

Brief Course Description

This course studies a variety of diets that can be beneficial for restoring and maintaining an optimum level of health.

Course Prerequisites

- Pediatric Nutrition
- Adult Nutrition
- Geriatric Nutrition
- Fundamentals of Holistic Nutrition 1
- Nutritional Symptomatology
- Environmental Pollution
- Preventative Nutrition
- Allergies and Nutrition
- Human Anatomy
- Human Physiology
- Biological Studies
- Fundamentals of Holistic Nutrition II
- Fundamentals of Holistic Nutrition IIIA
- Fundamentals of Holistic Nutrition IIIB
- Nutritional Pathology
- Psycho Nutrition
- Chemistry
- Biochemistry Part 1
- Biochemistry Part 2
- Sports Nutrition
- Anti-Aging Nutrition

Textbooks Required for this Course

Body Ecology Diet by D. Gates
Optimal Wellness by R. Golan

Equipment Required for this Course

N/A

Course Duration

Course is self paced, distance education.
Approximately 40 hours of study.

Homework Hours

None.

Delivery Methods

Indicate how the course is delivered:

- On-site delivery.*
- Distance delivery.***
- Combined delivery (on-site and distance.)*

Alternative and Comparative Diets Course Outline

Instructional Method	Method of Delivery. (reflect all methods used.) Distance Education.	Contact Hours. Monday-Friday, 9am to 5pm
Learning Objectives/Outcomes	Upon completion of this course the successful student will have reliably demonstrated the ability to: Create a full 1 week menu based on the principles of The Body Ecology Diet.	
Student Progress/Assessment Methods	Students are assessed based on an open book examination at the end of the course, which is then submitted for marking. Students must score 80% to be considered successful.	
Attendance Expectations	N/A	
Dress Expectations (if applicable)	N/A	

Course Details

The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.

Lesson:	Topics Covered
1	The Body Ecology Diet – Basic Concepts
2	The Body Ecology Diet – HOW it works
3	The Body Ecology Diet – Foods, and how to combine them.
4	The Body Ecology Diet – Create a Menu Plan
5	Common Dietary Health Hazards
6	Individual Factors to consider for an Optimal Diet
7	Ten Common Denominators of Illness
8	Fasting and Cleansing

