



Holistic Nutrition Wellness Practitioner (HNWP)

Diploma

755 Classroom Hours
 45.00 - 47.00 Credit Hours
 75 weeks Full-Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
HN 120	Nutrition -Foundations of Holistic Health and Wellness	15	1.00		
HN 101	Nutrition - Introduction to Holistic Nutrition and Wellness	30	2.00		
HN 150	Nutrition - Comparative Dietary Systems	30	2.00	HN 101 or HN 120	
HN 110	Nutrition - Principles of Conscious Eating & Behavior Modification for Weight Management	15	1.00	HN 101 or HN 120	
HN 123	Nutrition - Understanding Micronutrients, Macronutrients and Supplements for Optimum Health	45	3.00	HN 101 & HN 120	
NC 200	Nutrition - Whole Food Cooking	20	0.50		
HN 220	Nutrition - Raw Food Cuisine	15	0.25	HN 101 or HN 120	
HN 250	Nutrition - Nutritional Assessment & Coaching	30	2.00	Any 2 of the following: HN 101, HN 120, HN 150	
Subtotal		200	11.75		

HOLISTIC NUTRITION - ADVANCED COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 301	Anatomy and Physiology: Nutritional Support for Body Systems	24	1.50	HN 101, HN 120 & HN 123	
HN 302	Anatomy and Physiology: Nutritional Support for Optimal Organ Function	24	1.50	HN 120, HN 101, HN 123 & HN 301	
HN 310	Fundamentals of Biochemistry	40	2.50	HN 101, HN 120 & HN 123	
HN 350	Nutritional Support for the Mind	40	2.50	HN 101, HN 120 &	
HN 240	Nutrition through the Lifecycle: Prenatal to Adolescent	20	1.25	HN 101, HN 120 & HN 123	
HN 241	Nutrition through the Lifecycle: Women, Men, and Geriatric	20	1.25	HN 101, HN 120, HN 123 & HN240	
HN 242	Introduction to Sports and Fitness Nutrition	20	1.25	HN 101, HN 120 & HN 123	
HN 260	Nutritional Supplementation	20	1.25	HN 101, HN 120 & HN 123	
HN 270	Introduction to Healing Herbs	30	2.00	HN 101, HN 120 & HN 123	
HN 375	Advanced Nutritional Coaching	30	2.00	HN 101, HN 120, HN 123 & HN 250	
HN 400	Nutrition Research Applications (Capstone)	32	2.00	ALL HN COURSES	
Subtotal		300	19.00		

HOLISTIC ENTREPRENEUR COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
BC 401	Public Speaking	15	1.00		
BC 410	Writing For Publication	15	1.00		
BC 115	Social Media	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.00		
BC 530	Introduction to Entrepreneurship & Self Empowerment	15	1.00		
Subtotal		100	6.00		

SWIHA CORE FOUNDATION COURSES

Code	Course	Clock	Credit	Pre-Requisites	Date
NC 120	Stress Management	15	1.00		
BC 550 P\$	Life Coaching Foundations	20	1.25		
Subtotal		35	2.25		

OPTION 1: URBAN FARMING AND CONSCIOUS LIVING

Code	Course	Clock	Credit	Pre-Requisites	Date
HH 500	Sustainability and Conscious Living	15	1.00		
UF 100	Urban Farming - Field-to-Fork	40	2.25		
UF 120	Urban Farming - Seed-to-Sale	20	1.25	HH 500 UF 100	
UF 140	Urban Farming – Externship	25	0.50	HH 500 UF 100	
UF 240	Urban Farming Educator – Sharing Sustainability	20	1.00	HH 500, UF 100, UF 120	
Subtotal		120	6.00		

OPTION 2: NATURAL FOOD CULINARY SPECIALIST

Code	Course	Clock	Credit	Pre-Requisites	Date
CH 101	Culinary Fundamentals	20	1.25	NC 200 & HN 220	
CH 110	Local Food Production: Farm to Table	15	1.00	NC 200 & HN 220	
CH 120	Whole Food Cooking and Therapeutic Applications	35	2.25	NC 200, HN 220 & CH 101	
CH 130	Culinary Skills Assessment	50	2.50	NC 200, HN 220, CH 101, CH 110 & CH 120	
Subtotal		120	7.00		

OPTION 3: FITNESS NUTRITION EDUCATOR (NASM® CERTIFICATIONS TRACK)

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 280	Fitness Nutrition Educator I (Advanced Fitness Nutrition Specialist)	60	4.00	HN 120, HN 101, HN 123, HN 150, HN 242 & HN 260	
HN 290	Fitness Nutrition Educator II (Behavioral Change Specialist)	60	4.00	HN 120, HN 101, HN 123, HN 150, HN 242, HN 260 & HN280	
Subtotal		120	8.00		

Code	Hours	Total Credits
<input type="checkbox"/> HNWP (UFC)	755	45.00
<input type="checkbox"/> HNWP (NFCS)	755	46.00
<input type="checkbox"/> HNWP (FNE)	755	47.00

Student _____ date _____

Advisor _____ date _____

SWIHA's mission is to inspire individuals discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.