HEALTH & NUTRITION PRACTITIONER COURSE



LUNA

ACCREDITATION

IPHM, IICT & AADP APPROVED

When students have successfully passed the examination, they are issued with a qualification that is recognised by the above awarding bodies.

Graduates of which will then be eligible to apply to be board certified holistic health practitioners through the above and obtain the necessary insurance if working as a therapist.

Why study with us? Luna Holistics is a reputable and professional distance learning training academy with years of experience offering quality course material at affordable prices.

Entry Level (pre requisites): None – self paced - self study

Career opportunities: Work self-employed or combine with other therapies and offer treatments and consultations as a: - Certified Health and Nutrition Practitioner – Professional Holistic Therapist – Complimentary Practitioner if combining with other treatments such as massage, counselling, etc..–

Course format: 12 modules – learning reviews throughout

Duration: Self-Paced – Study time Approx 40- hrs

Support: Full tutor support offered – Access to student video library

Qualification: Diploma (Learn Crystal Therapy Course - also available)

Course content:

This course is designed to promote and offer you a comprehensive knowledge and understanding of health and nutrition related subjects. It will cover a wide range of subjects such as human development, diet and nutrition, family health and global health issues and is a must for anyone involved with the healing profession or working as a healer or health adviser.

If you are already working as a holistic therapist, then this course will aid you in offering your clients extra support in respect of offering advice to promote the health and wellbeing of your clients.

Benefits of Health & Nutrition for you and others

It will aid your progression and career in the health professions and you will learn many convertible skills that can assist you with employment prospects. You will learn and possess skills in this subject which can be a useful tool to assist yourself and others; it is an on-going journey for anyone who is currently working or thinking of working in the field of health and wellbeing.

Part 1

Lesson 1 Teaches how the concept of health is more commonly viewed, global health and the 6 elements deemed essential for primary healthcare. These are a few of the things you will be introduced to.

Lesson 2 Covers human development such as growth development of the brain and functions. (Psychosocial / emotional) charts showing development through the lifespan plus physical development.

Lesson 3 how physical growth can be measured, negative environmental factors that affect human development and health, genetic and biological factors in human development.

Part 2

Lesson 4 Nutrition in adults, children and the elderly. Supplements in pregnancy and awareness of the human body getting nutrients.

Lesson 5 carbohydrates, proteins and fats are discussed in detail in this part and how are fats classified and their effects, both negative and positive.

Lesson 6 Where most of the minerals and vitamins are to be found in order to maintain good health, the benefits of adequate liquid intake and more about nutrition's and minerals.

Part 3

Lesson 7 Food choices throughout life and recommended dietary intake plus how Developments in technology have significantly changed food eating habits.

Lesson 8 Important factors in disease prevention. The difference between type 1 and type 2 diabetes. Learn about cardiovascular disease and what RDIs are.

Lesson 9 Understanding HIV

Overview of course:- This is a comprehensive course, hence its title, when students have successfully completed the course and their examination they can then introduce health and nutrition practice as part of their therapy or as a standalone profession.

Learning Review

Following each group of lessons you will be given a list of related questions that will help you to review and consolidate your learning.

Exam – On request approx. 25 questions including multiple choice and minimum of 1000 word case study to be submitted.

FREQUENTLY ASKED QUESTIONS

Do I have to complete an exam? Exams are optional. If you would like to receive a recognised qualification however then you will need to submit an exam in the subject studied.

Do I have to submit any essays or case studies in order to pass my exam? - Yes - The exam board do require you to submit a minimum of one written case study for most of the exams. (you can use a friend of family member to be your case study example) Your exam will have a selection of questions/multiple choice. We recommend that you practice your chosen therapy on family and friends first before offering your services to the public.

What if I fail my exam? We will notify you of your results and if you have not passed, you will be given the opportunity to re-submit your exam free of charge. Please note you will be able to read through your examination and take your time, you are in no hurry to complete this and if you have read and understood your course material then we doubt very much that you will have to re-sit. Plus we offer learning reviews throughout your studies which relate to some of your exam questions, providing you work your way through these we see no reason why you should fail.

How much does my Diploma/Certificate cost? Your qualification is included in the price of the course and will be sent to you as a pdf attachment ready for you to print off immediately. You will also have the option to have a signed and posted hard copy sent to you. Postal charges will apply if you require this service.

Can I share my course material with someone else? We do realise that there may be other members of your family or close friends who also wish to study the same subject. In this case please note that there will only be one exam sent out. Should other members wish to request a separate exam there will be an administration charge of £50 per person and no personal tuition will be available to them. However they will still qualify for their accredited diploma/certificate.

Can I then practice my therapy legally? Yes once you have passed any of our accredited courses you may then choose to practice your chosen therapy, however we strongly recommend that you take out adequate insurance if working with the public, and if taking courses that involves massage or hopi ear that you attend a workshop or similar for hands on training before working with the public. Luna studies accept no responsibility for students who may cause injury whilst working with the public after taking any of our courses.

