

# Rhodes Wellness College

## Professional Integrative Nutrition Diploma

### Introduction

Until now there have been colleges in B.C. that effectively train nutritionists, and colleges that effectively train counsellors. There are no colleges that bring the two together in a comprehensive way. Yet the need to provide a bridge between the two has long existed. Graduates that complete nutrition-only programs report difficulty when trying to help clients overcome issues that branch into non-nutrition areas. Depression, addiction, past physical trauma, and other challenges that are commonplace in today's world, make it difficult to motivate individuals to make nutritional changes that will benefit their health. Similarly, nutrition has a profound effect on individual's sense of emotional, mental, physical and spiritual well-being. Counsellors that ignore this area are not utilizing every potential tool to help their clients.

**Graduates from Rhodes Wellness College's Professional Integrative Nutrition Program will have the advantage of being in a position to apply for jobs from two sectors – both the front lines of mental health, emotional health, and addiction recovery as well as in all areas of nutritional wellness, thereby increasing their career prospects upon graduation.**

**Graduates will also be able to register with both the International Coach Federation and the Health Coach Alliance to receive potentially both their *Associate Certified Coach* certification designation and their *Registered Health and Nutrition Counsellor* designation.**

This is an exciting time for those that are wanting to specialize in the area of nutrition. The general public's interest in what we eat, how we grow, prepare, and consume our food, and how it impacts our well-being has never been greater. We feel it is crucial to provide a program that will not just meet this growing interest, but a program that can provide leadership, guidance, coaching, counselling, knowledge, and support to this crucial aspect that drives our very existence. We believe this program accomplishes all of that and invite you to investigate what this program can do for you.

If you are an individual without formal training in either nutrition or counselling, or an individual with some knowledge already in these areas wanting to upgrade your skills and gain a credential, this program will help you acquire the skills and knowledge to work in the industry for an organization or to open up a private practice.

If you are a counsellor who wants to upgrade your knowledge and skills in the area of nutrition and receive additional designation or if you are a nutritionist who wishes to increase your coaching and counselling knowledge and skills there are many aspects of this program that will help you.

We invite you to speak with one of our Admissions Advisors today to learn more information on how you can become a Registered Health and Nutrition Counsellor (RHNC) through Rhodes Wellness College.

I wish you the very best in your pursuit of personal betterment and in your quest to help others.

Sincerely,

Ben Colling, MA Leadership  
President, Rhodes Wellness College

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### PROGRAM OUTLINE

**Program Title:** Professional Integrative Nutrition Diploma  
**Program Length:** 78 weeks (1740 hours)  
**Career Occupation:** Professional Integrative Nutritional Counsellor  
**Program Prerequisites:** *Must meet Rhodes Wellness College Ltd. admission requirements.*

#### **Program Description**

The Professional Integrative Nutrition Diploma is a comprehensive program that combines theory with practical and experiential learning and is designed for those who want to gain expertise in providing nutritional coaching and counselling services for both the private and public sector or open an individual practice in nutritional counselling and coaching. The program will lead to certifications in both life skills coaching and integrative nutritional counselling. The experience will be practical and transformative. This program will prepare them to honestly and effectively communicate with themselves, their peers, and ultimately their clients as they learn and practice wellness and nutrition coaching and counselling.

Students will initially learn how to effectively mentor individuals and groups through coaching. They will then be introduced to the theories and techniques of wellness and will practice applying these techniques in their own lives. They will be guided to analyze and reflect on the effect these techniques have on themselves and their classmates. After personally experiencing wellness-related techniques, students will learn the fundamental theories and application of these techniques as they gain a deeper understanding of how to help individuals in the emotional, mental, physical, and spiritual aspects of wellness. While exploring physical wellness theories, students will begin to learn the fundamentals of nutrition and its effects on individuals.

Having gone through the first half of the program that features coaching, self-development and acquiring base knowledge in counselling and nutrition, in the second half of the program students will focus on mastering all of the academic requirements necessary for them to qualify to become a Registered Health & Nutrition Counsellor (RHNC) through the Canadian Health Coach Alliance

This integrative program allows graduates to work in a wide array of industries: from the food, wellness, and health industries to private practice in the nutrition and coaching industry. Graduates will be able to work as Nutrition Educators, Nutrition Consultants, Wellness Managers, Wellness Counsellors, and Life Coaches. They will be able to work in various customer consulting positions at Nutrition stores, in outreach centres and recovery centres, as holistic nutritionists, and will also have the option to work in private and semi-private practice, either on their own or with a group of other wellness-related counsellors.

#### **Program At a Glance:**

##### **Semester 1: Coaching** **12 weeks (270 hours)**

COAC 100 Professional Life Coaching (135 hours: 6 weeks)

COAC 101 Life Skills Facilitation & Coaching (135 hours: 6 weeks)

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### **Semester 2: Wellness: Personal Development**

#### **12 weeks (270 hours)**

WELL 110 Physical Wellness (54 hours: 2 weeks and 2 days)

WELL 115 Wellness and Nutrition (13.5 hours: 3 days)

WELL 120 Spiritual Wellness (67.5 hours: 3 weeks)

WELL 130 Emotional Wellness (67.5 hours: 3 weeks)

WELL 140 Mental Wellness (67.5 hours: 3 weeks)

### **Semester 3: Wellness: Theories and Techniques**

#### **12 weeks (270 hours)**

NUTR 105 Nutrition and Mental Health (22.5 hours: 1 week)

WELL 200 Fundamentals of Wellness Counselling (45 hours: 2 weeks)

WELL 210 Wellness Counselling Theories and Practice (157.5 hours: 7 weeks)

COUN 105 Theory, Principles & Applications in Addictions Treatment & Recovery (45 hours: 2 weeks)

### **Semester 4 Nutrition Specialization: Theories, Techniques and Practical Application**

#### **12 weeks (270 hours)**

NUTR 110 Fundamentals of Nutrition (67.5 hours: 3 weeks)

NUTR 115 Nutritional Assessment, Coaching, and Counselling (22.5 hours: 1 week)

NUTR 125 Cooking with Whole Foods and Meal Planning (22.5 hours: 1 week)

NUTR 130 Nutritional Sciences (90 hours: 4 weeks)

NUTR 140 Alternative and Comparative Diets and Weight Management (45 hours: 2 weeks)

PROF 100 Fieldwork and Supervision, Level 1 (22.5 hours: 1 week)

### **Semester 5: Nutrition Specialization: Advanced Theories, Techniques and Practical Application**

#### **12 weeks (270 hours)**

NUTR 200 Lifecycle Nutrition (45 hours: 2 weeks)

NUTR 205 Symptomatology (45 hours: 2 weeks)

NUTR 210 Nutritional Pathophysiology (45 hours: 2 weeks)

NUTR 220 Overcoming Eating Disorders and Spiritual Dynamics (45 hours: 2 weeks)

NUTR 230 Nutrition, Habit Change and Motivational Interviewing (45 hours: 2 weeks)

PROF 200 Student Clinic and Supervision, Level 2 (45 hours: 2 weeks)

### **Semester 6: Nutrition Specialization: Progressive Studies & Professional Practice**

#### **12 weeks (270 hours)**

NUTR 240 Eco Nutrition (45 hours: 2 weeks)

NUTR 250 Legal Parameters, Ethics, and Professional Practice in Nutrition (45 hours: 2 weeks)

PROF 210 Workshop Development and Leadership (45 hours: 2 weeks)

NUTR 260 Sports and Performance Nutrition (45 hours: 2 weeks)

NUTR 280 Nutrition for Advanced Ages (45 hours: 2 weeks)

PROF 230 Professional Practice and Business (45 hours: 2 weeks)

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**Additional Requirement: PRAC 101 Supervised Practicum  
(120 hours total. Students will have 6 weeks maximum to complete)**

Students can choose from a wide array of practicum placements from holistic eateries, integrative pharmacies, fitness centers, integrative wellness clinics, nutrition and supplement stores, community centers, and more. Students are given support and encouraged to find placements in the sector they would like to work in.

