

## **COURSE OUTLINE**

### **NUTRITION 101—35 HOUR CERTIFICATE COURSE**

#### **NUTRITION**

Nutrition is also called nourishment and is the supply of the materials necessary in the form of food to support life of cells and organisms. Many common health problems can be prevented or alleviated with a healthy diet. The diet of an organism is what it eats and is largely determined by the perceived subjective palatability of foods. A poor diet is known to have an injurious impact on health, causing deficiency diseases and health-threatening conditions including obesity and metabolic syndrome, along with common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis.

#### **COURSE OBJECTIVES**

It is believed that many common diseases and their symptoms can be prevented or alleviated with improved nutrition. The science of nutrition studies and attempts to understand the influence on health of specific dietary aspects. Nutrition 101 explores and examines the relationship between diet and health. The successful graduate of Nutrition 101 understands the correlation between what we ingest on a regular basis and how that affects our quality of life and overall health and well being. Accordingly, Nutrition 101 graduates are able to improve their own health and well-being and help others on a path to wellness.

#### **In Class**

Fifteen hours are required in the classroom with instructor, including final examination. A further intensive twenty hours minimum of study time is required to complete all the necessary assignments, review studies and research projects.

#### **Correspondence Course**

A minimum of thirty five hours of home study is estimated to complete the requirements of the course. Each student is assigned an Instructor who may be contacted by email or telephone with questions and to clarify any points. Students may submit assignments as they progress through the course or they may choose to submit all assignments along with final examination upon completion. Students may choose to study alone or avail themselves of assistance from a Certified SCT Instructor.

Completion of the course includes the study of the accompanying course manual and all required assignments to standard as dictated by the Board of SCT.

To replace the lecture component of this course for home study is the text *'An Apple A Day—The Myths, Misconceptions and Truths About the Foods We Eat'* by Joe Schwarcz PhD. Dr. Schwarcz examines the many myths and supposed "facts" of the dietary industry with a common sense approach to health and nutrition.

## **In-Class and Correspondence**

The textbook *'Prescription for Nutritional Healing'* is compulsory reading for the advice given on whole-food treatment of disorders.

## **Certified Natural Health Practitioner**

When Nutrition 101 is taken as part of the Certified Natural Health Practitioner Program (CNHP) or to supplement studies as part of an existing career in Complementary and Alternative Medicine (CAM) *'Prescription for Nutritional Healing'* contains descriptions and explanations of disorders which are further referenced.

## **Certification**

The student completes all assignments as outlined and submits to the School for marking and evaluation along with all documentation of related journaling and material review. Correspondence students are required to submit a short book report of one of the compulsory texts. A written examination, either in the classroom or by home study as applicable evaluated by a Certified Instructor appointed by SCT and submitted to the School for review completes the learning process. A certificate is awarded by the Board for successful completion.

Grading is Pass/Fail/Incomplete and is based on completion, submission and evaluation of all homework assignments and final examination demonstrating understanding of the material.

Successful completion and certification in Nutrition 101 is recognized as a component of the 600 hour SCT Certified Natural Health Practitioner (CNHP) Program.

## **COURSE FEES**

Refer to the website <http://schoolofct.com> for current pricing.

## **COURSE CONTENT**

The course in Nutrition 101 designed by Jacqueline Fairbrass RRP, Life Facilitator is easy to learn with detailed lesson plans, self-exploration of dietary habits, exercises, assignments and reading.

To assist the home study learning process Lesson Plans divide the material into four main sections or lessons. Each section is broken down further so students may work from Chapter to Chapter or Assignment to Assignment. Detailed instructions to study are included, with Reading Lessons, Review Lessons and Assignments.

- course objectives
- science of nutrition
- good health and the role of nutrition
- classes of nutrients
- chemical compounds of the body

- phytochemicals
- bacteria supplementation
- vitamins, water soluble and fat soluble, classifications
- food logging
- the digestive process--anatomy digestive system
- ill health through poor nutrition, conditions and definitions
- personal physical transit timing
- additives: aspartame, msg and their impact
- balancing blood sugar levels
- sensitivities and allergies
- caffeine in the diet
- importance of protein, carbohydrates
- psychological eating
- whole foods and processed foods
- healthy nervous system
- suggested daily diet for reduction of stress or anxiety
- food guide recommendations
- essential recommended daily allowances
- key nutrients
- supplements
- herbs
- flower remedies
- self-tests
- confidential health history form and disclaimer
- bonus information: you are what you eat
- bibliography
- book report (correspondence students only)

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The most important component of any dietary regime is the understanding that whole-foods contribute to our health and well-being in ways that supplementation cannot. The Nutrition 101 course manual and texts contain many lists of foods and their components. You do not have to memorize them for this course. They are there for your information so you are up-to-date with the supplementation recommendations based on US and Canadian government and marketing guidelines.

Nutrition 101 is a 35 hour course of study taken over a suggested three month to one year time frame. A highly detailed and explicit manual and textbook(s) are supplied to the student. The exercises intended for submission along with the assignments should be submitted to SCT at the completion of studies. Written examination with a passing grade of 86% or higher and when relevant, a book report complete, the requirements. All required assignments, reviews and written examination must be submitted and approved by an SCT Certified Instructor for certification.

## **INSTRUCTORS**

In class Nutrition 101 Instructor Carol Hawksley RRPr, is a Wellness Facilitator with a practice offering individual sessions and group workshops in Brockville Ontario and

School of Complementary Therapies™

Nutrition 101

surrounding areas since 1995 and since Summer 2005 in Northern Ontario. Carol is committed to bring training to the community and is available to travel in the Ottawa Valley and to Northern Ontario locations.

Correspondence and home-study is currently supervised by SCT Founder Jacqueline Fairbrass. Jacqueline's credentials are available at <http://jacquelinefairbrass.com>.

## **MATERIALS**

School of Complementary Therapies Nutrition 101 Manual includes: Lesson Plan guideline, the science of nutrition, ingestion and absorption, seven classes of nutrients, the chemical compounds, amino acids, carbohydrates, minerals and trace minerals, phytochemicals, vitamins, anatomy of digestive system, ill health through poor nutrition, obesity, eating well, balancing blood sugar, dietary fiber, allergies and sensitivities, comfort eating, whole and processed foods, stress and anxiety diets, food guide recommendations, calories, supplements and herbs, flower essences, self-tests, confidential health history form, bonus information, bibliography.

Text Book: *Prescription for Nutritional Healing*

Correspondence Text Book: *An Apple a Day*

## **INSTRUCTOR AVAILABILITY**

Phone Carol Hawksley 613.345.4569 or email [chawksley@schoolofct.com](mailto:chawksley@schoolofct.com)

For correspondence students contact Jacqueline Fairbrass Founder SCT at [jf@jacquelinefairbrass.com](mailto:jf@jacquelinefairbrass.com) or 206.201.2764

*Recommendation on vitamin and mineral supplementation is the practice and scope of the qualified nutritionist or Registered Dietician. Accordingly, SCT is not responsible for any conclusions you draw from the accompanying texts and manual.*