

LEVEL 5 DIPLOMA IN COACHING FOR LIFESTYLE AND WELLBEING MANAGEMENT

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

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

Qualification Structure and Requirements

Credits and Total Qualification Time (TQT)

The QUALIFI Level 5 Diploma in Nutrition and Health Coaching comprises **68 credits** which equates to 680 TQT.

Qualification Structure

To achieve this qualification **9 units** must be successfully completed. This includes 6 mandatory units and at least 3 elective/ optional units, to achieve a minimum of **68 credits**.

Unit Reference	Mandatory Units	Level	TQT	Credit	GLH
DNHC501	Psychology and Wellbeing Foundations	5	70	7	41
DNHC502	Human Nutrition	5	120	12	78
DNHC503	Wellbeing Management and Coaching Practices	5	80	8	48
DNHC504	Mental Health and Trauma Awareness	5	40	4	24
DNHC507	Coach Training for Professional Accreditation	5	180	18	105
DNHC508	Chronic Disease, Wellbeing Guidelines and Resources	5	40	4	24
Total			530	53	320

Unit Reference	Optional Units	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.