:+447586185336)



[WhatsApp +447586185336](https://www.whatsapp.com/chat?phone=447586185336)



[Email admissions@iinh.net](mailto:admissions@iinh.net)





**IINH** NUTRITION  
& HEALTH

CONTACT US TODAY

VISIT: [WWW.IINH.NET](http://WWW.IINH.NET)

EMAIL: [ADMISSIONS@IINH.NET](mailto:ADMISSIONS@IINH.NET)

