



Certificate in Dietary Coaching: Nutrition and Health - Lecture Plan 2009

WEEKEND	Lecture & Home Study Content	
	Saturday (9.00am-5.00pm)	Sunday (9.30am-.4.30pm)
LECTURE WE1: MODULE 1 19 th & 20 th September Venue: Our Lady's Hospice Harold's Cross	Western diet and lifestyle: its affects on health Different systems of the body and how they work together The affects of diet on common disorders Consultation demonstration	
LECTURE WE 2; MODULE 2 PART 1 17 th & 18 th October Venue: Our Lady's Hospice Harold's Cross	The Basics of Nutrition; the micronutrients	
LECTURE WE 3; MODULE 2 PART 2 21 st & 22 nd November Venue: Our Lady's Hospice Harold's Cross	The digestive system: common digestive disorders and supporting digestive health Cellular metabolism The Basics of Nutrition; the macronutrients	
LECTURE WE 4; MODULE 2 PART 3 12 th & 13 th December Venue: Our Lady's Hospice Harold's Cross	The Basics of Nutrition; the macronutrients	
LECTURE WE 5; MODULE 2 PART 4 9 th & 10 th January Venue: Our Lady's Hospice Harold's Cross	The Basics of Nutrition; food groups, phytonutrients and antinutrients	
LECTURE WE6: MODULE 3 27 th & 28 th February Venue: Our Lady's Hospice Harold's Cross	Nutritional Therapeutics; detoxification	
LECTURE WE 7; MODULE 4 27 th & 28 th March Venue: Our Lady's Hospice Harold's Cross	Overweight and obesity: different diets and their effects on weight loss and health Planning dietary and lifestyle programmes: including food groups in an individual dietary programme Novel foods and basic supplements Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking etc Consultation demo and practical exercises	
LECTURE WE 8; MODULE 5 PART 1 24 th & 25 th April Venue: Our Lady's Hospice Harold's Cross + field trip	The key bodies governing food in Ireland and the EU The concepts of: organic, GM, sustainability, local/food miles, seasonality The adverse effects of farming and food processing on food quality and personal health Growing your own: vegetables, herbs, fruit, sprouting Visit to an organic farm and ethical producers	
LECTURE WE 9; MODULE 5 PART 2 22 nd & 23 rd May Venue: Our Lady's Hospice Harold's Cross + field trip	Nutrition for different groups of society Food labelling: evaluating the nutritional quality of different foods Introduction to some herbs used for common health disorders Herb Walk	
COOKING DEMO 12 th OR 13 th June Venue TBC	Putting together a healthy meal Sourcing and creating recipes and meal plans Cooking demo	
LECTURE WE 10; MODULE 6 26 th and 27 th June Venue: Our Lady's Hospice	Counselling skills Practical exercises Dietary counselling for common clients e.g. : Families, and busy individuals	