



CNELM

Centre for Nutrition Education & Lifestyle Management

PROSPECTUS

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About Us

Welcome & Introduction

Welcome to CNELM and thank you for your interest in our courses. The Centre was founded by Kate Neil in 2001 with a view to providing high quality, relevant and engaging education in nutritional therapy and nutritional science with the ultimate aim of graduates providing 'safe' and effective nutritional therapy support and nutrition services to the public.

CNELM, a family-led company, is a not-for-profit wholly controlled subsidiary of NS3UK Ltd. We are supported by a well qualified and highly committed team of lecturers, tutors, supervisors, managers and administrators. You can find out more about our team on our [website](#).

Our primary focus is teaching university validated higher education degree courses in nutrition which we have been doing successfully since 2003 alongside courses leading to nutritional therapy practice based on research approaches that support personalised and individualised nutrition interventions. Please see our [Research Objectives](#).

Nutrition is a scientific discipline. To support applicants without a science background we provide bioscience entry courses for entry to undergraduate and postgraduate studies.

Many applicants opting to study with us wish to practise as a nutritional therapist. CNELM's Personalised Nutrition Practice Diploma (PNPD) can be integrated alongside or taken after the undergraduate and postgraduate degree courses.

We trust the Prospectus is useful and helps you identify the course that is right for you. Our Course Applications team is available to speak with you or respond to your email questions. We look forward to hearing from you.

We have an informative website where you can find out about our [Vision and Mission](#), [External Support and Oversight](#) and our [Graduates](#).

Why Study at CNELM?

We are committed to providing high quality education and a supportive environment for students and staff.

- The degree courses we teach are validated by [Middlesex University](#) (MU) and we are committed to upholding the standards required for UK Higher Education. As a collaborative partner of MU we also aim to fulfil our responsibilities for the management of academic standards within the guidance provided by the [UK Quality Code for Higher Education](#).
- The CNELM Personalised Nutrition Practice Diploma (PNPD) assessed up to Level 6 is [Endorsed by Qualifi](#). Qualifi is a recognised UK awarding organisation regulated in England by the Office of Qualifications and Examinations Regulation (Ofqual).
- In combination with the CNELM Personalised Nutrition Practice Diploma (PNPD) the degree courses are accredited by the [Nutritional Therapy Education Commission](#) as routes to nutritional therapy practice enabling graduates to apply to register with the [Complementary & Natural Healthcare Council](#) (CNHC) and professional membership of the [British Association for Nutrition & Lifestyle Medicine](#) (BANT), subject to meeting all requirements for registration and membership. See Section below on [Validation, Accreditation and Professional Membership](#).
- The NLP Practitioner Course we teach is accredited by the [Association for Neuro Linguistic Programming](#) (ANLP) and Certification issued by the [UK College of Personal Development](#) (UKCPD).
- The Dietary Educator Certification course is accredited by the [Federation of Holistic Therapists](#) (FHT)
- The distance learning degree programmes attract a diverse group of students from around the world and are interactive, enabling students to engage in webinars, tutorials, journal club and a wide range of activities; and enabling students from around the world to study with us.
- Access to robust and relevant online learning resources.
- The PNPD programme is also taught online. See section on the [PNPD programme](#) to find out more.
- Our bioscience entry courses for the degree programmes enable you to study distance learning at your own pace with tutor support.
- We are committed to recognising prior learning to enable students to join the undergraduate BSc programme and the CNELM PNPD programme at an advanced level. See section on [Advanced Learner Entry](#).
- The Centre is committed to promoting Equal Opportunities, Inclusivity & Diversity.

Validation, Accreditation, Endorsement, Professional Registration and Membership

Middlesex University and Degree Validation - [Middlesex University](#) (MU) is a long-established international university based in London, UK with whom CNELM has had a collaborative partnership since 2003. MU has been recognised and rewarded for academic and organisational achievements.

Although you will enrol with us at CNELM, you are also registered as a student with Middlesex University (MU) for degree studies. Your degree programme of study is part of MU's School of Science & Technology. As a student on an MU validated degree programme will be expected to abide by [MU's Regulations](#).

