



Certificate of Excellence Holistic Nutrition Specialist (HN)

200 Classroom Hours

11.75 Clock Hours

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
HN121	Nutrition – Foundations of Transformational Healing and Holistic Nutrition	40	2.50	None	
HN122	Nutrition – Understanding Micronutrients, Macronutrients, and Supplements for Optimum Health	40	2.50	HN101 & HN120 or HN121	
HN 111	Nutrition - Principles of Conscious Eating and Behavior Modification	20	1.25		
HN 155	Nutrition - Comparative Dietary Systems	20	1.25	HN101 & HN120 or HN121	
NC 200	Nutrition - Whole Food Cooking	20	0.50	None	
HN 222	Nutrition - Raw Food Cuisine	20	1.25	HN101 & HN120 or HN121	
HN 251	Nutrition - Nutritional Assessment & Coaching	40	2.50	Any 2 of the following courses: HN101, HN120, HN 121, HN 150, or HN 151	
TOTAL		200	11.75		

Student

date

Advisor

date

SWIHA's 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.