

	Nutrition & Health Coach	Nutritional Therapist
 Professional Role Summary	<p>A Certified Nutrition and Health Coach helps clients improve well-being by developing healthier habits and making informed lifestyle choices. They offer tailored support in nutrition, health, motivation, and behaviour change for lasting results.</p>	<p>A Certified Nutritional Therapist uses nutrition and physiology expertise to support clients with chronic or complex health issues. They address root imbalances and may use functional testing to give personalised, targeted support.</p>
 Teaching Programme	<p>The course covers key topics in food, nutrition, health, and lifestyle while building coaching and communication skills to help clients reach wellness goals. Practical learning includes real-world assignments and case studies to build confidence and competence for professional practice. In addition, we host online and live cooking events throughout the course.</p> <p>This course also offers support on setting up to practice, including client management, ethics, business basics, and building a professional presence. It prepares graduates to work with clients, start a role, or enhance their current work.</p>	<p>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. In addition, we host online and live cooking events throughout the course.</p> <p>During their final year, students complete extensive training and assessment in clinical practice, including functional testing. This takes place with 'real' clients, supervised by expert tutors.</p>
 Awards & Qualifications	<p>BTEC Diploma in Professional Nutrition & Health Coaching</p> <p>Pearson/BTEC qualifications are globally respected and widely recognised by employers in both the public and private sectors, as well as by higher education institutions.</p>	<p>Our Diploma in Nutritional Science and Therapeutics is an Ofqual regulated qualification – externally accredited through Crossfields Institute.</p>
 Further Learning	<p>Nutrition & Health Coaching graduates may progress to the Nutritional Therapy programme.</p>	<p>Nutritional Therapy graduates can progress to MSc/DipPG/CertPG through our partnership programme.</p>
 Course Duration	<p>10 months, part-time (including case study work)</p>	<p>3 years, part-time (including clinical practice)</p>
 Working	<p>Nutrition & Health Coaches are qualified to offer practical nutrition and health education, guidance and motivation to individuals and groups.</p>	<p>Nutritional Therapists are qualified to investigate and help resolve complex chronic health conditions.</p>



Course Dates



Time Commitment



Awarding Bodies



Professional Bodies



Course Fees

Nutrition & Health Coach

Next Dates:

23rd Feb 2026
and 10th Sept 2026
ENROLMENT OPEN - Start learning today

Learning Hours: 600 estimated learning hrs

Weekly Time Commitment:
Between 8 and 12 hours a week



Early Bird Offer

Check website for closing date. Claim the offer and you will receive:

- A **15% discount** off the price of the course
- **FREE specialised pre-recorded short course** to start learning now
- Your first **three months FREE** to our Alumni Hub upon graduation.
- Access to over **450 delicious recipes** developed by Maggie Lynch, Director of Cooking Studies (value €150)

Fees With Early Bird Applied

- **Euro Payment in Full** – €3825
- **Euro 4 Month Plan** – First Instalment €1,050 (followed by 3 x €925 monthly instalments)
- **GBP Payment in Full** – £3400
- **GBP 4 Month Plan** – First Instalment £920 (followed by 3 x £827 monthly instalments)

**Extended payment plans available*

Nutritional Therapist

Next Dates:

1st August 2026

ENROLMENT OPEN - Start learning today

Learning Hours: 1,650 estimated learning hrs

Weekly Time Commitment:
Approx 15 hours a week



Ofqual regulated qualification – externally accredited through Crossfields Institute.



Early Bird Offer

Check website for closing date. Claim the offer you will receive:

- A **15% discount** off the first year fees
- A **year subscription** to IHCAN magazine
- **Early access** to the Fundamentals of Nutrition (self-guided) so that you can get started on your learning journey ahead of August.
- Access to over **450 delicious recipes** developed by Maggie Lynch, Director of Cooking Studies (value €150)
- Your **first six months FREE** to our Alumni Hub upon graduation.

Fees With Early Bird Applied

- **Euro Year 1 Payment in Full** – €3,783
- **Euro Year 1 Standard Instalment Plan** – First Instalment €1,050 (followed by 3 x €911 monthly instalments)
- **GBP Year 1 Payment in Full** – £3,315
- **GBP Year 1 Standard Instalment Plan** – First Instalment £1,100 (followed by 3 x £738 monthly instalments)

- **Euro Year 2:** €4,450
- **GBP Year 2:** £3,900
- **Euro Year 3:** €3,000
- **GBP Year 3:** £2,600

**Extended payment plans available*