

Holistic Nutrition Diploma Program Information Pack

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Program Delivery

Kootenay Columbia College's Holistic Nutrition Diploma Program is a 68.5 credit, 1,027.5 Hour, 12 month program located on campus at 560 Baker Street, Nelson, BC.

All classes are offered in person and on campus in conventional classroom setting and/or via an online learning/course delivery interface.

The program will be offered in the Fall term of each academic year.

Course Descriptions

TERM 1

BMS197. Western Anatomy & Physiology I (4.5 credits) This foundational Western Medicine course provides a detailed study of the body's skeletal and muscular systems, as well as, an introduction to basic anatomical terminology, biochemistry, and cellular physiology. No prerequisites.

HN100 Fundamentals of Holistic Nutrition (3 credits) This comprehensive course provides an overview of holistic nutrition practices. Drawing on both Eastern and Western paradigms of food therapy as well as food monographs, the course introduces students to the use of food as medicine and examines constitutional tendencies. Emphasis is on using real, whole foods to maintain balance and to prevent and treat disease. Students will explore nutrition in the context of individual body ecology, eating patterns, lifestyle factors, and local and global practices and trends. No prerequisites.

HN101 The Science of Food & Digestion (2.5 credits) In this course, students will learn about the constituents of the whole food at macromolecular and micro molecular levels. To understand the mechanism of digestive system and its associated disorders. To begin to explore where nutrients come from, as well as their importance for particular tasks in the body and problems faced by deficiencies. No prerequisites.

HN102 Food As Medicine (4.5 credits) This course focuses on the core of holistic nutrition: using food to treat and prevent disease. It covers traditional as well as cutting-edge food therapies: Chinese Medicine, Ayurveda, paleo-primal diets, auto-immune protocols, superfoods, and more. Students will learn how to use food to support long-term body-mind health. Topics covered include: the nature and actions of foods; eating with the seasons; the impact of food preparation methods; choosing best-to-worse options on the food spectrum; creating maintenance and therapeutic diets; creating individual-specific eating plans; using herbs as foods; food and metabolism; food and the endocrine system; food and brain health; and the impact of sugar, caffeine and processed foods on health and wellness. No prerequisites.

HN103 Psychology of Nutrition I (Eating Addiction: A Holistic Approach to Recovery) (1.5 credits) Part 1 in a Psychology of Nutrition series, this course explores various unhealthy eating habits, patterns and addictions. Students will gain a deeper understanding of eating addictions and disorders from a holistic perspective. They will also learn practical strategies for helping clients move toward a healthier relationship with food and their bodies. No prerequisites.

HN104 Lifecycles I: (Weight Management: From Diet to Lifestyle) (1.5 credits) The first in a series of courses that looks at key nutritional issues throughout the lifecycle, this course explores weight management from a lifestyle and lifecycle perspective—moving beyond diet and towards sustained, healthy bodyweight. It covers the conditions of being underweight and overweight, as well as the science of weight gain and loss from traditional and biomedical perspectives. Emphasis is on using individualized eating and lifestyle plans to maintain an optimal bodyweight with minimal struggle. No prerequisites.

HN105 Food Allergies & Sensitivities 1 (1.5 credits) This course explores common food allergies, intolerances and sensitivities, including their consequences for the body and mind. It covers methods for identifying, managing, and treating allergic and sensitivity reactions. No prerequisites.

HN106 Diet Evaluation and Food Coaching (1.5 credits) This course looks at the fundamentals of diet evaluation and food coaching. It covers strategies for finding clients; strategies for coaching clients about their main health issues and goals; and principles of diet evaluation. Students will learn and practice skills needed to help others implement healthy eating plans. They will also develop client forms, questionnaires, and other supporting materials. No prerequisites.

HN107 Nutritional Supplements (2 credits) This course will explore nutritional supplements available in Canada with emphasis on key terms, labelling and manufacturing, vitamin & mineral combinations supplements. No prerequisites.

TOTAL TERM: 22.5 credits = 337.5 Hours

TERM 2

BMS198. Anatomy & Physiology II (4.5 credits) This foundational Western Medicine course provides a detailed study of the nervous, respiratory, digestive, urinary, reproductive, cardiovascular and lymphatic systems as well as basic genetic information. Prerequisites: BMS197.

