

OUTLINE

CERTIFIED WOMEN'S HEALTH & WELLNESS COACH



Qualification Structure and Requirements

To achieve this qualification **9 units** must be successfully completed. This includes 7 mandatory units and at least **2 electives**, to achieve a minimum of **43 credits**.

DNHC denoted units form part of the accredited Level 5 Diplomas and can be credited at any time.

Unit Code	Mandatory Units	Level	Credit	FEE
DNHC501	Psychology & Wellbeing Foundations	5	7	\$399
DNHC503	Wellbeing Management & Coaching Practices	5	8	\$525
DNHC504	Mental Health & Trauma Awareness	5	4	\$199
DNHC506	Practicum: Ready for practice	5	10	\$525
DNHC507	Women's Health & Hormones	5	5	\$350
DNHC510	The Gut & Microbiome	5	5	\$350
DNHC608	Chronic Disease Guidelines	5	4	Incl
Total			43	

Unit Code	Elective Units	Level	Credit	FEE
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
DNHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5	\$350
DNHC516	Super Foods & Nutrition	5	5	\$350
WCGE04	Introduction to Meal & Menu Planning	5	-	\$350
WCGE06	Nutrition for Conception, Pregnancy & Breastfeeding	5	-	\$350
WCGE07	Design & Deliver Healthy Lifestyle Events	5	-	\$350
WCGE08	Early Nutrition: Birth to Adolescence	5	-	\$350
WCGE09	Weight Management Nutrition	5	-	\$350
WCGE10	Coaching Confidence	5	-	\$350

DNHC units in this qualification have been accredited to the Regulated Qualification Framework (RQF) and credit to the:

Level 5 Diploma in Nutrition and Health Coaching 610/2579/3

*Learner Registration fee applies

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



NHS APPROVED