

<b>Brief Course Description</b>	The Fundamentals of Holistic Nutrition II course addresses the reasons why it is important to take the extra time and care to follow a nutritious diet, and deepens the student’s understanding of what foods and supplements are required to establish a nutritious, balanced diet.	
<b>Course Prerequisites</b>	<ul style="list-style-type: none"> <li>• Pediatric Nutrition</li> <li>• Adult Nutrition</li> <li>• Geriatric Nutrition</li> <li>• Fundamentals of Holistic Nutrition 1</li> <li>• Nutritional Symptomatology</li> <li>• Environmental Pollution</li> <li>• Preventative Nutrition</li> <li>• Allergies and Nutrition</li> <li>• Human Anatomy</li> <li>• Human Physiology</li> <li>• Biological Studies</li> </ul>	
<b>Textbooks Required for this Course</b>	The New Optimum Nutrition Bible by P. Holford	
<b>Equipment Required for this Course</b>	N/A	
<b>Course Duration</b>	<b>Course is self paced, distance education.</b> Approximately 50 hours of study.	
<b>Homework Hours</b>	None.	
<b>Delivery Methods</b>	Indicate how the course is delivered:  <input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> <b><i>Distance delivery.</i></b> <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>	
<b>Instructional Method</b>	<b>Method of Delivery.</b> (reflect all methods used.)  <b>Distance Education.</b>	<b>Contact Hours.</b>  <b>Monday-Friday, 9am to 5pm</b>
<b>Learning Objectives/Outcomes</b>	<p><b>Upon completion of this course the successful student will have reliably demonstrated the ability to:</b></p> <p>After completion of this course, students will be able to apply the practice of “Optimum Nutrition” to their own lives, as well as introduce it into the lives of others.</p>	



## Fundamentals of Holistic Nutrition II Course Outline

<b>Student Progress/Assessment Methods</b>	Students are assessed based the completed course workbook, submitted for marking. Students must score 80% to be considered successful.
<b>Attendance Expectations</b>	N/A
<b>Dress Expectations (if applicable)</b>	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.

<b>Lesson:</b>	<b><u>Topics Covered</u></b>
1	“You Are What You Eat”
2	“You Are What You Eat” for the Heart, Immunity, Hormones, Bones and Skin!
3	The Benefits of “Optimum Nutrition”
4	Cell Division and Reproduction
5	Detoxing your body

