



Fundamentals of Holistic Nutrition IIIB Course Outline

Brief Course Description

The Fundamentals of Holistic Nutrition IIIB wraps up the student's study of "Optimum Nutrition" and show the student how to create a personal "optimal nutrition" plan, as well as applying the principles to create plans for others.

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

Textbooks Required for this Course

The New Optimum Nutrition Bible by P. Holford

Equipment Required for this Course

N/A

Course Duration

Course is self paced, distance education.
Approximately 50 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.)

Instructional Method

Method of Delivery.

Contact Hours.

(reflect all methods used.)

Distance Education.

Monday-Friday, 9am to 5pm



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Learning Objectives/Outcomes	Upon completion of this course the successful student will have reliably demonstrated the ability to: After completion of this course you will be able to create more detailed, specific, personalized nutritional advice for yourself and others.
Student Progress/Assessment Methods	Students are assessed based the completed course workbook, 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	Optimum Nutrition for All Ages
2	Your Personal Nutrition Program
3	Food Facts

