



## Certificate of Excellence Holistic Nutrition (HN-IDL)

200 Classroom Hours

11.00 Credit Hours

This 200-hour on-campus Certificate of Excellence teaches students how to make healthier food and lifestyle choices; students gain a comprehensive understanding of the foundations of whole food nutrition and how it contributes to the prevention of illness and the promotion of optimal health. The old paradigm, known as the Standard American Diet (or S.A.D. diet), is replaced with S.O.U.L Nutrition: Seasonal, Organic, Unprocessed, and Local whole food as the foundation for a new, healthy, sustainable lifestyle. Students will also learn conscious and mindful eating practices, whole food cooking, and raw food preparation, while also exploring the importance of feeding our microbiome. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

<b>Holistic Nutrition</b>						
<b>Code</b>	<b>Course</b>	<b>Clock</b>	<b>Credit</b>	<b>Pre-Req</b>	<b>Synch</b>	<b>Date</b>
HN 112-OL	Principles of Conscious Eating and Behavior Modification	30	1.50	N/A	N/A	
HN 115-OL	Macro & Micro Nutrients: Eating the Rainbow	30	1.50	HN 112-OL	N/A	
HN 210-OL	Whole Foods Cuisine	25	1.25	HN 112-OL	N/A	
HN 222-OL	Raw Food Cuisine	25	1.25	HN 112-OL	N/A	
HN 235 -OL	Nutritional Across the Life Cycle	30	2.00	HN 112-OL	N/A	
HN 351-OL	Microbiome Wellness*	30	2.00	HN 112-OL	N/A	
HN 156-OL	Comparative Dietary Systems with Applied Culinary	30	1.50	HN 112-OL	N/A	
	<b>Subtotal</b>	<b>200</b>	<b>11.00</b>			

**Student** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Advisor** \_\_\_\_\_ **Date:** \_\_\_\_\_

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*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.*

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