



Certificate of Excellence Holistic Nutrition Specialist (HN)

200 Classroom Hours

11.75 Clock Hours

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
HN 120	Nutrition -Foundations of Holistic Health and Wellness	15	1.00	None	
HN 101	Nutrition - Introduction to Holistic Nutrition and Wellness	30	2.00	None	
HN 150	Nutrition - Comparative Dietary Systems	30	2.00	HN101 or HN 120	
HN 110	Nutrition - Principles of Conscious Eating & Behavior Modification for Weight Management	15	1.00	HN101 or HN 120	
HN 123	Nutrition - Understanding Micronutrients, Macronutrients and Supplements for Optimum Health	45	3.00	HN101 & HN120 or HN 121-OL	
NC 200	Nutrition - Whole Food Cooking	20	0.50	None	
HN 220	Nutrition - Raw Food Cuisine	15	0.25	HN101 or HN 120	
HN 250	Nutrition - Nutritional Assessment & Coaching	30	2.00	Any 2 of the following courses: HN101, HN102, HN 150	
	TOTAL	200	11.75		

These program requirements fulfill the requirements for the state of AZ.

If you plan to obtain a massage license in another state, you will need to check with that state's board for their specific requirements.

Student

date

Advisor

date

SWIHA's mission is to help individuals discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.