BMS295 Human Biology: Biosphere & Environment (2.5 credits) In this course, students will learn about the biosphere and human effects on the biosphere. Prerequisites: BMS197, concurrent with BMS198.

CHEM197. Chemistry I (3 credits) A foundational course that explores atomic structure, matter, protons, neutrons, electrons, chemical states: gases, liquids and solids, phase equilibrium, chemical bonding, solutions, electrolytes, oxidation-reduction reactions, and introduction to organic chemistry. Laboratory skills emphasize observing, recording and discussing experimental data by way of experiments. Prerequisites: BMS197, concurrent with BMS198.

CHEM198. Biochemistry I (3 credits) A study of chemistry as it relates to living organisms with focus on cell chemistry, maintenance, structure and function, metabolic pathways, manufacture of energy, enzymes, proteins, carbohydrates, lipids, vitamins, and nucleic acids and the essential processes of respiration, metabolism, repair, replication and cell death. Prerequisites: BMS197, concurrent with BMS198 and CHEM197.

HN200. Fundamentals of Holistic Nutrition II (3 credits) Fundamentals of HN II aims to further an understanding of the Holistic approach to Nutrition and sustainable health. The course aims to expand and explore food quality, cultivation and food industry. Emphasis will include understanding the physiology of Nutrition: digestion, food preparation, and fermentation. Students will explore both Ayurvedic and Mind-Body Nutrition practices, with specific focus on the relationship between mind, body, and food. Increased understanding of detoxification and cleansing applications, benefits and/or health risks, and consideration of individual requirements will be covered. Overall emphasis will include a comprehensive and holistic approach to sustainable health with regards to diet and lifestyle habits, emotional aspects, mindset, and behaviours. Prerequisites: HN100.

HN204. Lifecycles II (2.5 credits) Lifecycles II is centered around prenatal, postnatal, infant, and childhood nutrition. Students will further education on stages of pregnancy and gestation and the importance of supportive nutrition and lifestyle practices. This course will deepen the understanding of fetal development, nutritional requirements, and infant nutrition, feeding stages, and digestive development and capability. Students will explore postpartum health and how to prevent and support postpartum depression. The course will also cover childhood nutrition and holistic approaches to common childhood health concerns. Prerequisites: HN104.

HN205. A Survey of Medicinal Herbs from Europe, the Middle East and Asia (5 credits) In today's world, there is an increased interest in using plants and plant extracts as medicine. In this course, we will focus on a series of plants used in both traditional and modern medicines to treat disease and improve health. Not only historical but modern applications of the plants as medicines will be explored through class presentations and discussions, looking to the future of medicines from plants. Hence, in this course, we will study the history and practices of traditional medicine systems from around the world including traditions from Africa, South America, China, India, North America and Persia. Also, to better understand how and why certain medicinal plants are used in healthcare, we will study pharmacologically active phytochemicals. Prerequisites: All term 1 HN courses, concurrent with BMS198.

TOTAL TERM: 23.5 credits = 352.5 Hours

TERM 3

BMS399. Nutritional Pathology & Cardiovascular Health (2.5 credits) This course provides a thorough understanding in the study of the causes and effects of disease on the Human body. The dynamics of the circulatory system, composed of the heart, blood and vessels will be studied. The course will focus on the cardiovascular system, including the etiology of various disease states and effective recognition of the various nutritional factors involved with the disease process. Pathology and symptomatology of various conditions. Research is presented to demonstrate the impact of genetics and various diets and activity levels on the health of the cardiovascular system. Student's examine health supportive dietary, lifestyle, herbal, and supplement recommendations and develop protocols to support healing and prevent common conditions of the cardiovascular system. Prerequisites: BMS197, BMS198 and BMS295.

HN300. Fundamentals of Holistic Nutrition III: Pharmacology of Western Herbs (3 credits) This course will review basic pharmacology principles and modern scientific research findings as they relate to herbal medicine. A wide range of herbal medicines will be investigated in terms of chemical composition and action, toxicology, and known interactions with prescription medicines. Prerequisites: HN100 and HN200.

