



## Professional Integrative Nutrition Counsellor 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. 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 Nutrition Counsellor 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 the front lines 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 both their *Associate Certified Coach* certification 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



## PROGRAM OUTLINE

**Program Title: Professional Nutrition Counsellor Diploma**

**Program Length: 78 weeks (1740 hours)**

**Program Type: Career Training/Academic**

**Career Occupation: Professional Nutrition Counsellor**

**Program Prerequisites: *Must meet Rhodes Wellness College Ltd. admission requirements.***

### **Program Description**

The Professional Nutrition Counsellor 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 eventually their clients as they learn and practice wellness and nutrition coaching and counselling.

Students will initially learn how to effectively support and mentor individuals and groups through coaching. They will then be introduced to the theories and techniques of nutrition, with a strong emphasis on experiential learning, and a consistent integration of ongoing counselling and coaching practice and techniques weaved throughout the program.

This intensive and comprehensive program equips graduates with the skills and abilities to be effective coaches and nutrition counsellors granting them the ability to register with the Canadian Health Coach Alliance as a Registered Health & Nutrition Counsellor (R.H.N.C)

(see <https://www.healthcoachalliance.ca/schools.html> for more details).

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, Nutrition Counsellors, and Life Coaches. They will be able to work in various sales and 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 Learning Objectives**

This program provides comprehensive training in personal and group coaching, basic counselling, personal wellness development, and a specialized nutrition-focused curriculum that promotes individual health and well being. Upon completion, students will be qualified to provide nutritional assessments, conduct intake interviews, maintain case files, session notes, and provides nutritional counselling along with life skills coaching.



Graduates will be qualified to register with both the International Coach Federation (ICF) working towards their credentials as an Associate Certified Coach (ACC) and as a Professional Certified Coach (PCC). They will also be eligible to register with The Health Coach Alliance (HCA), and receive the designation of “Registered Health & Nutrition Counsellor™”.

By the end of the program, students will be able to provide the following services:

- Apply coaching and nutrition theory with a variety of population types
- Provide comprehensive nutrition and lifestyle assessment and coaching to clients
- Develop and evaluate nutrition assessment forms
- Assist individuals to improve their health through nutrition and lifestyle recommendations
- Develop meal plans according to client goals
- Assist individuals to recognize obstacles in their personal life preventing good health, and teach habit changing methods to reach wellness and lifestyle goals
- Facilitate life skills workshops
- Facilitate nutrition and wellness workshops
- Provide individual goals-based success coaching
- Provide individual nutrition coaching and consulting
- Demonstrate an understanding of the difference between coaching and counselling and which technique is more likely to be effective, according to client’s needs, goals, and circumstances
- Provide nutritional recommendations and wellness plans for clients
- Provide individual and group nutritional consulting and education
- Demonstrate competency in a range of presentation strategies
- Demonstrate knowledge of ethics pertaining to nutrition counselling and coaching
- Understand their requisite scope of practice and why it is crucial to never practice beyond their scope as coaches and health & nutrition counsellors.

### **Program Format**

This program includes a variety of teaching methods that coincide with diverse learning styles and the skills required for employment as a coaching and wellness professional. The training is conducted in a group setting to maximize input from students. Small class sizes (e.g. 30 or less students) will enable instructors to provide students with consistent individual feedback and attention.

Specific instructional methods include the following:

1. Lectures
2. Role plays
3. Instructor demonstrations
4. Writing
5. Readings
6. Group discussions
7. Group on group analysis
8. Consultation sessions with the instructor(s)



### **Program Readings**

A variety of materials including e-books, articles, readings, course notes, and other resources will be utilized to support each course. Specific suggestions are detailed below.

### **Program Evaluation and Completion Requirements:**

This program is evaluated by a variety of means including written and oral examinations, papers, and supervised fieldwork. Participants must receive a minimum of a passing grade on each course during the first half of the program (the first three semesters), and a minimum of a 60% overall average in the nutrition-based semesters (the last three semesters) in order to receive their Professional Nutrition Counsellor Diploma. All assignments in all courses must be completed. If a participant does not receive a passing grade or does not complete all assignments in each course, they will not be able to proceed to the following semester. In accordance to Rhodes Wellness College's Student Handbook, students will be permitted to retake any test once, however, if they do not pass in their second attempt, they will be required to retake the course and pass it in order to proceed to the next semester.

### **Grading system:**

Students must complete all course requirements in order to receive credit for each course. The student's final grade will be based on the following grade distribution:

A+: 95% or higher A: 90 - 94% A-: 85 - 89%

B+: 80 - 84% B: 75 - 79% B-: 70 - 74%

C+: 65 - 69% C: 60 - 64% C- : 55 - 59%

P (Pass): 50 - 54%

NC (No Credit): 0 - 49%



## **Program Organization, Hours, and Flow**

### **Semester 1: Coaching**

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

COAC 101 Professional Life Coaching (135 hours: 6 weeks)

COAC 100 Life Skills Facilitation & Coaching (135 hours: 6 weeks)

### **Semester 2: Nutrition Specialization: Fundamental Theories, Techniques and Practical Application**

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

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

NUTR 200 Lifecycle Nutrition (45 hours: 2 weeks)

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

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

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

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 3: Nutrition Specialization: Advanced Theories, Techniques and Practical Application**

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

NUTR 130 Nutritional Sciences (90 hours: 4 weeks)

NUTR 205 Symptomatology (45 hours: 2 weeks)

NUTR 210 Nutritional Pathophysiology (45 hours: 2 weeks)

NUTR 240 Eco Nutrition (45 hours: 2 weeks)

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

### **Semester 4: Nutrition Specialization: Progressive Studies & Professional Practice**

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

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

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

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

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

NUTR 220 Eating Disorders (45 hours: 2 weeks)

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

PROF 200 Student Clinic and Supervision, Level 2 part 1 (22.5 hours: 1 weeks)



### **Semester 5: Advanced Specialization: Applied Counselling & Professional Practice**

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

PROF 200 Student Clinic and Supervision, Level 2, part 2 (22.5 hours: 1 week)

PROF 220 Leadership (45 hours: 2 weeks)

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

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

### **Semester 6: Wellness: Personal Development**

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

WELL 105 Physical Wellness (67.5 hours: 3 weeks)

WELL 145 Mental Wellness (67.5 hours: 3 weeks)

WELL 135 Emotional Wellness (67.5 hours: 3 weeks)

WELL 125 Spiritual Wellness (67.5 hours: 3 weeks)

### **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**

***Course Title, Course Name, (number of instructional hours),***

***Course Description***

### **COAC 101 Professional Life Coaching (135 hours: 6 weeks)**

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). Students will understand professional ethics, establishing agreements (contracts, guidelines, etc.), creating trust and mutual respect, and how to open and close a coach/client relationship. They will also learn how to overcome obstacles in personal beliefs and thinking that prevent individuals from pursuing and achieving their goals.



### **COAC 100 Life Skills Facilitation & Coaching (135 hours: 6 weeks)**

This course is designed to train students as life skills facilitators and coaches. Life Skills Facilitators and Coaches help groups large and small become highly functioning units in supporting unique goals of individuals in the group and group collective goals. Students will learn how to manage group dynamics and how to help groups problem solve. Students will learn how to identify their own coaching and facilitation skills and learn how to assess and improve individual engagement within groups. They will improve their personal presentation skills and understand how to positively influence behaviour. The skills and knowledge that students gain in this course will assist them in coaching both groups, organizations, and individuals.

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

Students will initially explore the fundamentals of nutrition including macro and micronutrients, vitamins, minerals, water, and fats. They will develop an understanding of ingestion, digestion, and absorption, and how this relates to energy and health. A more in-depth look of how food relates to preventative health, with a special focus on the importance of food quality and how it effects the health and energy levels of the body, will be provided. Studies will then turn to how food can be used to support health and act as a tool in preventative wellness. They will learn about supplements, introductory herbology, supplement and herb quality, and under which circumstances it's helpful to integrate supplements and herbs into a nutrition plan. Understanding indications, contraindications, and how food, supplements, and herbs can interact with medications will be studied. Understanding the importance of working with professional health providers such as medical doctors and naturopathic doctors whenever recommending supplements or herbs or changes in diet will be stressed.

### **NUTR 200 Lifecycle Nutrition (45 hours: 2 weeks)**

This course will develop an understanding of how nutritional needs change throughout an individual's lifecycle. Children's health issues and other issues related to age from pediatric needs to geriatric needs will be examined. The role nutrition can play in helping immunity, allergies, and various disabilities such as ADHD and common illnesses will be studied. Nutritional needs based on changes in hormonal balances will also be examined including how healthy nutrition habits can support individuals through pre-adolescent growth stages, puberty, menstrual cycles, prenatal, pregnancy, and postpartum stages, through menopause/andropause, and other life stages. This course will focus on how both preventative and supportive nutritional measures can be taken to help individuals optimize their health.

