

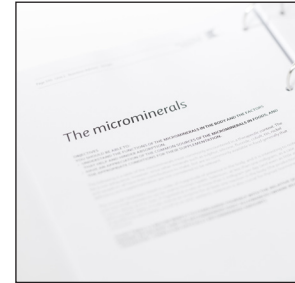
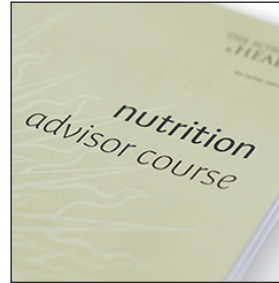


nourish

*nutrition advisor & therapist
home study courses
eat well · be well*



THE
SCHOOL OF HEALTH®



Everybody is waking up to the potential of good nutrition, and increasingly people are becoming more aware of health issues attributed to either good or poor diet. For example, the intake of some foods can lead to a lack of energy, weight gain, digestive problems and may contribute to depression or anxiety. Along with the growing awareness of nutrition comes the demand for good advice and qualified Nutritional Therapists. There has never been a better time to study nutrition. We offer three qualification levels with accreditation.

Nutrition Advisor Course (Yr 1)

This accredited Nutrition Advisor Course is for anyone who wants to become a Nutrition Advisor with insurance and professional registration, it is also the starting point for the Nutritional Therapist Diploma Course. In our comprehensive Nutrition Advisor Course you will learn about the importance of nutrition, diet and food to ensure health and wellbeing. Foods and their effects on health is something that affects us all and this course is a great way to start your career in this growing area of interest. Study through distance learning via our online learning system or by correspondence. The Nutrition Advisor programme comprises 4 Units of Nutrition and the course is equivalent to NVQ Level 4.

Units: 1-4

Study hours: 600

Course Length: 9-12 months

Enrolment period given: 18 months

Clinical Observation: Online Clinics (10 hours)

Clinical Event: 2 Day Event

Certificate: Nutrition Advisor Diploma

Accreditation: FNTF

“I love that you are being equipped to help people achieve their best possible state of health by educating them on what works for their body.”

Anke, Nutritional Therapist, Yr 2 Student



Nutritional Therapist Course (Yr 2)

Year 2 follows on seamlessly from the Year 1 Nutrition Advisor Course. This accredited Nutritional Therapist Diploma Course is ideal for anyone who wants to become a Nutritional Therapist and set up their own practice with insurance and professional registration. Nutritional Therapist's look at someone's diet and recommend changes to address a variety of diet-related health problems, send of lab tests and use supplementation. This Diploma is fully accredited by the Federation of Nutritional Therapy Practitioners (FNTP), graduates from this course can also join the Society of Naturopaths (SoN) as an 'Associate Naturopath'. Year 2 consists of another 4 Units of Nutrition the course is equivalent to NVQ Level 5.

Units: 5-8

Study hours: 600

Course Length: 9-12 months

Enrolment period given: 18 months

Clinical Observation: Online Clinics (10 hours) &

Clinical Event: 4 Day Event

Clinical Supervision: Case with tutor (30 hours)

Certificate: Nutritional Therapist Diploma

Accreditation: FNTP, SoN

Nutritional Therapist Advanced (Yr 3)

The course is Federation of Nutritional Therapist & Practitioners (FNTP) and Society of Naturopaths (SoN) accredited and equivalent to a NVQ Level 6. Graduates are also eligible to join the Naturopathic Nutrition Association (NNA). For those that wish to take their training to a higher level with additional theoretical study, clinical observation, clinical supervision and further in-course cases. Students will have consultations (under supervision) with six clients over six months. The Nutritional Therapist Advanced Course (Units 9-12). Year 3 follows on seamlessly from the 2 year Nutritional Therapist Course. Following Year 3 students can also continue onto a forth year and complete Naturopathy.

Units: 9-12

Study hours: 600

Course Length: 9-12 months

Enrolment period given: 18 months

Clinical Observation: Online Clinics (10 hours) Clinical

Event: 4 Day Event

Clinical Supervision: 6 Cases (150 hours - paid for separately)

Certificate: Nutritional Therapist Adv Diploma

Accreditation: FNTP, SoN, NNA

Nutrition Programme

Year 1 : Units 1-4

Unit 1 *Carbohydrates, fats & proteins*

Unit 2 *Minerals, vitamins & water*

Unit 3 *Diets & glucose control*

Unit 4 *Detoxification, microbiome & allergies*

Year 2 : Units 5-8

Unit 5 *Naturopathic nutrition*

Unit 6 *Supplementation & named diseases*

Unit 7 *Functional testing*

Unit 8 *Clinical studies*

Year 3 : Units 9-12

Unit 9 *Applied nutrition*

Unit 10 *Clinical practice & supervision*

Unit 11 *Research*

Unit 12 *Setting up in practice*

Clinical training

In total students complete over 500 hours of clinical training over the 3 years. This ensures that by the time you graduate you are a confident, competent therapist ready to join a register and go out and see clients.

Book lists

The Nutrition courses can be completed with the two core books that accompany the course. However, if you are studying to become a Therapist you will require the additional Book Lists.

The study experience

The course follows a blended learning approach, offering multiple study methods including written Units (delivered in the post), movie lectures, quizzes, online sessions, social media, tutor group meetings, and personalised support from your tutor. All delivered through our bespoke Online Learning System. Study is guided through the Units, with descriptions, references, and diagrams to support the syllabus. Self-assessment questions help reinforce learning, and at the end of each Unit, you upload written assignments to your tutor for full written feedback.

Entry requirements for both courses

Our courses are open to anyone over 18 that has a sincere interest in the study of natural health with the time for reading and research (14-16 hours per week). You will need to be fluent in English and be able to use a computer. No prior medical training required.

Get more information

We would love to hear from you, please contact us for further information and help with any questions.

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