As a student registered on a degree programme validated by Middlesex University (MU) you will:

- Register with CNELM
- Complete your programme with CNELM
- Pay your fees direct to CNELM
- Have access to MU's Sports Facilities in London (subject to availability)
- CNELM will register you with MU shortly following enrolment for the final degree award
- Receive an MU Certificate and Transcript in partnership with CNELM for the final degree award or any stated Exit Awards from the programme
- Be invited by MU to attend a Graduation Ceremony (subject to availability)

An External Examiner for a degree programme is appointed by MU who reviews a range of student coursework and attends Academic Board meetings to help ensure that students at CNELM are meeting academic standards expected of Higher Education in the UK. Board meetings where student marks are ratified and awards conferred are chaired by a dedicated Link Tutor employed by MU.

Professional Accreditation, Registration and Membership - The Nutritional Therapy Education Commission (NTEC) is responsible for accrediting training courses in nutritional therapy. Accredited courses demonstrate having met the Core Curriculum (CC) and National Occupational Standards (NOS) for nutritional therapy. The [Core Curriculum](#) is set by the CNHC. Accredited courses are reviewed every three years and must demonstrate continuing requirements for renewal of accreditation.

The NOS are developed and updated by [Skills for Health](#). National Occupational Standards set for a profession are minimum standards. In the context of the National Qualifications Framework, the NOS are assessed at levels 4-6 for nutritional therapy.

The degree courses in combination with CNELM's Personalised Nutrition Practice Diploma (PNPD) programme are mapped against the CC and NOS. Assessments on the degree and PNPD programmes will include a range of assessments across levels 4-6 and for students on the MSc or PG Diploma in Personalised Nutrition coursework will also be assessed at level 7.

The following routes to practice taught at CNELM are accredited by the NTEC:

- BSc (Hons) Nutritional Science + Personalised Nutrition Practice Diploma (PNPD)
- MSc in Personalised Nutrition + CNELM PNPD
- Postgraduate Diploma (PG Dip) in Personalised Nutrition + CNELM PNPD

Graduates of NTEC accredited courses are eligible to apply to register with the Complementary & Natural Healthcare Council (CNHC) subject to meeting all their requirements. The CNHC is the UK

Voluntary Regulator for complementary healthcare practitioners. The CNHC was set up in 2008 with the support of government funding. The key function of the CNHC is to enhance public protection. CNHC is also the holder of an Accredited Register by the [Professional Standards Authority for Health and Social Care](#), an independent body, accountable to the UK Parliament. You can find out more [about the CNHC](#) and [eligibility for registration](#) by visiting their website.

Attendance Requirements and Recommendations

- Degree programmes are 100% online delivery and do not require attendance at the Centre. Students are expected to attend online webinars, tutorials and activities.
- The PNPD programme is also 100% online delivery.

Entry to the CNHC register, professional membership of BANT, and the FHT is the prerogative of the CNHC, BANT, and the FHT respectively and not CNELM. False, and/or fraudulent applications could lead to exclusion from registrations and/or memberships.

Applicants who undertake a course of study at CNELM leading to nutritional therapy practice will need to demonstrate Fitness to Practice, and will be required to complete a Fitness to Practice declaration form. Not meeting requirements for Fitness to Practice prior to commencement of a clinical course, or changes in Fitness to Practice after commencement of study, may preclude students from completing a clinical course of study and obtaining professional registration upon qualification.

It is the responsibility of each applicant to identify the requirements for nutritional therapy practice in the country they intend to practice, and to comply with that country's regulations.

[Qualifi PNPD Endorsement - Qualifi](#) 'is a leading 21st century Awarding Organisation founded to meet the developing education and training needs of learners and employers from the UK and around the globe, serving the needs of learners and employers in the UK and worldwide every year. Qualifi recognises the need for quality accredited industry award programmes; training and award certifications that still demonstrate attainment, knowledge or understanding that might not necessarily lend themselves to the regulated environment. This is where Qualifi can offer an Endorsed Course.' The PNPD is not a standalone qualification and is designed to complement the academic clinically applied degree programmes. Hence, Qualifi Endorsement provides recognition of the PNPD course as a suitable and beneficial learning platform for students.

As a student registered on the PNPD programme Endorsed by Qualifi you will:

- Register with CNELM
- Complete your programme with CNELM
- Pay your fees direct to CNELM
- CNELM will register you with Qualifi shortly following enrolment on the PNPD programme.
- On successful completion of the programme Receive a Qualifi Endorsed Certificate in partnership with CNELM which will contain the NTEC, CNELM and Qualifi Logos.

