



Certificate of Excellence Holistic Nutrition Specialist (HN)

200 Classroom Hours
11.50 Clock Hours

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
HN 121	Nutrition - Foundations of Transformational Healing and Holistic Nutrition	40	2.50		
HN 122	Nutrition - Understanding Micronutrients, Macronutrients, and Supplements for Optimum Health	40	2.50	HN 121	
MF 105	Foundations of Mindful Eating	30	1.75		
HN 155	Nutrition - Comparative Dietary Systems	20	1.25	HN 121	
NC 200	Nutrition - Whole Food Cooking	20	0.50		
HN 222	Nutrition - Raw Food Cuisine	20	1.00		
HN 250	Nutrition - Nutritional Assessment & Coaching	30	2.00	HN 121, HN 122, MF 105	
	TOTAL	200	11.5		

Student _____

Date _____

Advisor Initials _____