### **LIST OF COURSES AND COURSE DESCRIPTIONS**

#### **COAC 100 Professional Life Coaching**

A life coach is an individual trained to help a variety of clients in the areas of self-improvement, relationships and family, education and employment, and leisure and community. Students will learn and practice coaching skills based on the eleven Core Competencies as defined by the International Coach Federation (ICF).

#### **COAC 101 Life Skills Facilitation & Coaching**

This course is designed to train students as life skills facilitators and coaches. Life Skills Facilitators and Coaches help groups become highly functioning units in supporting both collective and individual goals of the group. Students will learn how to manage group dynamics and how to help groups problem solve.

#### **WELL 110 Physical Wellness**

In this course, students will be guided through an experiential process of listening to the signals from their body in a progressive and tactile way. This includes physical needs, emotional responses in the body, the physical effects of exercise, and somatic awareness.

#### **WELL 115 Wellness and Nutrition**

This is an experiential course where students will learn the basics of whole foods nutrition, and how it relates to physical, mental, and emotional health.

#### **WELL 120 Spiritual Wellness**

This course provides students with the opportunity to experience and cultivate a sense of spiritual well-being by engaging with diverse spiritual perspectives and practices. This will include mindfulness, meditation, life purpose exploration and transpersonal exercises.

#### **WELL 130 Emotional Wellness**

This course is designed to introduce students to key elements that will support their emotional wellness. This includes facilitating emotional healing by helping students accurately identify feelings, self-responsibly express feelings, and identify and clear emotional trauma from their past. Students will be introduced to the underlying causes of emotionally driven behavior and will learn techniques for communicating and clearing emotions with others to create healthier interpersonal relationships.

#### **WELL 140 Mental Wellness**

Using an experiential approach, students will learn how to identify the connection between beliefs,

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thoughts, feelings and behaviours and how to identify shifting cognitive patterns of thinking that are unhelpful to themselves or their clients. They will be introduced to Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Narrative Therapy and Nonviolent Communication.

### **NUTR 105 Nutrition and Mental Health**

Students will develop an understanding of the mental-emotional connection to food, and how food can affect anxiety, depression, and general mental health.

### **WELL 200 Fundamentals of Wellness Counselling**

Students will learn the foundational skills and knowledge for providing wellness counselling to individuals and groups utilizing a client-centered approach, in accordance to humanistic theory developed by Carl Rogers.

### **WELL 210 Wellness Counselling Theories and Practice**

Students will examine the theories and techniques utilized by counsellors to facilitate physical, spiritual, emotional, and mental wellness. Having already experienced these techniques in WELL 110, WELL 120, WELL 130, and WELL 140.

### **COUN 105 Theory, Principles & Applications in Addictions Treatment & Recovery**

This course provides students with the skills necessary to identify the addictive process and to counsel clients in various stages of the process of change. The many forms of addictions will be examined, and the skills needed to assist clients will be demonstrated and practiced.

### **NUTR 110 Fundamentals of Nutrition**

Students will initially explore the fundamentals of nutrition including macro and micronutrients, vitamins, minerals, water and fats.

### **NUTR 115 Nutritional Assessment, Coaching, and Counselling**

Students will learn how to assess clients and evaluate assessment forms. Students will gain an understanding of how physiological status and symptoms related to nutrition can be used to assess clients, through skilled use of assessment tools and intake forms.

### **NUTR 125 Cooking with Whole Foods and Meal Planning**

Students will learn how to prepare nourishing foods and will learn about the therapeutic benefits of preparing foods in a holistic fashion.

