



DIPLOMA

Holistic Nutrition Wellness Practitioner (HNWP-OL)

755 Classroom Hours | 44.50 – 47.25 Credits (concentration selection determines total credits; see page 2)
75 Instructional Weeks | 78-81 Calendar Weeks

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	
HN 155-OL	Comparative Dietary Systems	20	1.25	HN121	
HN 221-OL	Examining Whole and Raw Food Cuisine	40	1.75	HN121	
HN 251-OL	Nutritional Assessment & Client Coaching	40	2.50	HN121, HN122, HN111, HN155	
	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, HN122	
HN 302-OL	Anatomy and Physiology: Nutritional Support for Optimal Organ Function	25	1.50	HN121, HN122, HN301	
HN 310-OL	Fundamentals of Biochemistry	40	2.50	HN121, HN122	
HN 350-OL	Nutritional Support for the Mind	40	2.50	HN121, HN122	
HN 240-OL	Nutrition through the Lifecycle: Foundations of Human Life - Preconception through Infancy	20	1.25	HN121, HN122	
HN 241-OL	Nutrition through the Lifecycle: Toddler through Older Adult	20	1.25	HN121, HN122 HN240	
HN 242-OL	Introduction to Sports and Fitness Nutrition	20	1.25	HN121 HN122	
HN 260-OL	Nutritional Supplementation	20	1.25	HN121, HN122	
HN 270-OL	Introduction to Healing Herbs	30	2.00	HN121, HN122	
HN 375-OL	Advanced Nutritional Coaching	30	2.00	HN121, HN122, HN252	
HN 400-OL	Nutrition Research Applications (Capstone)	30	2.00	HN121, HN375	
	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	
BC 557-OL	Social Media and Webinar Marketing	20	1.25	BC555, BC117	
	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: NATURAL FOOD CULINARY SPECIALIST

Code	Course	Clock	Credit	Pre-Requisites	Date
CH 101-OL	Culinary Fundamentals	20	1.25	HN221	
CH 110-OL	Local Food Production: Farm to Table	20	1.25	HN221	
CH 120-OL	Whole Food Cooking and Therapeutic Applications	50	2.75	HN221, CH101	
CH 130-OL	World Cuisine & Culinary Skills Application	30	1.75	HN221, CH101, CH110, CH120	
	Subtotal	120	7.00		

OPT. 2: 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, HN122, HN155, HN242, HN260	
HN 290-OL	Fitness Nutrition Educator II (Behavioral Change Specialist)	60	4.00	HN121, HN122, HN155, HN242, HN260, HN280	
	Subtotal	120	8.00		

OPT. 3: HYPNOTHERAPIST

Code	Course	Clock	Credit	Pre-Requisites	Date
HY 101-OL	Hypnotherapy – Foundations Level I	20	1.25		
HY 201-OL	Hypnotherapy – Foundations Level II	40	2.50	HY 101	
HY 301-OL	Hypnotherapy – Foundations Level III	40	1.00	HY 201	
EL 725-OL	Neuro-linguistic Programming	20	0.50		
	Subtotal	120	5.25		

OPT. 4: MINDFULNESS AND GUIDED IMAGERY FACILITATOR

Code	Course	Clock	Credit	Pre-Requisites	Date
MG 101-OL	Mindfulness and Guided Imagery Introduction	20	1.25		
MG 201-OL	Mindful Guided Imagery	20	1.25		
MG 301-OL	Mindfulness Strategies	40	1.75		
MG 401-OL	Mindfulness and Guided Imagery Practicum	20	0.50	MG 301	
EL 725-OL	Neuro-linguistic Programming	20	0.50		
	Subtotal	120	5.25		

Code	Program	Total Hours	Total Credits
<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
<input type="checkbox"/> HNWP-OL (HY)	Holistic Nutrition Wellness Practitioner: Hypnotherapist	755	44.50
<input type="checkbox"/> HNWP-OL (MGIF)	Holistic Nutrition Wellness Practitioner: Mindfulness and Guided Imagery Facilitator	755	44.50

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.