



Certificate of Excellence

Holistic Nutrition Specialist ONLINE

200 Classroom Hours

12.50 Credits

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
HN 105-OL	Foundation of Holistic Nutrition*	30	2.00		
HN 124-OL	Micro/Macro Nutritional Biochemistry*	30	2.00		
HN 235-OL	Nutritional Needs Across the Life Cycle	30	2.00		
HN 351-OL	Microbiome Wellness*	30	2.00		
HN 222-OL	Raw Food Cuisine 1	25	1.50		
HN 210-OL	Whole Foods Cuisine 1	25	1.50		
MM 105-OL	Foundations of Mindful Eating	30	1.50		
	Subtotal	200	12.50		

*Course has synchronous hours

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.

