



Nutrition Consultant Certification

Statement of Educational Objectives

The **Nutrition Consultation Certification** training provides students with a grounded approach to working with primary care providers to design diet and nutritional programs for persons with previously diagnosed injury or illness. Students learn how nutrition influences the intricate feedback between organs, glands, cells and gene expression. For each topic, appropriate research findings and metabolic assessments are introduced to enable students to be more targeted in educating clients on appropriate therapeutic foods, herbs and nutrient support. Client interviews, research and comprehensive case study comprise the written work for each topic and final presentation.

Occupation and Job Titles - Nutrition Consultant, D.O.T. 077.127-014 Dietitian, Clinical

Plans and directs preparation and service of diets prescribed by PHYSICIAN; Consults medical, nursing, and social service staffs concerning problems affecting patients' food habits and needs. Formulates menus for therapeutic diets based on indicated physiologic needs of patients and integrates them with basic institutional menus. Inspects meals served for conformance to prescribed diets and standards of palatability and appearance. Instructs individuals and their families on nutritional principles, dietary plans, food selection, and preparation. May engage in research. May teach nutrition and dietary therapy to medical and nursing staff, and students.

Length of Educational Service: (350 hours) 9 month classroom or up to 18 months self-paced Distance Learning.

Sequence and Frequency of Lessons: 10 modules, four 3.5 hour classes per module. Four Case Presentations classes and three Community Presentation classes. 3.5 hours practicum/research per class.

Citation of Texts and Required Written Materials -

Nutrition Consultant Handbook: a compilation of articles, charts and work sheets
7 Day Detox Miracle (2001), Bennett, P. and Barrie, S.
Natural Strategies for Cancer Patients (2003) Blaylock, R.
The Cox-2 Connection (2001) LaValle, J.
Cracking the Metabolic Code (2003) LaValle, J.
Disease Prevention and Treatment (2003) Life Extension

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Sequential Outline of Subject Matter

- NC201 - Clinical Issues and Procedures
- NC202 - Gastrointestinal Health
- NC203 - Men and Women's Health
- NC204 - Blood Sugar Regulation
- NC205 - Cardiovascular Health
- NC206 - Mental Health and Aging
- NC207 - Muscular Skeletal Health
- NC208 - Immune Health
- NC209 - Cancer Prevention and Support
- NC210 - NC Business Practices
Clinical Research and Case Presentations

Modules and class: Skills to Be Learned: How Measured

- NC201:** Identify and develop nutritional programs for the chronically unwell with an emphasis on liver health: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for specified topic.
- NC202:** Identify and develop nutritional programs for gastrointestinal problems: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for Crohn's disease, colitis, or irritable bowel: client case report or short research article.
- NC203:** Identify the underlying metabolic, endocrine and biochemical imbalances that contribute to men and women's health issues. Reproductive health, menopause and the prevention of chronic, degenerative disease covered: client case report or short research article.
- NC204:** Identify and develop nutritional programs for blood sugar regulation: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for hypoglycemia and diabetes.
- NC205:** Identify and develop nutritional programs for coronary heart disease and related cardiovascular ailments: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for hypertension and arteriosclerosis.
- NC206:** Identify the metabolic, endocrine, psycho-social and biochemical imbalances that contribute to depression, anxiety, insomnia, eating disorders and cognitive decline: client case report or short research article.
- NC207:** Identify and develop nutritional programs for muscular-skeletal problems: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for arthritis, osteoporosis or fibromyalgia
- NC208:** Identify and develop nutritional programs for autoimmune disease: client interview, assessment and clinical protocol of diet, herbs and supplemental nutrients for lupus, multiple sclerosis or rheumatoid arthritis.
- NC209:** Identify and develop nutritional programs for cancer: client interview assessment and clinical protocol of diet, herbs and supplemental nutrients for breast, ovarian, uterine, colon or other cancer.
- NC210:** How to set up a nutrition business, management, marketing, legal and professional issues: Business plan preparation and discussion of nutritional strategies and counseling practices.

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Clinical Research and Case Presentations: Research and present nutritional programs for a selected clinical topic: Students will design and present a Community Presentation on a clinical topic that is geared toward a particular interest group, such as: The Lupus Foundation of America, Celiac Disease Foundation, or Diabetes Support Group.

Required Written Assignments

1. Students will develop nine therapeutic, seasonal menu plans, one for each module NC201-209. They will also write a referenced summary discussing which specific foods and nutrients they focused on for the module and create handouts with recipes and educational information specific to the condition or to the specific highlighted nutrients.
2. Students will also complete two case studies, meeting with each client a minimum of four times. Students will focus on improving health habits and behavior via client commitments, substituting healthy foods and beverages, and expanding their clients' range of healthy food choices. Students will present their finds and turn in a seven-day therapeutic seasonal menu plan focusing on specific nutrients, Three recipes, Three educational handouts, and four summaries, one for each meeting with client.
3. Students will design and present a Community Presentation on a clinical topic that is geared toward a particular interest group, such as: The Lupus Foundation of America, Celiac Disease Foundation, or Diabetes Support Group.

Evaluation

Students will receive a number and letter grade for each written assignment completed. Their final grade will be based upon homework, case presentations, and the final community presentation. Students will not be certified until they have completed all assignments and have met attendance requirements.

Instructional Methods

1. Lecture by faculty and guest instructors
2. Class discussion
3. Demonstration
4. Partner exercises
5. Audio/video presentations
6. Homework
7. Student presentations
8. Research
9. Case histories