### **NUTR 130 Nutritional Sciences**

Nutritional Sciences covers four major areas: (1) basic chemistry, (2) basic biology, (3) cellular biology, and (4) anatomy and physiology. Through understanding the basic science that makes up food and the body, students will be better informed and prepared to understand how food relates to health and wellness.

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### **NUTR 140 Alternative and Comparative Diets and Weight Management**

This course will look at different diets, and will provide an understanding of various popular diets. Students will learn the elements of these diets and will learn how to discern the pros and cons of different diets.

### **PROF 100 Fieldwork and Supervision, Level 1**

Fieldwork and Supervision is about gaining experience—working with clients and working with a supervisor to refine skills as a nutritional counsellor.

### **NUTR 200 Lifecycle Nutrition**

This course will develop an understanding of how nutritional needs change throughout an individual's lifecycle—from infancy to the elder years. This course will focus on how both preventative and supportive nutritional measures can be taken to help individuals optimize their health at every stage of the lifecycle.

### **NUTR 205 Symptomatology**

Students will gain a greater ability to provide nutritional assessments through understanding how nutritional deficiencies and excesses are the bases of illness and disease. Students will continue to develop skills in utilizing evaluation techniques and utilizing assessment forms.

### **NUTR 210 Nutritional Pathophysiology**

An understanding of how illness and disease, including chronic disease, develops in the body will be developed in this course. Students will learn nutritional protocols that can support the various body systems.

### **NUTR 220 Overcoming Eating Disorders and Spiritual Dynamics**

This course will build on the semester two and three wellness courses to develop a more advanced understanding of mental-emotional connections of food, and how and why food is misused in disordered eating.

### **NUTR 230 Nutrition Habit Change and Motivational Interviewing**

This is an advanced course that will provide students with more in-depth understanding of how psychology can combine with nutrition when it comes to changing habits. Students will build on their understanding of Cognitive Behavioural Therapy (CBT) as it relates to mindful eating habits. Students will learn and practice motivational interviewing with clients to help clients make successful changes in their eating plans.

### **PROF 200 Student Clinic and Supervision**

Students will continue to build experience working with clients, groups and communities while working with a supervisor to refine their skills as a nutritional counsellor.

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### **NUTR 240 Eco Nutrition**

Students learn how the environment affects the quality of the food we eat, and our health. Additionally, students will learn the environmental impact of farming practices, soil quality, the importance of local food production, and how pollution affects the quality of food and ultimately one's health.

### **NUTR 250 Legal Parameters, Ethics, and Professional Practice in Nutrition**

An overview of Canadian Law as it relates to professional practice as an integrative nutritional counsellor will be provided. Students will develop a clear understanding of ethics as it relates to nutritional advising, their scope of practice, and ethical and legal limitations.

### **PROF 210 Workshop Development and Leadership**

Students learn how to identify organizations that need their help and will source an appropriate organization that they can deliver a nutrition workshop to. All students are guided by their faculty throughout this course to ensure efficacy in them applying the skills and knowledge they have gained to-date in this program.

### **NUTR 260 Sports and Performance Nutrition**

Students will develop an understanding of the special needs of athletes. They will learn what foods best support general and intense physical exercise. A cross analysis of different sports-nutrition theories will be explored.

### **NUT 280 Nutrition for Advanced Ages**

The Nutrition for Advanced Ages course builds upon the basics of nutrition for the elderly learned in Lifecycle Nutrition (NUTR 200). Students explore the mental-emotional layer of the physical changes that the elderly face, including motivation and outlook of life as they age.

### **PROF 230 Professional Practice and Business**

The course is a basic business course that will help students open their own private practice, in case they choose this route over working for an organization. Students will learn proven marketing and sales strategies for today's digital world.

### **PRAC 101 Supervised Practicum (120 hours: 6 weeks)**

Students can choose from a wide variety of practicum placements. Rhodes Wellness College administration works directly with host organizations to ensure proper reporting of hours is performed and helpful feedback related to the student's performance is received.