

Holistic Nutrition Certificate Program Information Pack

Program Delivery	1
Course Descriptions	3
Curriculum	5
Admission Requirements & Costs - Domestic Students	6
Admission Requirements & Costs - International Students	7
Holistic Nutrition Program: Application Form	8
Professional Recommendation Form 1	11
Professional Recommendation Form 2	12
Statement of Health	13

Program Delivery

Kootenay Columbia College's Holistic Nutrition Certificate Program is an 18 credit, 270 Hour, 15 Week 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 Spring/Summer, Fall and Winter terms of each academic year.

Course Descriptions

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.

HN101 The Science of Food & Digestion (2.5 credits)

In this course, students will learn about the constituents of the whole food at macro-molecular and micro-molecular levels. To understand the mechanism of the 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.

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, autoimmune 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.

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.

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 body weight. 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 body weight with minimal struggle.

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.

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.

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.

TOTAL PROGRAM: 18 credits = 270 Hours

Elective (transferable to diploma program):

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.

Curriculum

Holistic Nutrition Certificate Program CURRICULUM SYNOPSIS

15 Week / 4 Month Program

		Credits	Hours
HN100	Fundamentals of Holistic Nutrition	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: (Weight Management: From Diet to Lifestyle)	1.5	22.5
HN105	Food Allergies & Sensitivities I	1.5	22.5
HN106	Diet Evaluation and Food Coaching	1.5	22.5
HN107	Nutritional Supplements	2	30

TOTAL PROGRAM CREDITS 18

TOTAL PROGRAM HOURS 270

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 NUTITION PROGRAM COSTS - DOMESTIC	
Application Fee	\$150.00
Student Fees	\$107.50
Student Record Archiving Fee	\$5.00
Tuition Fee (18 credits @\$223/cr)	\$4,014.00
TOTAL (not including textbooks)	\$4,276.50
Textbooks (approximate)	\$823.00
TOTAL (including textbooks)	\$5,099.50
Anatomy & Physiology Elective	\$1,003.50
TOTAL w/ elective (including textbooks)	\$6,103.00
<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	\$107.50
Student Record Archiving Fee	\$5.00
Tuition Fee (18 credits @\$267/cr)	\$4,683.00
TOTAL (not including textbooks)	\$4,995.50
Textbooks (approximate)	\$823.00
TOTAL (including textbooks)	\$5,818.50
Anatomy & Physiology Elective	\$1,201.50
TOTAL w/ elective (including textbooks)	\$7,020.00
<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:
