



Diploma in Nutritional Therapy Year 1 Lecture Plan 2010 – 2011

Venue: Education & Research Centre, Our Lady's Hospice, Harold's Cross, Dublin 6W

Exit Awards at End of Year 1

Institute of Health Sciences Certificate in Dietary Coaching (if Nutrition in Society module completed at end of year 1)
ITEC Diploma in Diet and Nutrition for Complementary Therapists (on application for those with another CAM discipline or similar)

Semester 1

WEEKEND		Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
YEAR 1 SEMESTER 1	LECTURE W/E1 HEALTH, HEALTHCARE AND NUTRITIONAL THERAPY 2 nd & 3 rd October	The history of healthcare The concept of health The modern Western diet and lifestyle Different ways of eating and their affects on health Medical conditions associated with modern diet and lifestyle Different healthcare models: Orthodox, functional medicine, CAM The fundamentals of being an Nutritional Therapist The importance of research in healthcare The importance of reflection in independent learning and in healthcare practice	
	LECTURE W/E 2 ANATOMY & PHYSIOLOGY PART 1 30 th & 31 st October	An introduction to A and P Cells and Tissues Basic biochemistry How the human body works Building Blocks of Life Introduction to energy production and cellular respiration Enzymes	
	LECTURE W/E 3 THE BASICS OF NUTRITION PART 1 20 th & 21 st November	The macronutrients and metabolism Energy production and specific metabolic pathways Free radicals and reactive oxygen species The role of the micronutrients in energy production Protein	
	LECTURE W/E 4 THE BASICS OF NUTRITION PART 2 11 th & 12 th December	Carbohydrates Lipids Overweight and obesity The Dietary Coaching approach to weight loss Anorexia nervosa and bulimia	
	LECTURE W/E 5 THE BASICS OF NUTRITION PART 3 8 th & 9 th January	Minerals (macro and micro) Vitamins Phytonutrients How to use basic supplements for therapeutic gain	

Anatomy and Physiology Home Study Semester 1

To be conducted throughout semester 1 before boot camp on 5th and 6th Feb.

Digestive System ** Recommendation to study prior to module 3 lectures, part 3 lectures
 Musculoskeletal System ** Recommendation to study prior to module 3 lectures, part 3 lectures
 Urinary system ** Recommendation to study prior to module 3 lectures, part 3 lectures
 Electrolyte balance ** Recommendation to study prior to module 3 lectures, part 3 lectures
 Cardiovascular system
 Blood ** Recommendation to study prior to module 3 lectures, part 3 lectures
 The skin
 The special senses

Semester 2

WEEKEND		Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
YEAR 1 SEMESTER 2	LECTURE W/E 6 ANATOMY & PHYSIOLOGY PART 2 5th & 6th February	Anatomy and Physiology boot camp Introduction to semester 2 Anatomy and Physiology	
	LECTURE W/E 7 CLINICAL PRACTICE 5 th and 6 th March	Case studies and group activities *Joint class with 2 nd year students	
	LECTURE W/E 8 THE BASICS OF NUTRITION PART 4 2 nd & 3 rd April	Different food groups Healthy alternatives to common foods: adding variety to the diet Common anti nutrients Natural toxins and non food based toxins Reducing toxins in the diet and lifestyle – basic introduction Acid and alkaline balance in the body The nutrition requirements of different systems of the body (brief introduction) The affects of poor digestion and absorption on health Bowel flora and health Supporting digestion	
	LECTURE W/E 9 CLINICAL PRACTICE 16 th & 17 th April	Case studies and group activities *Joint class with 2 nd and 3 rd year students	
	LECTURE W/E 10 ANATOMY & PHYSIOLOGY PART 3 7 th and 8 th May	Anatomy and Physiology boot camp Revision for exam	
A AND P EXAM + LECTURE W/E 11 NUTRITION IN SOCIETY PART 1 21 st and 22 nd May Venue for cooking demo: TBC OPTIONAL (for completion of IHS Certificate in Dietary Coaching)	A and P exam (Saturday morning) Cooking demonstration (Saturday afternoon) The effects of cooking on food Maximising the nutrient content of food groups Healthy eating on a budget *Joint class with 2nd and 3rd year students Sunday and home study: Food labelling Basic novel foods and how to use them Growing your own Whole food initiatives: The slow food movement, GIY (Grow it yourself) Introduction to herbs used for common health disorders Food - from farm to fork (Ireland) Food processing/manufacturing methods EU food regulation Organic food		
LECTURE W/E 12 NUTRITION IN SOCIETY PART 2 18 th and 19 th June OPTIONAL (for completion of IHS Certificate in Dietary Coaching)	The physiology of and nutrition for different groups of the population Vulnerable groups The affects of diet on common disorders Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills		