HN302. Advanced Nutrition Practice: Case Studies (2.5 credits) Advanced Nutrition Practices - Case Studies, is a course designed to prepare students to work with clients in a one-on-one style setting. With emphasis on intake, evaluation, and individualized client understanding, the course will guide students through working with clients safely and to best suit their needs. The course will cover dietary guidance and nutritional recommendations, using supplements, creating food lists, client handouts, and creating personalized meal plans and recipe collection. Emphasis will include supporting clients through lifestyle recommendations, mind-body nutrition practices, intuitive eating principles and offers of emotional exploration. Students will learn tools to working with clients, how to set boundaries, and create their own client agreement form. All students will be assigned 10 case studies where they will hold an intake session and provide preliminary recommendations. Each student will bring 2 of their case studies to class for discussion and evaluation. Prerequisites: All term 1 and 2 HN courses.

HN304. Lifecycles III (1.5 credits) Lifecycles III is designed to provide students with an in-depth look at adult nutrition, nutrition for seniors, and athletic nutrition. Students will explore specific nutritional requirements, supplement considerations, and lifestyle adjustments for adult women, men, seniors, and athletes. This course will cover performance enhancement programs such as anti-aging, anti-stress, and immune enhancement. Students will explore vegetarian and vegan diets, as well as current nutritional cancer prevention protocols. A deeper understanding of sports nutrition will be a focus in this course, evaluating energy systems, varying nutritional requirements for particular athletes, and explore nutritional requirements and guidance for vegetarian and vegan athletes. Prerequisites: HN100, HN200, HN104 and HN204.

HN307. Symptomology: Nutritional Therapeutic (3 credits) Symptomatology is an in-depth look at supporting specific ailments and dysfunctions within the bodily systems. Students will explore and increase understanding of differing conditions and symptoms with regards to imbalances, how to implement dietary protocols, proper supportive supplementation, and lifestyle adjustments. Areas of exploration include symptoms and disorders within the digestive and intestinal system, diabetes, respiratory and cardiovascular systems, skin disorders, nervous system, endocrine and reproductive disorders, and an exploration of autoimmune conditions. Through private study, students will choose dysfunctions of particular interest, evaluate symptoms, submit research papers and give an in-class presentation with suggestive Nutritional guidance and lifestyle support. Prerequisites: HN100 and HN200.

IM552. Naturopathic Perspectives: Functional Medicine (4 credits) In this advanced course students will attain a fundamental grasp of modern diseases from a Naturopathic perspective including intestinal disorders, endocrine and sex hormone imbalances, allergies, cardio vascular disorders, metabolic disorders, neurologic and musculoskeletal degenerative disorders and Cancer. Prerequisites: BMS197, BMS198, CHEM197, CHEM198, BMS295, concurrent with BMS399.

PD403. Business Management (3 credits) In this course students are introduced to the best practices of planning, creating and working in a TCM business. This course will focus on sound business management in terms of: personal management, record-keeping, professional collaboration, planning, operations, marketing and financials. Prerequisites: All term 1 and 2 HN courses, concurrent with term 3 HN courses.

PD404. Jurisprudence & Understanding Research (3 credits) In this course, students will learn about legalities in holistic nutritional practice. Legal problems and how to avoid them. Holistic nutritional regulations that affect the (a) giving of nutritional advice, and (b) recommending or selling supplements. Students will also be exposed to the basic research methodology and skills to write and critically analyze a research paper. Prerequisites: HN100, HN101 and concurrent with HN302.