Worldwide Accreditation - Do you cover my country? I live in Canada can I still study your courses? We have many Canadian students, Australian as we do European, American and the Far East. It really does not matter where in the world you are based, your course is recognised by three professional holistic accreditation boards two of which are international. iphm (worldwide) IICT (UK, AUSTRALIA, CANADA, USA, NEW ZEALAND, IRELAND) aadp (USA)

Studying in the UK - Luna Holistics Ltd. is a registered training provider with the Government Department of Work and Pensions. You may qualify towards funding for our courses. For more information contact your local job centre. Luna Holistics is on the UK Register of Learning Providers - UKLP Ref No: 10040879

How do I pay for my course? You can pay by debit/credit card , PayPal or Bank Transfer or you can request that we send an invoice to your email address and you can pay direct from that. Paypal is free for anyone to set up and is one of the most trusted methods of payment on the internet. Most of our courses can be purchased in separate parts to help you spread the cost. Once your course has been ordered and paid for it should be with you within a few hours ready for you to download and start learning.

Why are your courses so inexpensive compared to other course providers? Our course prices are kept as low as possible to encourage more people to enrol and learn about holistic therapy as we feel this is important for all our futures. Please do not make the assumption that because some course providers charge hundreds of pounds more that the content will be superior, we have done our research and know this is not the case. You also have the option of easy payment options.

Can I get Insurance? As a qualified student of Luna Holistic Studies Westminster Indemnity & Towergate specialise in Holistic Insurance and are offering all our UK qualified students the option to join them and obtain a free quote.

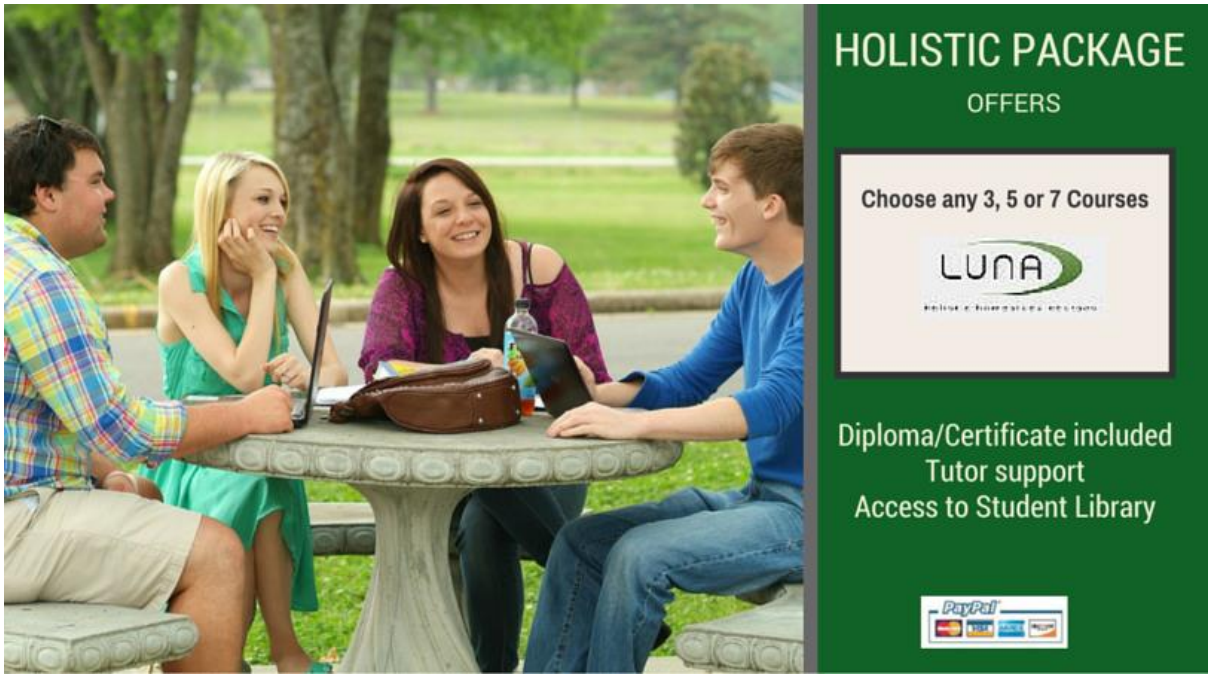
How do I access the tutor support? Should you have any queries regarding your course work whilst you are studying simply email us your questions and your query will be passed on to the relevant tutor. You will receive a response via email within 24hrs. You will also be sent a link to access the student video library when you have enrolled.

What is the Student Library? Our student library has been set up especially for you. Here you will find helpful training videos relevant to your chosen course and examples of case studies. You will also find further reading and products plus tips on setting up your own holistic business and links to see some example case studies. You will be sent the direct link for the library with your course files.

Holistic Package Offers Saving over 50%

Fantastic Savings with our Holistic Packages

UK & Worldwide Accreditation



If considering taking more than one course then our holistic package offers are amazing value.
Please visit website for more details: www.lunacourses.com

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