



**Certificate in Dietary Coaching: Nutrition and Health  
Course Modules and Lecture Weekends  
(Distance Learning or In-class Study Options)**

Module	Module Content
<p><b>PRE-READING (Home study for all students)</b></p>	<p><b>Understanding the Human Body and Health</b>            The human body and how it works            The nutrition requirements of different systems of the body            Digestion and absorption            Bowel flora and health            The effects of poor digestion on health            Supporting digestion            The nutrition requirements of different systems of the body (brief introduction)            Key factors in disease progression in the West</p>
<p><b>HEALTH, HEALTHCARE AND DIETARY THERAPY</b></p> <p><b>LECTURE W/E 1 24<sup>th</sup> &amp; 25<sup>th</sup> September</b></p>	<p><b>The Western Diet and Lifestyle and Health</b>            The history of healthcare            The concept of health: Factors affecting health &amp; healthcare            The modern Western diet and lifestyle            Medical conditions associated with modern diet and lifestyle            Different healthcare models: Orthodox, functional medicine, CAM            The fundamentals of being an Nutritional Therapist and Dietary Coach            The importance of research in healthcare            The importance of reflection in independent learning and in healthcare practice</p>
<p><b>THE MACRO- NUTRIENTS PART 1</b></p> <p><b>LECTURE W/E 2 19<sup>th</sup> &amp; 20<sup>th</sup> November</b></p>	<p><b>The macronutrients and metabolism</b>            Energy production in the body            Turning macronutrients into energy            Free radicals            The role of the micronutrients in energy production            Protein: Amino acids, Biological functions, Protein quality, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary source</p>
<p><b>THE MACRO- NUTRIENTS PART 2</b></p> <p><b>LECTURE W/E 3 10<sup>th</sup> &amp; 11<sup>th</sup> December</b></p>	<p><b>The Macronutrients and Health</b>            Carbohydrates: Mono, di- and polysaccharides, Biological functions, Recommended levels of consumption, Glycaemic load, Hypoglycaemia, Diabetes, Syndrome X, Deficiency and toxicity symptoms, Dietary sources            Lipids: Fatty acids, Phospholipids, Cholesterol, Essentiality, Quality, Biological functions, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary sources            Overweight and obesity: Different nutrients and diets and their effects on weight loss and health, Barriers to weight loss, The Dietary Coaching approach to weight loss, Anorexia nervosa and bulimia, Adverse effects of malnutrition</p>

<p><b>THE MICRO-NUTRIENTS AND FOOD GROUPS PART 1</b></p> <p><b>LECTURE W/E 4</b> 7<sup>th</sup> &amp; 8<sup>th</sup> January</p>	<p><b>The Micronutrients and Health</b> Minerals (macro and micro), vitamins and phytonutrients: Biological functions, Recommended levels of intake, Mineral/mineral antagonism, Deficiency, imbalance and toxicity symptoms, Dietary sources of each, Bioavailability of dietary sources, Interactions with other macro/micro nutrients affecting bioavailability, Assessing individual needs for different minerals Nutritional supplements: How to use basic supplements for therapeutic gain, Basic vitamin and mineral formulations, Single supplements, Nutrient complexes</p>
<p><b>THE MICRONUTRIENTS AND FOOD GROUPS PART 2</b></p> <p><b>LECTURE W/E 5</b> 31<sup>st</sup> March &amp; 1<sup>st</sup> April</p>	<p><b>Food Groups and Health</b> Food Groups: Classification of foods (fruit, vegetables, grains, pulses, meat, dairy, nuts, seeds, fish), Important sources of each, Their composition, How they are processed, Their effects on health – positive and negative, Their place in a therapeutic diet Healthy alternatives to common foods: adding variety to the diet The effects of cooking on food: The positives and negatives of cooking, Raw food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Basic novel foods and how to use them Common anti nutrients: Chemical additives and preservatives: Sources, Classifications, Regulation, Research Natural toxins: Caffeine, Oxalates, Phytates, Tannins, Alkaloids, Goitrogens Non food based toxins: smoking, cooking and storage vessels, medication Reducing toxins in the diet and lifestyle – basic introduction Acid and alkaline balance in the body</p>
<p><b>NUTRITION IN SOCIETY 1</b></p> <p><b>LECTURE W/E 6</b> 2<sup>nd</sup> &amp; 3<sup>rd</sup> June <b>Venue for cooking demo: TBC</b></p> <p><b>NB: Saturday 2<sup>nd</sup> June lectures in afternoon only</b></p>	<p><b>Meal Planning and Maximising Nutrient Status</b> Cooking demonstration (Saturday afternoon) Healthy eating on a budget Food labelling Growing your own: Vegetables, herbs, fruit Whole food initiatives: The slow food movement, GIY (Grow it yourself) Food - from farm to fork (Ireland): Regulatory bodies, State departments and agencies, Traceability, Implications on our industry Food processing/manufacturing methods: Past and present, Effects on health, Research to back up links to chronic disease, The future outlook EU food regulation: Governing bodies, General food law, Policies and procedures Organic food: Health, Nutrition, The environment, Sustainable agriculture Different ways of eating and their affects on health</p>
<p><b>NUTRITION IN SOCIETY 2</b></p> <p><b>LECTURE W/E 7</b> 23<sup>rd</sup> &amp; 24<sup>th</sup> June</p> <p><b>COMPULSORY ATTENDANCE</b></p>	<p><b>Dietary Coaching in Practice</b> Introduction to herbs used for common health disorders The physiology of and nutrition for different groups of the population: The elderly, Children, Babies, Infants, Adolescents, Pregnancy and lactation, The chronically ill/injured, Lower socio economic groups, sports enthusiasts The affects of diet on common disorders: Digestive disorders, Heart disease, Immune disorders, Inflammatory conditions, Frequent infections, Hormonal imbalances, Skin conditions, Osteoporosis, Headache and migraine, Stress related disorders Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills</p>

## Additional In Class Weekends – Optional

<b>CLINICAL PRACTICE</b> 3 <sup>rd</sup> & 4 <sup>th</sup> March	Case studies and group activities
<b>CLINICAL PRACTICE</b> 21 <sup>st</sup> & 22 <sup>nd</sup> April	Case studies and group activities

## Additional Add On Modules – Optional

<b>PERFORMANCE NUTRITION</b> <b>(home study)</b>	<b>Nutrition for Optimum Performance</b> The Functional Medicine approach to performance nutrition The nutritional requirements of sports enthusiasts and athletes Strength athletes and endurance athletes Nutrition for sports related conditions: Immune under function, Free radical production, Injuries, Stress, Digestive issues Nutrition for increasing energy Nutrition for vegan and vegetarian athletes
-----------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**Note:** This certificate can be completed almost entirely via distance learning. There is only one compulsory attended weekend for the module: Nutrition in Society Part 2. There is also the option to attend lecture weekends throughout the academic year at a small additional cost. Please contact the office for further details.