TOTAL TERM: 22.5 credits = 337.5 Hours

TOTAL PROGRAM: 68.5 credits = 1027.5 hours

KCCIHS Holistic Nutrition Diploma Program CURRICULUM SYNOPSIS

3 Term / 1027.5 Hour Program

TERM 1	COURSE TITLE	CREDITS	HOURS
HN100	Fundamentals of Holistic Nutrition I	3	45
HN101	The Science of Food & Digestion	2.5	37.5
HN102	Food As Medicine	4.5	67.5
HN103	Psychology of Nutrition I (Eating Addiction: A Holistic Approach to Recovery)	1.5	22.5
HN104	Lifecycles I: Mothers and Infants	1.5	22.5
HN105	Food Allergies & Sensitivities I	1.5	22.5
HN106	Diet Evaluation and Food Coaching	1.5	22.5
BMS197	Anatomy & Physiology I	4.5	67.5
HN107	Nutritional Supplements	2	30
Total Term 1 Credits/Hrs		22.5	337.5
TERM 2	COURSE TITLE	CREDITS	HOURS
BMS198	Anatomy & Physiology II	4.5	67.5
HN200	Fundamentals of Holistic Nutrition II	3	45
CHEM197	Chemistry I	3	45
CHEM198	Biochemistry I	3	45
BMS295	Human Biology: Biosphere & Environment	2.5	37.5
HN204	Lifecycles II	2.5	37.5
HN205	A Survey of Medicinal Herbs from Europe, the Middle East and Asia	5	75
Total Term 2 Credits/Hrs		23.5	352.5
TERM 3	COURSE TITLE	CREDITS	HOURS
HN304	Lifecycles III	1.5	22.5
BMS399	Nutritional Pathology & Cardiovascular Health	2.5	37.5
PD404	Jurisprudence & Understanding Research	3	45
HN300	Fundamentals of Holistic Nutrition III: Pharmacology of Western Herbs	3	45
HN307	Symptomology: Nutritional Therapeutics	3	45
PD403	Business Management	3	45
IM552	Naturopathic Perspectives: Functional Medicine	4	60
HN302	Advanced Nutrition Practice: Case Studies	2.5	37.5
Total Term 3 Credits/Hrs		22.5	337.5
TOTAL PROGRAM CREDITS		68.5	
TOTAL PROGRAM HOURS		1,027.5	

Admission Requirements & Costs - Domestic Students

Admission Requirements:

- A completed application form
- Official transcripts of secondary (high school) and/or post-secondary education
- Physician's certificate of health (Western, Chinese or Naturopathic physician); a general statement of your current state of physical and mental health; including severe allergies
- Two letters of professional recommendation sent directly to the college
- Criminal Record Check done through <https://justice.gov.bc.ca/eCRC/> Access Code: B97KBCTESG
- Application fee of \$150.00 CDN (non-refundable)

Program Costs:

HOLISTIC NUTRITION PROGRAM COSTS - DOMESTIC	
Application Fee	\$150.00
Student Fees	\$322.50
Student Record Archiving Fee	\$5.00
Tuition Fee (18 credits @\$223/cr)	\$15,275.50.00
TOTAL (not including textbooks)	\$15,753.00
Textbooks (approximate)	\$1,358.07
TOTAL (including textbooks)	\$17,111.07
<i>*Program costs are subject to change as development necessitates.</i>	

Admission Requirements & Costs - International Students

Admission Requirements:

- A completed application form
- Official transcripts of secondary (high school) and/or post-secondary education
- Physician's certificate of health (Western, Chinese or Naturopathic physician); a general statement of your current state of physical and mental health; including severe allergies
- Two letters of professional recommendation sent directly to the college
- Criminal Record Check done through <https://justice.gov.bc.ca/eCRC/> Access Code: B97KBCTESG
- Application fee of \$200.00 CDN (non-refundable)

Program Costs:

HOLISTIC NUTITION PROGRAM COSTS - INTERNATIONAL	
Application Fee	\$200.00
Student Fees	\$322.50
Student Record Archiving Fee	\$5.00
Tuition Fee (18 credits @\$267/cr)	\$17,821.42
TOTAL (not including textbooks)	\$18,348.92
Textbooks (approximate)	\$1,358.07
TOTAL (including textbooks)	\$19,706.99
<i>*Program costs are subject to change as development necessitates.</i>	

Holistic Nutrition Program: Application Form

Complete applications are reviewed on an ongoing basis throughout the year. Applicants are strongly urged to submit application materials as early as possible. Please contact KCCIHS if you require assistance with this application.

I am applying for the:

- Holistic Nutrition Program
- Online
- On Campus
- Online and on campus

1. Personal Information

Full name: _____

Address: _____ City: _____

Province/State: _____ Postal Code: _____ Country: _____

Telephone (home): _____ Telephone (work): _____

Citizenship: _____ Birthdate: _____ Email Address: _____

2. Education

Please list secondary schools and post-secondary schools and degrees in the space below. Official transcripts are required from High school as well as all other post-secondary education.

Name of Institution	Province/State	From	To	Degree/Diploma Earned

3. Two Letters of Recommendation

These should include teachers and/or other professionals (exclude relatives and close personal friends) who can comment on your potential as a health-care provider and on your ability to succeed in the program at KCCIHS.

Name

Professional Title and Institution

4. Related Training

Indicate previous training in related fields.

5. Interests

What do you like to do to balance your work/school life?

