WELL COLLEGE GLOBAL
INTERNATIONALLY RECOGNISED COACHING PROGRAMS & DIPLOMAS

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:

CCP-HW QUALIFIED DipCoaching(Lifestyle)

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)

TheLevel5DiplomainCoachingforLifiestyleandWellbeing Management comprises 68 credits, equating to 680 TQT.

2. Qualification Structure

Toachieve thisqualification,9units 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 thisprogramme 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) programme.

Unit Code	Mandatory 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
DNHC507	**Certified Coaching Professional (ICF Accreditation)***	5	18
DNHC508	Chronic Disease Guidelines	5	4
	Total		**53**

Unit Code	Elective Units	Level	Credit
DNHC509	Women’s Health & Hormones**	5	5
DNHC510	The Gut & Microbiome**	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
DHHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5
DNHC516	Super Foods & Nutrition	5	5
	Total		**15**

** Confers also Certified Women’s Health & Wellness Coach

QUALIFI APPROVED CENTRE

EMCC GLOBAL