

LEVEL 5 DIPLOMA IN COACHING FOR LIFESTYLE & WELLBEING MANAGEMENT OUTLINE

The diploma qualification has been accredited by the Regulated Qualification Framework (RQF) and recognised across the European Qualification Framework. The unique Qualification Accreditation Number (QAN) for this qualification is:



Level 5 Diploma in Coaching for Lifestyle & Wellbeing Management 610/2580/X
Learner Registration Fee \$636

QUALIFICATION STRUCTURE AND REQUIREMENTS

1. Credits and Total Qualification Time (TQT)

The Level 5 Diploma in Nutrition & Health Coaching comprises 68 credits, equating to 680 TQT.

2. Qualification Structure

To achieve this qualification, **9 units** must be successfully completed. This includes 6 mandatory units and at least 3 electives to achieve a minimum of **68 credits**.

3. Equivalency

Completion of this program opens pathways to employment and articulation to advanced placement in a UK Degree. This diploma is equivalent to 60 credits and exempts students from a year of university. In Australia, students can also gain subject credits toward Bachelor's degrees.

* Completion of DNHC504 & DNHC507 confers the ICF Accredited 'Certified Coaching Professional' (CCP) qualification.

Unit Code	Mandatory Units	Level	Credit	FEE
DNHC501	Psychology & Wellbeing Foundations	5	7	\$399*
DNHC502	Human Nutrition	5	12	\$450
DNHC503	Wellbeing Management & Coaching Practices	5	8	\$525*
DNHC504	Mental Health & Trauma Awareness*	5	4	\$199
DNHC507	Coach Training for Professional Accreditation*	5	18	\$4119
DNHC508	Chronic Disease Guidelines	5	4	Incl
Total			53	

Unit Code	Elective Units	Level	Credit	FEE
DNHC509	Women's Health & Hormones	5	5	\$350**
DNHC510	The Gut & Microbiome	5	5	\$350**
DNHC511	Non-Diet Approach to Coaching	5	5	\$350
DNHC512	Nutrition Psychology, Food Choices & Eating Habits	5	5	\$350
DNHC513	Ayurvedic Lifestyle & Nutrition	5	5	\$350
DNHC514	Sports Nutrition for Optimal Performance	5	5	\$350
DHHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5	\$350
DNHC516	Super Foods & Nutrition	5	5	\$350
Total			15	

* Discount applies when enrolling into DNHC507, contact office.

** Confers also Certified Women's Health Coach

Fees listed in Australian Dollars. Pricing available in GBP, EUR, USD.