A. Review Your Application

A complete application contains:

- Application form. Use separate pages, if required.
 - Official transcripts of secondary and all post secondary education, certificates, diplomas, etc. to be sent directly to KCCIHS or included in a sealed envelope with your package.
 - Two letters of recommendation to be sent directly to KCCIHS.
 - Physician's certificate of health (Western, Chinese or Naturopathic physician); a general statement of your current state of physical and mental health; **severe allergies must be mentioned on it**
 - Criminal Record Check
 - Application fee of \$150.00 CDN (non-refundable), payable to KCCIHS. Out-of-country applicants should submit the application fee in the form of a money order in Canadian funds. In case you have difficulty obtaining Canadian funds, please contact KCCIHS.
- ▶ The Application Committee may request a personal or telephone/skype interview with any applicant.
▶ The admission requirements cannot be waived by either the College or the applicant.

B. Sign

I hereby attest that all information provided in this application is true.

Signature of Applicant: _____ Date: _____

C. Send

Applications should be sent to:

Registrar: registrar@kootenaycolumbiacollege.com

Kootenay Columbia College
#2 – 560 Baker Street
Nelson, BC
Canada V1L 4H9

Toll free: 1-888-333-8868
Phone: (250) 352-5887
Fax: (250) 352-3458

If you are submitting application and/or reference information by email or fax, please send the original copies in the mail as well.

Applicants are advised to familiarize themselves with the current curriculum via our website and/or the information package. All fees, terms, courses and financial policies are subject to change without notice.

All materials filed in support of this application become part of your permanent, confidential record at KCCIHS: they will not be returned.

Professional Recommendation Form 1

This should include teachers and/or other professionals (exclude relatives and close personal friends) who can comment on your potential as a health-care provider and on your ability to succeed in the program at KCCIHS.

_____ {Applicant's Name} is applying for admission to the *Kootenay Columbia College of Integrative Health Sciences* Holistic Nutrition Program.

KCC seeks students who show promise of becoming dedicated, responsible and compassionate health-care professionals. To succeed as a health-care practitioner, students must have academic and personal strength, moral character, commitment and the business skills necessary to succeed professionally.

Please help us assess the applicant's strengths, weaknesses, and moral character with regards to graduate study and eventual career as a health-care provider by answering the following questions. Please feel free to attach additional paper if necessary or write a recommendation in the form of a letter.

1. How long have you known the applicant, and what is the nature of your association?

2. Contact Information (phone and email):

3. Please evaluate the applicant on the following attributes:

Communication and interpersonal skills

Academic ability

Organizational skills and ability to set and pursue long-range goals

Personal, moral and ethical integrity

Degree of self-knowledge and commitment to personal growth

Name [print] and Signature

Date

Professional Recommendation Form 2

This should include teachers and/or other professionals (exclude relatives and close personal friends) who can comment on your potential as a health-care provider and on your ability to succeed in the program at KCCIHS.

_____ {Applicant's Name} is applying for admission to the *Kootenay Columbia College of Integrative Health Sciences* Holistic Nutrition Program.

KCC seeks students who show promise of becoming dedicated, responsible and compassionate health-care professionals. To succeed as a health-care practitioner, students must have academic and personal strength, moral character, commitment and the business skills necessary to succeed professionally.

Please help us assess the applicant's strengths, weaknesses, and moral character with regards to graduate study and eventual career as a health-care provider by answering the following questions. Please feel free to attach additional paper if necessary or write a recommendation in the form of a letter.

1. How long have you known the applicant, and what is the nature of your association?

2. Contact Information (phone and email):

3. Please evaluate the applicant on the following attributes:

Communication and interpersonal skills

Academic ability

Organizational skills and ability to set and pursue long-range goals

Personal, moral and ethical integrity

Degree of self-knowledge and commitment to personal growth

Name [print] and Signature

Date

Statement of Health

To be completed and signed by a Physician (Western, Traditional Chinese Medicine or Naturopathic physician); **severe allergies must be noted.**

I have carefully examined Mr. / Mrs. / Ms.

Based on the examination, I certify that:

He/she is in good mental and physical health and is free from any physical conditions which may interfere with his/her studies including the clinical duties required of a student attending an Acupuncture/TCM/ Registered Massage Therapy program and/or Holistic Nutrition program.

I have observed the following:

Name of Physician _____

Length of therapeutic Relationship: _____

Signature of Physician:

Clinic Location/Stamp:

Date:
