



LEVEL 5 DIPLOMA IN NUTRITION & HEALTH COACHING DUAL QUALIFICATION OPTIONS

Core Program: Level 5 Diploma in Nutrition & Health Coaching		Dual Qualification Options	
Unit Reference	Mandatory Units	PLUS Women's Health Coach	PLUS Holistic Wellness Coach
DNHC501	Psychology and Wellbeing Foundations	✓	✓
DNHC502	Human Nutrition	✓	✓
DNHC503	Wellbeing Management and Coaching Practices	✓	✓
DNHC504	Mental Health and Trauma Awareness	✓	✓
DNHC505	Physical Health Guidelines	✓	✓
DNHC506	Practicum	✓	✓
DNHC509-516	Elective 1	DNHC509 Women's Health & Hormones	DNHC513 Ayurvedic Lifestyle & Nutrition
DNHC509-516	Elective 1	DNHC510 The Gut & Microbiome	Choose from elective list DNHC509-516
DNHC509-516	Elective 1	Choose from elective list DNHC509-516	Choose from elective list DNHC509-516
End of program		End of program	Introduction to Holistic Wellness
			Coaching Techniques for Flourishing Clients
			End of program

Diploma Elective Options

DNHC509	Women's Health and Hormones
DNHC510	The Gut and Microbiome
DNHC511	Non-Diet Approach to Coaching
DNHC512	Nutrition Psychology, Food Choices and Eating Habits
DNHC513	Ayurvedic Lifestyle and Nutrition
DNHC514	Sports Nutrition for Optimal Performance
DNHC515	Botanical Healing; An Introduction to Herbal Medicine
DNHC516	Super Foods and Nutrition