Anatomy & Physiology Home Study Semester 2

To be conducted throughout semester 2 before boot camp on 7th and 8th May and exam on 21st May

Lymphatic System
The Immune System
Reproductive system
Genetics
Endocrine System
The nervous system
Respiratory System

Anatomy & Physiology Exam Date is 21st May 2011



Diploma in Nutritional Therapy Year 2 Lecture Plan 2010 – 2011

Venue: Education & Research Centre, Our Lady's Hospice, Harold's Cross, Dublin 6W

Exit Award at End of Year 2

IHS Certificate in Dietary Coaching (if not completed at end of year 1)
 ITEC Diploma in Anatomy and Physiology (On application. May be completed after Pathophysiology module in Year 2)

Semester 1

WEEKEND	Lecture & Home Study Content	
	Saturday (9.00am-6.00pm) * 9.00am-10.00am – tutorial	Sunday (9.30am-4.30pm)
YEAR 2 SEMESTER 1	LECTURE W/E 1 PATHOPHYSIOLOGY PART 1 2 nd & 3 rd October	Immunology Disorders and diseases of the immune system and digestive system Reproductive system Diseases and disorders associated with the reproductive system
	LECTURE W/E 2 NUTRITIONAL THERAPEUTICS PART 1 30 th & 31 st October	Key functional medicine imbalances: Immune and inflammatory, Digestive and absorptive, Microbiological Bowel flora Dietary and lifestyle effects on bowel flora composition Th1-Th2 imbalances and associated conditions Supporting and modulating the immune system and digestive system with diet and nutrients
	LECTURE W/E 3 NUTRITIONAL THERAPEUTICS PART 2 20 th & 21 st November	Key imbalances identified by functional medicine: Detoxification and biotransformation, Oxidation reduction imbalances Detoxification and toxic elimination Limiting toxic intake through diet and lifestyle Acid and alkaline diets
	LECTURE W/E 4 PATHOPHYSIOLOGY PART 2 11 th & 12 th December	Endocrine System The nervous system Diseases and disorders associated with the endocrine system, nervous system and musculoskeletal system
	LECTURE W/E5 NUTRITIONAL THERAPEUTICS PART 3 8 th & 9 th January	Functional medicine imbalances: Structural + hormonal and neurotransmitter The physiological effects of chronic stress on general health and different systems of the body Therapeutics for the nervous and endocrine systems Foods and nutrients for supporting the musculoskeletal system

Pathophysiology Home Study Semester 1 and 2

To be conducted throughout semester 1 and 2 before boot camp on 2nd and 3rd April and exam on 21st May. We recommend studying this material as early as possible in order to utilise it during clinical practice weekends in semester 2.

- Pathologies of the cardiovascular, urinary and lymphatic systems and skin
- Foods and nutrients for supporting the cardiovascular, urinary and lymphatic systems and skin
- Diseases and disorders associated with the respiratory system and special senses
- Foods and nutrients for supporting the respiratory system and special senses

Semester 2

WEEKEND		Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am – tutorial	Sunday (9.30am-4.30pm)
SEMESTER 2	LECTURE W/E 6 CLINICAL PRACTICE 5 th & 6 th February	Case studies and group activities *Joint class with 3 rd year students	
	LECTURE W/E 7 CLINICAL PRACTICE 5 th and 6 th March	Case studies and group activities *Joint class with 1 st year students	
	LECTURE W/E 8 PATHOPHYSIOLOGY PART 4 2 nd & 3 rd April	Boot camp: physiology and pathology Revision and case studies: Functional Medicine model	
	LECTURE W/E 9 *CLINICAL PRACTICE DAY 16 th & 17 th April	Case studies and group activities *Joint class with 1 st and 3 rd year students	
	PATHOPHYSIOLOGY EXAM + LECTURE W/E 10 NUTRITION IN SOCIETY PART 1 21st and 22nd May Venue for cooking demo: TBC	Pathophysiology exam (Saturday morning) Cooking demonstration (Saturday afternoon) The effects of cooking on food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Healthy eating on a budget * Joint class with 1 st and 3 rd year students Sunday and home study: Food labelling Basic novel foods and how to use them Growing your own Whole food initiatives: The slow food movement, GIY (Grow it yourself) Introduction to herbs used for common health disorders Food - from farm to fork (Ireland) Food processing/manufacturing methods EU food regulation Organic food	
	LECTURE W/E 11 NUTRITION IN SOCIETY PART 2 18 th and 19 th June	The physiology of and nutrition for different groups of the population Vulnerable groups The affects of diet on common disorders Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills	

Pathophysiology Exam Date is 21st May 2011



INSTITUTE OF HEALTH SCIENCES

IHS

Diploma in Nutritional Therapy Year 3 Lecture Plan 2010 – 2011

Venue: Education & Research Centre, Our Lady's Hospice, Harold's Cross, Dublin 6W

