

CERTIFIED COACHING PROFESSIONAL PROGRAM (CCP) and LEVEL 5 DIPLOMA IN COACHING FOR LIFESTYLE & WELLBEING

Certified Coaching Professional (CCP) has been accredited to a Level 1 International Coach Federation (ICF) program.

Reference to the unique Qualification Accreditation Number (QAN) for this qualification is in relation to the extended program of:

Level 5 Diploma in Coaching for Lifestyle & Wellbeing Management 610/2580/X

Qualification Structure and Requirements

Credits and Total Qualification Time (TQT)

The Level 5 Diploma in Coaching for Lifestyle & Wellbeing Management comprises **68 credits** which equates to 680hrs TQT. GLH refers to the Guided Learning Hours.

Diploma Qualification Structure

To complete the CCP program coaches are required only to complete DNHC 504 and 507.

The remaining units are required to achieve the Level 5 Diploma qualification. **9 units** must be successfully completed in total. This includes 6 mandatory units and at least 3 elective/ optional units, to achieve a minimum of **68 credits**.

Unit Reference	Mandatory Units for CCP	Level	TQT	Credit	GLH
DNHC504	Mental Health and Trauma Awareness	5	40	4	24
DNHC507	Coach Training for Professional Accreditation	5	180	18	105
Total			220	22	129

Unit Reference	Additional Mandatory Units in the Diploma	Level	TQT	Credit	GLH
DNHC501	Psychology and Wellbeing Foundations	5	70	7	41
DNHC503	Wellbeing Management and Coaching Practices	5	80	8	48
DNHC502	Human Nutrition	5	120	12	78
DNHC508	Chronic Disease, Wellbeing Guidelines and Resources	5	40	4	24
Total			310	31	191

Unit Reference	Diploma Electives (choose 3)	Level	TQT	Credit	GLH
DNHC509	Women's Health and Hormones	5	50	5	30
DNHC510	The Gut and Microbiome	5	50	5	30
DNHC511	Non-Diet Approach to Coaching	5	50	5	30
DNHC512	Nutrition Psychology, Food Choices and Eating Habits	5	50	5	30
DNHC513	Ayurvedic Lifestyle and Nutrition	5	50	5	30
DNHC514	Sports Nutrition for Optimal Performance	5	50	5	30
DNHC515	Botanical Healing; An Introduction to Herbal Medicine	5	50	5	30
DNHC516	Super Foods and Nutrition	5	50	5	30
Total			150	15	90

Note: Learner Registration Fee is required for all Diploma enrolments.