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

Students will learn how to prepare nourishing foods and will learn about the therapeutic benefits from preparing foods in a holistic fashion. They will learn the benefits of soaking, steaming, fermenting, sprouting, the pros and cons of different cooking methods and how to develop meal plans that support health; students will learn how to integrate this specialized food preparation into meal planning.



**NUTR 140 Alternative and Comparative Diets and Weight Management (45 hours: 2 weeks)** This course will look at different diets including the wisdom of traditional diets, the energetics of food, and will provide an understanding of various popular diets such as vegan, vegetarian, paleo, ketogenic, intermittent fasting, Atkins, raw, and other diets. Students will learn the elements of these diets and will learn how to discern the pros and cons of different diets. Weight loss and weight management and how this connects to mindful eating and creating healthy habits, including traditional physical assessment tools such as BMI, will be taught. This course involves group research, reports, and class presentations.

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

Learning how to assess clients and evaluate assessment forms is paramount in this program. 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. Students will also learn the role of a Health Coach and clearly understand the difference between coaching and counselling within the framework of nutrition and health coaching. They will learn how to interweave coaching and counselling in practice and how to utilize each in isolation. Students will gain experience discerning which tactic is most appropriate to use according to circumstantial need.

**NUTR 230 Nutrition Habit Change and Motivational Interviewing (45 hours: 2 weeks)** This is an advanced course that will provide students with more in-depth understanding of how psychology intermingles with nutrition when it comes to changing habits, creating commitment, and understanding choice related to diet. Students will build on their understanding of Cognitive Behavioural Therapy (CBT) as it relates to mindful eating habits. They will learn how to identify negative physical, emotional, and mental triggers surrounding nutrition and eating habits, and will develop skills to help individuals overcome trigger responses that lead to individuals failing in their nutritional goals. Students will learn and practice motivational interviewing with clients to help clients make successful and enduring changes in their eating plans.

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

Fieldwork and Supervision is about gaining experience—working with clients and working with a supervisor to refine skills as a nutritional counsellor. This course includes a minimum of 15 hours of client sessions (in individual or group settings). Students will be provided feedback and will be graded on their ability to differentiate when they need to employ coaching tactics and when to employ consulting and educational tactics in their role as a Nutritional Counsellor.

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

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





### **NUTR 130 Nutritional Sciences (90 hours: 4 weeks)**

Nutritional Sciences covers four major areas: (1) basic chemistry, (2) basic biology, (3) cellular biology, and (4) anatomy and physiology. Students will learn about basic atomic structures of food and how this relates to nutrition at a base chemical level. Students will be introduced to the fundamentals of biology as it relates to nutrition and will gain a basic cellular understanding of metabolism and its effect on the human body. Students will study what happens when cells don't react the way they should and how this can lead to disease. Students will develop a basic understanding of anatomy and physiology and the eleven systems of the body.

### **NUTR 205 Symptomatology (45 hours: 2 weeks)**

Students will gain a greater ability to provide nutritional assessments through understanding how nutritional deficiencies and excesses are the bases of illness and disease. Special attention will be given to the digestive system, pH balancing via acid/alkaline foods and integrating tests such as pH testing, and further understanding of endocrinology, immunity, allergies, inflammation, and autoimmunity will be developed. The importance of working with a client's medical team to support health and wellness in a legal and supportive manner will be demonstrated and explored. Students will continue to develop skills in utilizing evaluation techniques and utilizing assessment forms.

### **NUTR 210 Nutritional Pathophysiology (45 hours: 2 weeks)**

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. An emphasis on scope of practice will be applied throughout this course so that students understand they cannot diagnose illness or disease and they cannot cure illness or disease. Students will learn the legal problems and liabilities they will face if they contravene this scope of practice, and they will learn how to effectively work with dietitians, medical doctors, naturopathic doctors, psychiatrists, and other members of the medical community. Students will gain a keen awareness of their role in helping their clients and organizations they work with to improve their health and sense of wellness, through nutrition.

