

OUTLINE: LEVEL 5 DIPLOMA IN NUTRITION & HEALTH COACHING (MAJOR) with Certified Women's Health & Wellness Coach (Minor) and Certified Holistic Wellness Coach (Minor)



The diploma qualification has been accredited by the Regulated Qualification Framework (RQF) and recognised across the European Qualification Framework. The unique Qualification Accreditation Number (QAN) for this qualification is:

Level 5 Diploma in Nutrition & Health Coaching 610/2579/3

Learner Registration Fee of \$610

QUALIFICATION STRUCTURE AND REQUIREMENTS

1. Credits and Total Qualification Time (TQT)

The Level 5 Diploma in Nutrition & Health Coaching comprises 60 credits, equating to 600 TQT.

2. Qualification Structure

To achieve this qualification, **11 units** must be successfully completed. This includes 6 mandatory units and at least 3 electives to achieve a minimum of **60 credits**. In order to complete the requirements for Certified Women's Health Coaching and Holistic Wellness Coaching, coaches are required to undertake DNHC207 and DNHC510, and DNHC513, respectively. Two final subjects are required to confer the Holistic Wellness Coaching program:

- WCGE01 – Introduction to Holistic Wellness (\$299)
- WCGE02 – Coaching Techniques for Flourishing Clients (\$350)

3. Equivalency

Completion of the diploma program opens pathways to employment and articulation to advanced placement in a UK Degree. This diploma is equivalent to 60 credits and exempts students from a year of university. In Australia, students can also gain subject credits toward Bachelor's degrees.

Unit Code	Mandatory Units	Level	Credit	FEE
DNHC501	Psychology & Wellbeing Foundations	5	7	\$399
DNHC502	Human Nutrition	5	12	\$450
DNHC503	Wellbeing Management & Coaching Practices	5	8	\$525
DNHC504	Mental Health & Trauma Awareness	5	4	\$199
DNHC505	Physical Health Guidelines	5	4	\$199
DNHC506	Practicum: Ready for Practice	5	10	\$525
Total			45	

Unit Code	Elective Units	Level	Credit	FEE
DNHC507	Women's Health & Hormones - REQUIRED	5	5	\$350
DNHC510	The Gut & Microbiome - REQUIRED	5	5	\$350
DNHC511	Non-Diet Approach to Coaching	5	5	\$350
DNHC512	Nutrition Psychology, Food Choices & Eating Habits	5	5	\$350
DNHC513	Ayurvedic Lifestyle & Nutrition - REQUIRED	5	5	\$350
DNHC514	Sports Nutrition for Optimal Performance	5	5	\$350
DHHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5	\$350
DNHC516	Super Foods & Nutrition	5	5	\$350
Total			15	

**Fees listed in Australian Dollars.
Pricing available in GBP, EUR, USD.**



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