

## OUTLINE: LEVEL 5 DIPLOMA IN NUTRITION & HEALTH COACHING (MAJOR) with Certified Women's Health & Wellness Coach (Minor)



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

### Level 5 Diploma in Nutrition & Health Coaching 610/2579/3

Learner Registration Fee of \$610

This qualification is also recognised across the European Qualification Framework.

### 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, **9 units** must be successfully completed. This includes 6 mandatory units and at least 3 electives to achieve a minimum of **60 credits**. In order to complete the requirements for Certified Women's Health Coaching coaches are required to undertake DNHC509 and DNHC510 and then select at least one further elective of their choice.

#### 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 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
DNHC505	Physical Health Guidelines	5	4	\$199
DNHC506	Practicum: Ready for Practice	5	10	\$525
<b>Total</b>			<b>45</b>	

Unit Code	Elective Units	Level	Credit	FEE
DNHC509	Women's Health & Hormones - REQUIRED	5	5	\$350
DNHC510	The Gut & Microbiome - REQUIRED	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
<b>Total</b>			<b>15</b>	

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



OFQUAL  
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