



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 and 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 | |
| | Subtotal | 200 | 11.75 | | |

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: Foundations of Human Life - Preconception through Infancy | 20 | 1.25 | HN121-OL, HN122-OL | |
| HN 241-OL | Nutrition through the Lifecycle: Toddler through Older Adult | 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, HN252-OL | |
| HN 400-OL | Nutrition Research Applications (Capstone) | 30 | 2.00 | HN121-OL - HN375-OL | |
| | Subtotal | 300 | 19.00 | | |

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 | |
| | Subtotal | 100 | 6.25 | | |

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 | | |
| | Subtotal | 35 | 2.25 | | |

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 130-OL | Urban Farming – Growing Your Garden | 25 | 0.50 | HH500-OL UF100-OL | |
| UF 240-OL | Urban Farming Educator – Sharing Sustainability | 20 | 1.00 | HH500-OL, UF100-OL, UF120-OL | |
| | Subtotal | 120 | 6.00 | | |

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 | 20 | 1.25 | HN221-OL | |
| CH 120-OL | Whole Food Cooking and Therapeutic Applications | 50 | 2.75 | HN221-OL CH101-OL | |
| CH 130-OL | World Cuisine & Culinary Skills Application | 30 | 1.75 | HN221-OL, CH101-OL, CH110-OL, CH120-OL | |
| | Subtotal | 120 | 7.00 | | |

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 | |
| | Subtotal | 120 | 8.00 | | |

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