

DIPLOMA IN NUTRITION COURSE BROCHURE

This is a fully accredited and certificated Nutritional Therapy course.

This course is offered over 12 months of classes available during the daytime and evenings. We highly recommend that our students also study our anatomy and physiology course. In order to treat disease with nutrition, you must obtain a degree or higher level qualification. This course enables you to offer nutritional therapy to your clients following general government guidelines such as the Eatwell plate. This course also enables you to gain the knowledge you need to improve your own eating habits.

This is a CMA, PIHM and ANHB accredited course and is also approved by Balens and BGI insurance.

The cost of this course is £499. Guided Learning hours are 144 including 24 classroom hours.



The training centre was formed in 2014 and despite spectacular growth, still focuses on you as an individual and your learning



The Training Centre of Wellbeing Ltd

Our training centre offers both accredited and self development classes in addition to our unique selection of professional development and business & management training, which ensures you get the maximum benefit from your training. We are committed to raising the standards in the holistic field of medicine training by supporting our students throughout.

THIS NUTRITION DIPLOMA IS ACCREDITED BY
THE LEADING HOLISTIC MEMBERSHIP BODY,
THE COMPLEMENTARY MEDICINE ASSOCIATION.

Contact us at
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DN6 8DA



The Training Centre
of Wellbeing



This course includes a student sign up to Nutrium for the duration of your studies. (worth £288).

During your studies, you will be guided to make changes to your own diet through journals and analysing both macro and micro nutrient analysis.

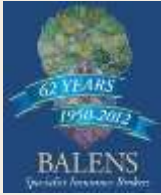
This course is equivalent to academic level 3. Upon successful completion you are able to use the initials Dip.NT (Diploma in Nutritional Therapy).



Accredited Courses in Nutrition

www.centrewellbeing.co.uk





Balens Holistic Insurance

Approval and Accreditation

Our nutrition diploma is approved by Balens insurance which means upon successful completion, you are able to offer nutritional therapy within the restrictions of the national occupational standards to your clients.

Syllabus

Subjects included in the training are as follows:

Macronutrients

- Fats
- Carbohydrates
- Proteins

Vitamins and Minerals

Weight Management

Disease

Special diets

Food disorders

Food allergies and intolerances

Metabolism

Supplements

There are assessments on each unit which must be completed to obtain your certificate and qualification.

During your training, you will enjoy a meal in the Green Room Vegan Cafe which you will analyse using the nutrium software, you will take part in a wild food walk, take part in a student clinic, and we have guest speakers that also contribute to the course.



Holistic and Wellbeing Accredited Training

Included in our training is a full printed manual, access to our e-resource library for the duration of your course, one to one tutorials and a personalised teaching approach. We may be able to assist you with any barriers to learning and ask that you bring these to the attention of your tutor during the induction process.

Contact us with any questions or visit our website to view our 99 accredited courses

You can be assured of quality and professional accredited courses focussed on our students success. Our tutors are qualified and experienced, offering classes that are small in numbers and encompass all learning styles. The training is balanced with professional teaching with a friendly, relaxed and welcoming environment. We can support your business development with our business and management courses and also offer networking events, and continued professional development workshops. We are based in South Yorkshire, and offer classes in other areas around the UK. We are a registered training school with the CMA (Complementary Medicine Association), the worlds leading membership body for elite complimentary medical professionals. You wont regret studying with us and becoming part of our growing network of holistic practitioners. We are committed to maintaining high standards and to our students, providing engaging sessions in wellbeing and business management and it continues after your course completion through our online study groups.