### **NUTR 240 Eco Nutrition (45 hours: 2 weeks)**

In this course students learn how the environment affects the quality of the food we eat, and our health. Understanding the importance of soil quality, farming practices, the importance of local food production, and how pollution affects the quality of food will be learned. The effects of food transportation will be studied, and students will be taught how to integrate better environmental practices into nutrition. They will learn how eco nutrition connects to mental, emotional, and spiritual wellness.



**PROF 200 Student Clinic and Supervision (22.5 hours: 1 weeks)**

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. This course includes a minimum of 30 hours of client sessions in either a group or individual setting.

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

In this course 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. Humanistic approaches in psychology emphasize the human capacity for integrity, creativity and autonomy. Students will learn the skills of attending behaviors, active listening, showing, and utilizing empathy, asking powerful questions and creating strategically structured sessions. This foundation is critical for any wellness professional as it creates the infrastructure necessary for counsellors, nutritionists and coaches to support clients in their healing and wellness related objectives.

**NUTR 220 Eating Disorders (45 hours: 2 weeks)**

This course will explore an advanced understanding of mental-emotional connections of food, and how and why food is misused in disordered eating. Eating disorders will be explored along with understanding the multidisciplinary approach required for those suffering from an eating disorder. Building an understanding of one's scope of practice and the ability to refer clients with eating disorders to a multi-disciplinary team is emphasized. This course will also explore how mindfulness and intuitive eating can support individuals on a path of healing with their relationship to food.

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

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. The focus of the course is the development of a thorough understanding of the Stages of Change Model. The course will provide insight into the use and misuse of psychoactive drugs in the human body including information on neurobiology and pharmacology. Students are asked to identify their own habits/addictions and asked to examine what effects they may have on their lives, keeping a journal of their personal experience of withdrawal. This course provides theory and practice in methods of counselling in the process of recovery and rehabilitation. Self-regulation Theory, reduction of enabling behavior, and the appropriate/responsible use of intervention strategies will be examined



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

Students will develop an understanding of the special needs of athletes. They will learn what foods best support general and intense physical exercise. Students will develop an understanding of traditional assessment tools in exercise such as Body Mass Index (BMI), and how to assess weight and wellness depending on physical fitness. A cross analysis of different sports-nutrition theories will be explored. Students will conduct research in the area of sport nutrition and give in-class group presentations.

**NUT 280 Nutrition for Advanced Ages(45 hours, 2 weeks)**

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. Students will learn how to work with families, caregivers, and support groups to ensure their older clients receive the nutrition they need to remain motivated to actively participate in their health and happiness.

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

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. Additionally, they will explore the professional opportunities in the exciting world of nutrition. They will learn about career options in the food industry, health care industry and wellness industry, as well as private practice. Students will receive employment counselling and will learn how to employ effective skills and resources to gain employment in areas and jobs they want to work in. Students will learn about basic business requirements including acquiring insurance, registering their business and creating realistic budgets that align with their goals.

**PROF 230 Professional Practice and Entrepreneurship (45 hours, 2 weeks)**

The course is a basic entrepreneurship course that will help students open their own private practice, as well as understand what it means to think like an entrepreneur whether working for oneself or for an organization. Students will learn proven strategies for success. They will learn how to utilize cost-effective techniques to develop and deploy action plans that will help them start their holistic wellness practice.

**PROF 220 Leadership (45 hours, 2 weeks)**

Students learn how to identify organizations that need their help and will source an appropriate organization that they can deliver a nutrition workshop to. Students will work together, in groups, to develop a meaningful workshop that addresses a need provided by the organization they will work with. Students gather together after the workshops and develop reflection and further development skills to improve their ability to offer effective workshops in the community. 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.



**WELL 210 Wellness Counselling Theories and Practice (180 hours: 8 weeks)**

Students will examine the theories and techniques utilized by counsellors to facilitate physical, mental, emotional, and spiritual wellness. The four modules that will be explored are physical wellness through somatic theories and techniques, mental wellness through exploring cognitive and narrative theories and techniques, emotional wellness through applying emotionally focused techniques and spiritual wellness through exploring transpersonal theory and techniques.

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

Students can choose from a wide variety of practicum placements including holistic eateries, integrative pharmacies, fitness centers, integrative wellness clinics, nutrition and supplement stores, community centers, and more. Students are encouraged to find placements in the area of industry they would like to work in and are given support until they are able to secure a practicum. 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. College administration will work with both the student and the place of practicum to ensure the relationship and experience is positive for both.