



**DIPLOMA**  
**Mind-Body Wellness Practitioner (Online) (MBWP-IDL)**  
*Specializing in Holistic Nutrition & Urban Farming and Conscious Living*  
 600 Classroom Hours    33.75 Credits  
 64 Weeks full-time | 98 Weeks part-time (includes breaks)

**MIND-BODY WELLNESS & ENTREPRENEURIAL REQUIREMENTS**

Code	Course	Clock	Credit	Pre-Requisites	Date
AR 121-OL	Aroma-Auriculotherapy	40	2.50		
AR 133-OL	Flower Essences	16	1.00		
BC 117-OL	Professional Communications	40	2.50		
BC 555-OL	Entrepreneurial Business Development	40	2.50		
BC 550-OL P\$	Life Coaching – Foundation	20	1.25		
BC 561-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 1	40	2.00	BC 550-OL	
BC 562-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 2	40	1.75	BC 561-OL	
CC 310-OL	Developing Ethical Consciousness	28	1.75		
RF 150-OL	Toe Reading - Reflexology Assessment I - Elemental	16	0.50		
BC 557-OL	Social Media and Webinar Marketing	20	1.25	BC 555-OL	
<b>Subtotal</b>		<b>300</b>	<b>17.00</b>		

**HOLISTIC NUTRITION SPECIALIST (CERTIFICATE OF EXCELLENCE)**

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

**URBAN FARMING AND CONSCIOUS LIVING (CERTIFICATE OF EXCELLENCE)**

HH 500-OL	Sustainability & 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	UF 100-OL	
UF 140-OL	Urban Farming Externship	25	0.50	HH 500-OL & UF 100-OL	
<b>Subtotal</b>		<b>100</b>	<b>5.00</b>		

Code	Program	Total Hours	Total Credits
<b>MBWP-IDL</b>	<b>Mind-Body Wellness Practitioner Diploma (Online)</b>	<b>600</b>	<b>33.75</b>
<b>TOTALS</b>			

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

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