An External Verifier/s for the PNPD is appointed by CNELM. An External Verifier reviews a range of student coursework and attends Academic Panel meetings to help ensure that students at CNELM are meeting academic and professional standards expected of Training Providers delivering NTEC accredited courses leading to nutritional therapy practice. External Verifiers also provide external oversight helping to support that CNELM is meeting the standards demanded from Qualifi for Endorsement of the PNPD programme.

Courses

BSc (Hons) Nutritional Science

This innovative nutritional science course first introduced in 2009 was developed to enable graduates to pursue a variety of careers in the nutrition industry as well as develop projects to support sustainable change at a local community and global level.

The course is a 100% distance learning programme that can be studied **full-time (3 years)** or **part-time over (4-6 years)** and can be started in January, April or September each year. This course is highly interactive studying alongside peers from around the world. You will be required to join online tutorials and there are many opportunities to join live webinars or access recordings of webinars after the event. Students work together online in pairs and groups on a number of assessments. All students during Level 5 of study will have the opportunity to partner with an organisation for work experience online.

Course Overview

This course aims to provide you with a knowledge and understanding of the science underpinning nutritional biochemistry, physiology, public health and culminating in an evidence-based approach to personalised nutrition. You should gain an understanding of a systems biology, reasoning about pathology and a functional nutrition approach to personalised nutrition. This course includes both individual and collaborative research projects, enabling you to develop critical thinking, problem solving and decision-making skills as individuals and as part of a team.

This course enables you to consider the wider food and nutrition industry and the types of roles that you would like to pursue. After graduation you should feel prepared to enter the workplace at multiple levels, including:

- Research, development and technical support for a wide range of companies
- Nutrition and health education including health writing and teaching the public and professionals
- Work within community settings to assist in the development of sustainable 'healthy' communities
- Combined with the CNELM Personalised Nutrition Practice Diploma, to practice as a nutritional therapist.
- Graduates of this course may also apply to further their studies at postgraduate level with a view to pursuing academic careers in nutrition research, practice and education.

Course Modules		
Level 4 (Year 1)	Level 5 (Year 2)	Level 6 (Year 3)
Thinking Critically	Applied Pathophysiological Reasoning	Personalised Nutrition Interventions
Nutritional Biochemistry	Research Methods	Health Culture
Applied Physiology	Food Science & Safety	Nutrition Enterprise
Personalised Dietary Education	Food Supplements and Pharmacology	Research Project
Public Health Nutrition	Nutrition in Practice	Contemporary Issues in Food & Nutrition

Level 4 (Year 1) Summary of Module Content

Thinking Critically 20 Credits

Nutrition is a far-reaching and complex field of science with a range of external influences impacting on the integrity and consistency of information available to scientists, health professionals and the general public. During this module you will have the opportunity to explore the importance of searching effectively for information online; what constitutes good science and why; and the challenges of providing information emanating from science in an ethical manner. You will begin to think critically and reflectively about your personal study objectives and future career pathways.

Nutritional Biochemistry 40 Credits

Nutritional biochemistry underpins nutritional science. This module taught over two terms provides substantive time to engage with this exciting aspect of bioscience. Over the course of two terms you will have the opportunity to develop your understanding of the vital roles of macro, micro, phytonutrients and water in normal biochemical processes and begin to explore disordered biochemistry as it relates to environmental toxicity, obesity and genetics. Accurately collecting, recording, and interpretation of nutritional data is fundamental. You will have opportunities to analyse a range of diet and related data and present findings in a variety of useful formats relevant to future careers. You have the opportunity to conduct and report on simple experiments and begin to consider scientific principles including sensitivity and reliability and safety issues related to lab work.

Public Health Nutrition 20 Credits

Improving the health of the general public is a global socio-economic concern. This module enables you to explore the importance of a range of key public health messages including: guidelines for nutrient intakes; 5-A-Day, requirements for vitamin D, fortification of bread with folic acid; salt and sugar intake; fat and cholesterol; weaning; food labels; physical activity; body measurements, inter-country variation. You should develop skills to disseminate public health messages in a socially relevant context and in a manner that the public can understand through the production of leaflets, articles and public-centred presentations. You will explore the notion of a 'well-balanced' diet, special diets, food storage, cooking, transport and farming methods, and principles of food safety in context of hygiene and contaminants; agencies providing public health messages; the strengths and limitations of public health approaches and application to individuals.