Exit Award at End of Year 3

IHS Certificate in Advanced Therapeutics

Semester 1

	WEEKEND	Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
YEAR 3 SEMESTER 1	LECTURE W/E 1 PRACTITIONER DEVELOPMENT PART 1 2 nd & 3 rd October	The patient practitioner relationship Taking a case history Reflection in Practice	
	LECTURE W/E 2 PRACTITIONER DEVELOPMENT PART 2 30 th & 31 st October	Using research to inform your interpretations and clinical decisions Interpreting case histories Obtaining information on pathologies and diseases	
	LECTURE W/E 3 NUTRITIONAL THERAPEUTICS 2 PART 1 20 th & 21 st November	Choosing appropriate supplements Advanced supplements Special nutrients Novel and functional foods EU regulation of the health food and natural healthcare industry	
	LECTURE W/E 4 NUTRITIONAL THERAPEUTICS 2 PART 2 11 th & 12 th December	Designing your therapeutic diet and supplement programme – 1 st consultations and follow-ups Formatting dietary and supplement information for your client Referrals and collaboration	
	LECTURE W/E 5 CLINICAL PRACTICE 8 th & 9 th January	The application of nutritional therapy Nutrition in common conditions Case studies	

Semester 2

	WEEKEND	Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
YEAR 3 SEMESTER 2	LECTURE W/E 6 CLINICAL PRACTICE 5 th & 6 th February	Case studies and group activities License to practise Live cases *Joint class with 2 nd year students	
	LECTURE W/E 7: PHARMACOLOGY AND DIAGNOSTIC TESTS PART 1 5 th and 6 th March	Diagnostic tests: Basic biochemical tests, In clinic tests, Orthodox tests, Referring a client for tests	
	LECTURE W/E 8 PHARMACOLOGY & DIAGNOSTIC TESTS PART 2 2 nd & 3 rd April	Common prescription drugs Drug/nutrient/herb interactions Working with GPs to overcome problems Using essential reference texts – i.e. The BNF, MIMS, PDR	
	LECTURE W/E 9 CLINICAL PRACTICE 16 th & 17 th April	License to practise Live cases *Joint class with 1 st & 2 nd year students	

LECTURE W/E 10 CLINICAL PRACTICE 7 th and 8 th May	Case studies and group activities License to practise Live cases
COOKING DEMONSTRATION (optional) 22 nd May Venue: TBC	Optional Cooking Demonstration *Joint class with 1 st and 2 nd year students

Repeat Exam Date is 21st May 2011.

*Please note – there is no exam in year 3 except for those students needing to repeat exams



INSTITUTE OF HEALTH SCIENCES

Diploma in Nutritional Therapy Year 4 REMAINING CLINICAL PRACTICE - DUBLIN

Exit Award at End of Year 4

IHS Diploma in Nutritional Therapy

Dates for remaining clinical practice
(After successful completion of Year 3)

Weekend	Saturday 9am – 6.00pm	Sunday 9am – 6.00pm
Weekend 1 4 th & 5 th September 2010 Venue: OLH	Practitioner – Suzanne Laurie and Sally Milne Care groups - 1 and 2	Practitioner – Suzanne Laurie and Sally Milne Care groups – 3 and 4
Weekend 2 18 th & 19 th September 2010 Venue: OLH	Practitioner – Sally Milne and Helen Corrigan Care groups – 5 and 6	Practitioner – Sally Milne and Helen Corrigan Care groups – 1 and 2
Weekend 3 9 th & 10 th October 2010 Venue: OLH	Practitioner – Anneliese Dressel and Lin Ducker Care groups – 3 and 4	Practitioner – Anneliese Dressel and Lin Ducker Care groups – 5 and 6
Weekend 4 30 th October & 31 st October 2010 Venue: OLH	Practitioner – Suzanne Laurie and Lin Ducker Care groups – 1 and 2	Practitioner – Suzanne Laurie and Lin Ducker Care groups – 3 and 4
Weekend 5 6 th & 7 th November 2009 Venue: OLH	Practitioner – Anneliese Dressel and Helen Corrigan Care groups – 5 and 6	Practitioner – Anneliese Dressel and Helen Corrigan Care groups – 1 and 2
Weekend 6 13 th & 14 th November 2010 Venue: OLH	Practitioner – Anneliese Dressel and Suzanne Laurie Care groups – 3 and 4	Practitioner – Anneliese Dressel and Suzanne Laurie Care groups – 5 and 6
Weekend 6 27 th & 28 th November 2010 Venue: OLH	Practitioner –Suzanne Laurie Care groups – as required	Practitioner –Suzanne Laurie Care groups – as required