



## The Longevity Centre Program Outline Level 2: Nutritional Counselling Diploma

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### **Brief Program Description**

This course provides training for individuals who are seeking personal or career growth in the field of natural nutrition. Its objectives are to provide students with a solid foundation in the principles of natural nutrition, to enable them to apply essential nutritional knowledge in the therapeutic client/practitioner relationship, and to prepare them to meet the challenge of the rapidly growing complementary health care system.

Graduates from this program are strongly encouraged to apply for membership in the International Organization of Nutritional Consultants (I.O.N.C.) and to obtain the designation, R.N.C. (Registered Nutritional Consultant), or the professional designation, R.N.C.P. (Registered Nutritional Consultant Practitioner).

A Student can progress at his/her own pace. The diploma program consists of 88 credits. (One credit hour is the approximate equivalent of one semester hour, or 6 - 12 hours of home study assignments and case studies). The program may take anywhere from six months to two years to complete. A proctored final examination is required when all modules of studies have been completed. The purpose of this exam is to permit the student to display overall competence in applying the knowledge learned in this program. A proctor is a responsible person (who works preferably in the education field) who will receive and administer the exam, and then return it to our school for assessment.

A diploma will be awarded to those candidates who have successfully completed all courses, as set out in the curriculum, and who have passed the necessary written exams designed for each subject.

### **Career Opportunities**

- Health Food or Vitamin store work.
- **Start own Nutritional Counselling Practice**
- Work in food services for retirement communities, group home, hospital, spa, etc.



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### Admission Requirements

Must:

- provide proof of either: high school diploma or mature student status (19 years or older)
- provide completed application for with \$40 fee
- provide written answer regarding desire to take program in 500 words or less.

### Required Textbooks

\* All texts are included in program fee, and are provided by school\*

- The Optimum Nutrition Bible by P. Hollford
- Superimmunity for kids by L. Galland
- The Prescription for Nutritional Healing, P. & J. Ballach
- Stop Aging Now! By J. Carper
- Optimal Wellness by R. Golan
- Superhealth in a Toxic World by M. Payne
- Allergy Relief & Prevention by J. Krone, F. Taylor & E. Larson
- The Princeton Review Anatomy Colouring Book by I.E. Alcamo
- The Princeton Review Physiology Colouring Book by K. Axen & K. Vermitsky Axen
- Cell Biology & Genetics by Starr and Taggart
- Digestive Wellness by E. Lipski
- Prescription for Nutritional Healing: A to Z Guidebook to Supplements by P. Ballch & J. Ballch
- Nutrition and Mental Illness by C. Pfeiffer
- An Introduction to Chemistry for Biology Students by G. Sackheim
- Sports Nutrition Guidebook by N. Clarke
- Shed 10 years in 10 weeks by J. Whitaker
- Body Ecology Diet by D. Gates
- How to Give Nutritional Advice Legally by D. Rowland
- Start and Run a Profitable Consulting Business by D. Gray

### Equipment required for this Program

Coloured Pencils ( required for Human Anatomy and Human Physiology courses only)



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<b>Other Materials</b>	None
<b>Program Duration</b>	Program is self paced – approximately 1040 hours total workload
<b>Homework Hours</b>	Program is self paced – approximately 1040 hours total workload
<b>Delivery Methods</b>	Indicate how the program 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 Methods</b>	<b><i>Method of Delivery (reflect all methods used)</i></b>	<b><i>Contact Hours</i></b>
	Distance Education	Monday thru Friday, 9 am to 5pm



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**Learning Objectives/Outcomes**      **Upon completion of this program the successful student will have reliably demonstrated the ability to:**

This course provides students with a solid foundation in the principles of natural nutrition, to enable them to apply essential nutritional knowledge in the therapeutic client/practitioner relationship, and to prepare them to meet the challenge of the rapidly growing complementary health care system.

Graduates from this program are strongly encouraged to apply for membership in the International Organization of Nutritional Consultants (I.O.N.C.) and to obtain the designation, R.N.C. (Registered Nutritional Consultant), or the professional designation, R.N.C.P. (Registered Nutritional Consultant Practitioner).

**Student Progress/  
Assessment Methods**

Students will be assessed through:

- examinations for each course
- a “Nutritional Research Paper”
- 5 Nutritional Case Studies
- Proctored Final Exam.

A student’s final grade is based 80% on course work and examinations, and based 20% on the proctored final examination.

**Attendance  
Expectations**

Program is distance education, so no attendance is required. However, students must show that they are working and making progress by submitting work and keeping contact with the school on a regular basis

**Dress Expectations  
(if applicable)**

N/A



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### Program Organization

*List the subjects/courses in this program and the instructional hours allotted to each in order to show a scope and sequence of subject matter sufficient to achieve the learning outcomes for the program.*

Name of Course/Subject	# of Hours
<b>Module #1</b> Pediatric Nutrition Adult Nutrition Geriatric Nutrition Fundamentals of Holistic Nutrition	<b>250</b> (approx. – This course is distance education and self paced)
<b>Module #2</b> Nutritional Symptomatology Environmental Pollution Preventative Nutrition Allergies and Nutrition	<b>250</b> (approx. – This course is distance education and self paced)
<b>Module #3</b> Human Anatomy Human Physiology Biological Studies Fundamentals of Holistic Nutrition II	<b>240</b> (approx. – This course is distance education and self paced)
<b>Module #4</b> Fundamentals of Holistic Nutrition IIIa Fundamentals of Holistic Nutrition IIIb Nutritional Pathology Psycho Nutrition Chemistry Biochemistry Part One Biochemistry Part Two	<b>250</b> (approx. – This course is distance education and self paced)
<b>Module #5</b> Sports Nutrition Anti-Aging Nutrition Alternative and Comparative Diets Clinical Nutrition and Research Paper Jurisprudence and Business Management Five Nutritional Case Studies	<b>250</b> (approx. – This course is distance education and self paced)