Applied Physiology 20 Credits

You will be able to build on your knowledge of anatomy and physiology and focus on how the major body systems are controlled and integrated so that you can demonstrate a coherent understanding of the mechanisms that keep the body alive and functioning. This module introduces concepts of Systems Biology, Functional Medicine and pathology with a view to enhancing your understanding of purpose and design and applied strategies to support organ reserve. You will have the opportunity to explore at some depth how changes in the hormonal and nervous systems can occur in response to stress and how this might impact on nutritional status.

Personalised Dietary Education 20 Credits

This module focuses on developing knowledge and skills to provide dietary education. The module includes a variety of approaches across a range of social, ethical, and cultural contexts including vegan and vegetarian diets; eating on a budget; nutrition in pregnancy, feeding babies, children and families; hypoallergenic, cardio and cancer protective diets; supporting mood and vitality. The strengths and limitations of dietary education are explored. Communication and coaching strategies are included and students practice analysing diets and providing dietary educator consultations.

Level 5 (Year 2) Summary of Module Content

Applied Pathophysiological Reasoning (APR) 40 Credits

Building upon the breadth of knowledge and skills gained during level 4 this module is taught over two terms and provides you with the opportunity to review current medical paradigms and a systems biology, pathophysiological reasoning approach to understanding health and disease. You will further explore the differences between population and personalised approaches to the management of chronic disease and the processes going wrong in the body that are common to many similar and disparate illnesses. The module has a major focus enabling you to reason about mechanisms that drive illness, repair processes, and the use of relevant assessments to gather and interpret individual biomarker data to help inform nutrition interventions. The module introduces differential diagnosis and the types of signs and symptoms 'red-flags' that merit referral to medical practitioners.

Food Science & Safety 20 Credits

This module aims to provide you with knowledge of some of the key challenges facing nutrition professionals in the food industry. It will explore the concepts of food quality and safety with links to health issues beyond acute food poisoning. The legal and regulatory framework for food production and marketing is reviewed. This module provides an opportunity for you to explore how new developments in health and technology impact food production and product innovation to offer foods with functional benefits.

Research Methods 20 Credits

Developing discerning research skills are essential for a nutritional scientist. This module complements APR and aims to further develop your understanding of the scientific method and the statistical approaches that underpin nutritional and biomedical research, the ability to reason cogently about pathology, and evidence based practice. The module aims for you to develop skills to critically review research papers, apply search strategies that are systematic and use tools that can be used for the statistical analysis of research data.

Nutrition in Practice 20 Credits

This module explores how the nutrition profession has developed over time. You will be encouraged to examine the roles and influences of legislation, professional and regulatory bodies and political influences impacting nutrition practice as it applies to clinical and industry settings. This module includes 50 hours of entrepreneurial online work experience; it encourages you to draw on your own experiences and those of your peers; to identify an area of nutrition practice of personal interest and consider the future opportunities and challenges that may lie ahead. To help you with this process you will be introduced to an expanded range of reflective models to further develop your reflective skills and work closely with the Professional Mentor.

Food Supplements and Pharmacology 20 Credits

Central to this module is gaining an understanding of drug-nutrient interactions with a view to justifying 'safe' nutritional interventions in context of upper safe limits. This module also follows on from APR and you will review the mechanisms of action of various drugs and nutraceuticals and their impact on physiology and disease intervention. You will explore the synergistic action of nutrients and drug/nutrient interactions through the analysis of their mechanisms of action on physiological processes and disease processes. Food law governing nutritional products will also be reviewed. Application of food supplements at both individual and population levels are considered.

Level 6 (Year 3) Summary of Module Content

Personalised Nutrition Interventions 20 Credits

Gaining a deep understanding of personalised and individualised nutrition as an approach to the prevention and management of functional imbalances and chronic disease is a main focus. You should develop an understanding of complexity in health and explore nutritional intervention strategies to support optimal function and healthy ageing while taking into account social, cultural and ethical factors influencing health and wellbeing. This module draws on emerging scientific research from the field of nutrigenomics on the potential harmful effects of inappropriate nutrition, environmental toxins and lifestyle factors on a wide range of issues relating to human health.

