

## **OUTLINE: LEVEL 5 DIPLOMA IN NUTRITION & HEALTH COACHING (MAJOR) with Certified Women's Health & Wellness Coach (Minor) and Certified Bio Optimise® Practitioner (Concurrent Qualification)**



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 Nutrition & Health Coaching 610/2579/3**

Learner Registration Fee of \$611

#### **QUALIFICATION STRUCTURE AND REQUIREMENTS**

##### **1. Credits and Total Qualification Time (TQT)**

The Level 5 Diploma in Nutrition & Health Coaching comprises 60 credits, equating to 600 TQT.

##### **2. Qualification Structure**

To achieve this qualification, **11 units** must be successfully completed. This includes 6 mandatory units and at least 3 electives to achieve a minimum of **60 credits for the Level 5 Diploma**. In order to complete the requirements for **Certified Women's Health Coaching**, coaches are required to undertake DNHC509 and DNHC510 via the elective pathway. To complete this Triple training package coaches will complete all 13 modules of the **Bio Optimised Life Program**.

##### **3. Equivalency**

Completion of the diploma 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.

Unit Code	Mandatory Diploma Units	Level	Credit
DNHC501	Psychology & Wellbeing Foundations	5	7
DNHC502	Human Nutrition	5	12
DNHC503	Wellbeing Management & Coaching Practices	5	8
DNHC504	Mental Health & Trauma Awareness	5	4
DNHC505	Physical Health Guidelines	5	4
DNHC506	Practicum: Ready for Practice	5	10
<b>Total</b>			<b>45</b>

Unit Code	Elective Units (Min. 3)	Level	Credit
DNHC509	Women's Health & Hormones - <b>REQUIRED</b>	5	5
DNHC510	The Gut & Microbiome - <b>REQUIRED</b>	5	5
DNHC511	Non-Diet Approach to Coaching	5	5
DNHC512	Nutrition Psychology, Food Choices & Eating Habits	5	5
DNHC513	Ayurvedic Lifestyle & Nutrition	5	5
DNHC514	Sports Nutrition for Optimal Performance	5	5
DNHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5
DNHC516	Super Foods & Nutrition	5	5
<b>Total</b>			<b>15</b>