



## DIPLOMA

### Holistic Nutrition Wellness Practitioner (HNWP-OL)

75 Classroom Hours | 45.25 – 47.25 Credits (depending on concentration selection)

75 Weeks full-time (includes breaks)

#### HOLISTIC NUTRITION - FOUNDATION COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 121-OL	Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
HN 122-OL	Understanding Macronutrients and Micronutrients for Optimum Health	40	2.50		
HN 111-OL	Principles of Conscious Eating and Behavior Modification	20	1.25	HN121-OL	
HN 155-OL	Comparative Dietary Systems	20	1.25	HN121-OL	
HN 221-OL	Examining Whole & Raw Food Cuisine	40	1.75	HN121-OL	
HN 251-OL	Nutritional Assessment & Client Coaching	40	2.50	HN121-OL, HN122-OL, HN111-OL, & HN155-OL	
	<b>Subtotal</b>	<b>200</b>	<b>11.75</b>		

#### HOLISTIC NUTRITION - ADVANCED COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 301-OL	Anatomy and Physiology: Nutritional Support for Body Systems	25	1.50	HN121-OL, HN122-OL	
HN 302-OL	Anatomy and Physiology: Nutritional Support for Optimal Organ Function	25	1.50	HN121-OL, HN122-OL, HN301-OL	
HN 310-OL	Fundamentals of Biochemistry	40	2.50	HN121-OL, HN122-OL	
HN 350-OL	Nutritional Support for the Mind	40	2.50	HN121-OL, HN122-OL	
HN 240-OL	Nutrition through the Lifecycle: Prenatal to Adolescent	20	1.25	HN121-OL, HN122-OL	
HN 241-OL	Nutrition through the Lifecycle: Women, Men, and Geriatric	20	1.25	HN121-OL, HN122-OL, HN240-OL	
HN 242-OL	Introduction to Sports and Fitness Nutrition	20	1.25	HN121-OL, HN122-OL	
HN 260-OL	Nutritional Supplementation	20	1.25	HN121-OL, HN122-OL	
HN 270-OL	Introduction to Healing Herbs	30	2.00	HN121-OL, HN122-OL	
HN 375-OL	Advanced Nutritional Coaching	30	2.00	HN121-OL, HN122-OL, HN251-OL	
HN 400-OL	Nutrition Research Applications (Capstone)	30	2.00	HN121-OL - HN375-OL	
	<b>Subtotal</b>	<b>300</b>	<b>19.00</b>		

#### HOLISTIC ENTREPRENEUR COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
BC 555-OL	Entrepreneurial Business Development	40	2.50		
BC 117-OL	Professional Communication	40	2.50	BC555-OL	
BC 557-OL	Social Media and Webinar Marketing	20	1.25	BC555-OL, BC117-OL	
	<b>Subtotal</b>	<b>100</b>	<b>6.25</b>		

#### SWIHA CORE FOUNDATION COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
NC 120-OL	Stress Management	15	1.00		
BC 550-OL P\$	Life Coaching Foundations	20	1.25		
	<b>Subtotal</b>	<b>35</b>	<b>2.25</b>		

## CHOOSE YOUR CONCENTRATION:

### OPT. 1: URBAN FARMING AND CONSCIOUS LIVING

Code	Course	Clock	Credit	Pre-Requisites	Date
HH 500-OL	Sustainability and Conscious Living	15	1.00		
UF 100-OL	Urban Farming - Field-to-Fork	40	2.25		
UF 120-OL	Urban Farming - Seed-to-Sale	20	1.25	HH500-OL UF100-OL	
UF 140-OL	Urban Farming – Externship	25	0.50	HH500-OL UF100-OL	
UF 240-OL	Urban Farming Educator – Sharing Sustainability	20	1.00	HH500-OL, UF100-OL, UF120-OL	
	<b>Subtotal</b>	<b>120</b>	<b>6.00</b>		

### OPT. 2: NATURAL FOOD CULINARY SPECIALIST

Code	Course	Clock	Credit	Pre-Requisites	Date
CH 101-OL	Culinary Fundamentals	20	1.25	HN221-OL	
CH 110-OL	Local Food Production: Farm to Table	15	1.00	HN221-OL	
CH 120-OL	Whole Food Cooking and Therapeutic Applications	35	2.25	HN221-OL CH101-OL	
CH 130-OL	Culinary Skills Assessment	50	2.50	HN221-OL, CH101-OL, CH110-OL, CH120-OL	
	<b>Subtotal</b>	<b>120</b>	<b>7.00</b>		

### OPT. 3: FITNESS NUTRITION EDUCATOR (NASM® CERTIFICATIONS TRACK)

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 280-OL	Fitness Nutrition Educator I (Advanced Fitness Nutrition Specialist)	60	4.00	HN121-OL, HN122-OL, HN155-OL, HN242-OL, HN260-OL	
HN 290-OL	Fitness Nutrition Educator II (Behavioral Change Specialist)	60	4.00	HN121-OL, HN122-OL, HN155-OL, HN242-OL, HN260-OL, HN280-OL	
	<b>Subtotal</b>	<b>120</b>	<b>8.00</b>		

Code	Program	Total Hours	Total Credits
<input type="checkbox"/> HNWP-OL (UFC)	<b>Holistic Nutrition Wellness Practitioner:</b> Specializing in Urban Farming and Conscious Living	755	45.25
<input type="checkbox"/> HNWP-OL (NFCS)	<b>Holistic Nutrition Wellness Practitioner:</b> Natural Food Culinary Specialist	755	46.25
<input type="checkbox"/> HNWP-OL (FNE)	<b>Holistic Nutrition Wellness Practitioner:</b> Fitness Nutrition Educator	755	47.25

Student \_\_\_\_\_ Advisor \_\_\_\_\_

*Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*