Health Culture 20 Credits

This module aims to explore the changes in individual responsibility for health over the past century, the present and what the future might bring. In this context, the module will explore inequalities in health care provision and the ability of individuals to assume such responsibility for their health. You will work with peers to analyse data, theorise and evaluate cultural drivers and barriers to change as well as critically and reflectively review your own leadership ideas and business practices to inform the design of engaging, ethical and sustainable change management interventions across a range of global community healthcare environments.

Research Project 40 Credits

Conducting research individually or as part of a group provides you with an opportunity to embrace the scientific literature at a deep level. You will work with a Research Supervisor throughout the process who will support and encourage you to become an independent researcher from project planning through to final write-up of your project. Drawing on your learning from the course there will be a range of styles of project for you to consider. Whether conducting research independently or as part of a group, students are expected to produce their project written in the style, format and discipline compatible with published research and present findings to their peers.

Contemporary Issues in Food & Nutrition 20 Credits

This module engages with a range of contemporary issues that are at the 'leading edge' of debate within the industry, science, research, politics, media and public consciousness. The Module will explore, in a balanced way, a range of potentially controversial issues with the aim of supporting students to further develop critical analytical thinking skills, to build evidence based arguments and consider how change and interventions can best be supported by science and research. The module compliments both Health Culture and the Research Project. The Module is designed to also support graduates who wish to engage in NGO work and/or campaigning for change.

Nutrition Enterprise 20 Credits

You will have the opportunity to prepare for your future career pathway building on your evaluation and learning from Nutrition in Practice as well as learning from level 6 modules. Whether seeking employment in the public sector or to start your own nutrition business, the module will encourage you to consider the value of business enterprise, entrepreneurship, intrapreneurship and the importance of global interconnectedness. Based on a thorough understanding of the health and nutrition workplace environments, including corporate, clinical practice and community-based projects within local, national and international environments, opportunities will be provided for you to evaluate the actions required to attain your professional goals. This will be supported through the generation of a professional portfolio to demonstrate a range of experiences, competencies and skills in preparation for work and via forming a network of contacts and work opportunities to enhance career options.

Entry Requirements

- A' levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), **OR**
- CNELM's [Bioscience Entry modules for Undergraduates](#): Chemistry & Human Biology
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module
- GCSE in English Language or equivalent
- IELTS 6.0 or TOEFL equivalent is the standard requirement for applicants where English is not their first language
- Basic computer skills including word processing, internet browsing and use of email

Please note that GCSE and 'A' level, or equivalent qualifications accepted within a 5-year currency or demonstrating continued application in the workplace.

Time Commitments

As a rule of thumb for every 10 credits allow 100 hours of work inclusive of attending webinars, tutorials, independent reading and writing up assessments. Each level of the course is based on 120 credits equal to 1200 hours of work. This roughly breaks down to 33-35 hours a week for 36 weeks of the year for a full-time student. Terms are typically twelve weeks in length. Part-time students take modules alongside full-time students but take less modules per year. The number of hours each year will depend on whether you study over 4, 5 or 6 years. All applicants agree to a study plan prior to enrolment which can be adapted after starting the course.

Qualifications

All students are enrolled in the BSc (Hons) Nutritional Science 360 credit programme and are eligible for this Middlesex University (MU) Award if all requirements of the programme are met. A student enrolled in the BSc (Hons) Nutritional Science course, subject to having met the requirements for an MU Exit Award may be considered for the following Awards.

- Certificate Higher Education in Nutritional Science (120 credits)
- Diploma of Higher Education in Nutritional Science (240 credits)
- Ordinary Degree Award in Nutritional Science (300 credits)

Please also see eligibility for CNELM's internal [Dietary Educator Certificate](#).

