



Nutrition Consultant Certification

Statement of Educational Objectives

The **Nutrition Consultant** (NC) Certification training provides students with an understanding of the foundations of whole food nutrition as it contributes to the prevention of illness and the promotion of optimal health. Students learn to conduct an in-depth diet and lifestyle evaluation and to advise individuals on fresh, local, seasonal, plant-based Eating for Health™ food plans that respond to individual taste, temperament, and health goals. The fundamentals of whole food nutrition, digestive physiology, macro- and micro-nutrients, nutrition analysis, counseling, and business development are presented based upon current global research and application.

The program additionally provides students with a grounded approach to therapeutic nutrition, which prepares students to work 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 capable of educating clients on evidence-based therapeutic foods, herbs, and nutrient support.

A supervised internship is the final element of the training. Students will work as a part of a health and nutrition education team to perform services in venues such as senior centers, health clubs, schools, and clinics. Once in the field, students will use the skills they have learned in their training, including writing and presenting to groups, working one-on-one with clients, conducting research, supporting personal and group behavior change, and suggesting and monitoring customized Eating for Health™ diet, lifestyle, and nutrient support programs. Students are well prepared to work in a wide variety of institutional school, business, spa, clinical, and private practice settings.

Length of Educational Service: 700 hours: 12 months of classroom plus 3 months of internship, or up to 27 months of self-paced Distance Learning.

Sequence and Frequency of Lessons: 28 modules. 27 modules have 2-6 classes; each class is 3.5 hours in length. One module includes 105 hours of fieldwork.

Citation of Texts and Required Materials

Foundations of Nutrition (2010), Bauman, E.
Foundation of Nutrition Workbook (2010), Bauman, E.
Therapeutic Nutrition (2010), Bauman, E.
Therapeutic Nutrition Workbook (2010), Bauman, E.
Recipes & Remedies for Rejuvenation (2010), Bauman, E.
Clinical Nutrition; A Functional Approach (1999), Bland, J et al.
Disease Prevention and Treatment (2003), Life Extension Media
Encyclopedia of Healing Foods (2005), Murray, M. and Pizzorno J.
The Clinician's Handbook of Natural Medicine (2007), Pizzorno J., Murray, M., & Joiner-Bey, H.
Herb, Nutrient, and Drug Interactions (2007), Stargrove, M.B., Treasure, J., & McKee, D.
Computerized Diet Analysis Program
Webinar Recordings with Faculty

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Modules: Skills to Be Learned: How Measured

I. Foundations of Nutrition

NC 101 Eating For Health: Introduction to whole foods and current nutrition issues. Students will write a short essay, compile a food and exercise journal and a handout, and take a quiz.

NC 102 Digestive Physiology: Physiology of digestion. Students will write an organ description, design a professional quality handout, and take a quiz.

NC 103 Biochemistry: Investigation of the way the chemistry of food influences physiological function, metabolism, and energy production. Students will prepare cell and biochemical drawings, and take a quiz.

NC 104 Nutritional Analysis: Hand calculations and computer-assisted diet evaluation. Students will do a nutritional analysis of a daily diet and design meal plans.

NC 105 Macronutrients: Requirements and metabolism of protein, fats, and carbohydrates. Students will do a diet analysis, design meal plans, and take a quiz.

NC 106 Micronutrients: Requirements and metabolism of minerals, vitamins, phytonutrients, and co-factors. Students will do a diet analysis and take a quiz.

NC 107 Nutritional Counseling & Research: Intake, assessment, client counseling, and program development. Students will conduct a client interview and customize a health supportive diet program, including protocol of diet, herbs, and supplemental nutrients. Introduction to reading and interpreting research.

NC 108 Business: How to set up a nutrition business: operation, management, marketing, legal, and professional issues such as business plan preparation and presentation. Students will prepare a business plan.

NC 109 Case Presentation: Students will conduct comprehensive intakes, collect data, and provide recommendations for health recovery for clients. Each student will present a case presentation at midterm and final to demonstrate mastery of applying the skills learned.

NC 110 Midterm Exam: Students will complete a closed-book midterm exam to demonstrate their knowledge of current, practical, and relevant information presented in the course.

II. Therapeutic Nutrition

NC 201 Stress & Endocrine Interactions: Investigate the interaction of stress and the endocrine system and its influence on our health. Students will learn the stages of the stress response and how it influences the endocrine system and nutrient needs. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 202 Men's & Women's Health: Identify the underlying imbalances that contribute to men's and women's health issues, such as reproductive health, menopause, premature aging, and illness. Students will design a five-day meal plan with educational handouts for a specific topic and take a quiz.

NC 203 Liver Detoxification: Detoxification and liver support are covered in this section. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

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NC 204 Gastrointestinal Health: Identify and develop nutritional programs for gastrointestinal problems. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 205 Weight Management: Behavioral, cognitive, metabolic, and nutritional factors involved in weight management will be presented. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 206 Blood Sugar Regulation: Identify and develop nutritional programs for blood sugar regulation, such as hypoglycemia, metabolic syndrome, and diabetes. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 207 Clinical Assessment: Explain the parameters of basic laboratory tests that a primary health provider may order for a Nutrition Consultant to interpret. Suggest a diet, lifestyle, and nutrient program to respond to areas of imbalances. Students will interpret a lab assessment for themselves or a client they are working with and make suggestions for nutrient support.

NC 208 Cardiovascular Health: Identify and develop nutritional programs for coronary heart disease and related cardiovascular ailments. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 209 Mental Health: Identify the metabolic, endocrine, psycho-social, and biochemical imbalances that contribute to depression, anxiety, insomnia, eating disorders, and cognitive decline. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 210 Muscular Skeletal Health & Sports Nutrition: Identify and develop nutritional programs for sports, fitness, and muscular-skeletal problems. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 211 Immune & Autoimmune: Investigate the function of the immune system in protecting the organism from antigens, microbes, and environmental toxins. Students will learn to identify and develop nutritional programs for autoimmune disease. Students will design a five-day elimination diet/meal plan with educational handouts for this topic and take a quiz.

NC 212 Cancer: Investigate issues related to cancer progression. Cancer prevention diets will be reviewed, as well as specific nutrient needs and diet support for persons undergoing surgery, chemotherapy, radiation, and hormone therapy. Students will design a five-day meal plan with educational handouts for this topic and take a quiz.

NC 213 Business: How to set up a nutrition business: operation, management, marketing, legal, and professional issues such as business plan preparation and presentation. Students will prepare a business plan.

NC 214 Case Presentation: Students will conduct comprehensive intakes, collect data, and provide recommendations for health recovery for clients. Each student will present a case presentation at midterm and final to demonstrate mastery of applying the skills learned.

NC 215 Final Exam: Students will complete a closed-book final exam to demonstrate their knowledge of current, practical, and relevant information presented in the course.

Nutrition Consultant Training Program continued...

III. Internship

NC 301 Fieldwork Orientation and Training

Internship orientation will include students writing a short proposal to identify their professional specialty, skills to master, and measurable outcomes. Training will include the introduction of research methods and data collection that the intern will use in their fieldwork. Interns will submit the instruments they will use for data collection.

NC 302 Fieldwork

Students fieldwork experience will include working as a part of a health and nutrition education team with other interns to perform nutrition education and consulting services and be supported by a Bauman College supervisor.

NC 303 Fieldwork Report Presentation

Students will prepare a summary of findings to present upon completion of their fieldwork. This will include an in-depth oral and written report of their field notes, data analysis, outcomes, and significant learning.

Instructional Methods

- Lecture by faculty and guests
- Class discussion
- Demonstration
- Partner exercises
- Audio/video presentations
- Webinars/teleconferences
- Computer software applications
- Homework: research, written assignments, client interviews
- Student reports and demonstrations
- Logs and journals
- Exams
- Case histories and presentations
- Research & data collection
- Fieldwork
- Online forum discussions
- Final presentations

Required Written Assignments

Researched homework and quiz for each module, case presentations, midterm and final exams, vocational internship, and final presentation.

Students will write reports, essays, and journals. They will also perform diet and lifestyle evaluations. They will develop therapeutic, seasonal menu plans along with 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.

Students will also complete 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. For each individual client, students will present their findings and turn in a five-day therapeutic seasonal menu plan focusing on specific nutrients, three recipes, three educational handouts, and four summaries, one for each meeting with a client. Finally, students will present their findings from their fieldwork internships.

Evaluation

Students will receive a number grade for each written assignment completed. Their final grade will be based upon homework, midterm and final exams, case presentations, and the final fieldwork presentation. Students will be certified when they have attained a minimum of 70% GPA and have met attendance requirements.