Course Fees Jan 2023-December 2023			
Option	Study Format	Total Tuition Fees	Payment Method and Breakdown
A	Full Time 3 years	£18,800	Payable as £1,070 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following three years, and monthly fees of £433 over 36 months.
B	Part Time 4 years	£18,800	Payable as £1,070 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following four years, and monthly fees of £302.50 over 48 months.
C	Part Time 5 years	£18,800	Payable as £1,070 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following four years, and monthly fees of £224.20 over 60 months.
D	Part Time 6 years	£19,870	Payable as £1,070 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following five years, and monthly fees of £186.80 over 72 months.
Please review section Applications and Funding			

MSc and Postgraduate Diploma in Personalised Nutrition

This innovative distance learning programme started in January 2012 and has attracted considerable interest from many non-healthcare professionals and health professionals including doctors, pharmacists, nurses, psychologists, practising nutritionists and nutritional and complementary therapists. Non-bioscience degree qualified applicants also apply and register for this course following completion of our Bioscience Entry Course for postgrads.

The MSc and PGDip courses are 100% distance learning programmes that can be studied **full-time** or **part-time**; part-time MSc max 3 years and part-time PGDip max of 2 years. Students enrol in January, April or September each year and applicants with a relevant nutrition background can also apply to start the course in June. This course is highly interactive studying alongside peers from around the world. You will be required to join online tutorials and depending on your start date there are many opportunities to join live webinars or access recordings of webinars after the event. Students work together online in pairs and groups on a number of assessments.

Course Overview

The MSc and PG Diploma in Personalised Nutrition primarily aims to deliver an intellectually stimulating and rigorous advanced programme of study that directly supports the development of an evidence base for a personalised nutrition approach to healthcare, as well as promoting lifelong learning and career opportunities for graduates of this course. This course includes the principles of personalised nutrition, functional medicine, applied pathophysiological reasoning and psychoneuroimmunology in the context of personalised nutrition, and research methodologies needed to support an evidence base for personalised nutrition.

Course Modules			
Module	Credits	MSc (180 credits)	PG Dip (120 credits)
Evidence Based Personalised Healthcare EBPH	30	M	M
Research Dissertation RD	60	M	
Personalised Nutrition Requirements PNR	30	NN	NN
Personalised Nutrition and & Chronic Illness PNCI	30	NN, P	NN, P
Personalised Nutrition & Longevity PNL	30	NN, P	NN, P
Personalised Sports Nutrition PNS	30		
M: Mandatory NN: Mandatory for applicants without a nutrition background P: Mandatory for those who are taking the MSc or PG Dip in combination with the CNELM Personalised Nutrition Practice Diploma (PNPD) as an accredited route to practice.			
PNR, PNCI and PNL are mapped against the Core Curriculum and National Occupational Standards for Nutritional Therapy. Therefore applicants without a nutrition background that are also enrolled on the Personalised Nutrition Practice Diploma (PNPD) must take these three modules. Applicants without a nutrition background that have a special interest in sports nutrition can apply to take the sports module as part of the MSc or PG Diploma, but must also separately take PNL or PNCI with assessment to meet nutritional therapy practice requirements.			
MSc = 180 Credits (inclusive of RD)		PG Diploma = 120 Credits (does not include RD)	

Level 7 Summary of Module Content

Evidence Based Personalised Healthcare 30 Credits

You will refresh your understanding of research methodologies and understand how new research methodologies can be constructed to better suit the needs of Personalised Nutrition. In particular, this module will provide you with the opportunity to critically evaluate the utility of existing research methodologies when applied to Personalised Nutrition and explore the potential, and challenges presented by new research methodologies when applied to healthcare generally and Personalised Nutrition specifically. This leads into an understanding on how evidence for personalised nutrition can be produced. You will learn about factors that need to be considered in order to evaluate and apply various forms of evidence to personalised nutrition.

Personalised Nutrition Requirements 30 Credits

Foundation principles of nutrition including: macro, micro and phytonutrients, food toxicology, soil-to-table concepts, nutritional quality and the structure of the UK food and nutrition industry are central to the module, alongside justifying personalised nutrition interventions in the management of obesity and type 2 diabetes for multi-symptomatic individuals. You should develop skills to critique and assess nutrient requirements for an individual with obesity taking government guidelines and concepts of optimal nutrient intakes into account; and apply the principles of Personalised Nutrition using CNELM clinical tools to devise personalised, evidence based, nutritional strategies taking biomedical data and challenges of implementing and maintaining change into account.

Personalised Nutrition & Chronic Illness 30 Credits

Inflammation is an accepted driver of chronic illness. You will have the opportunity to justify and evaluate personalised nutrition interventions for a range of chronic illnesses with shared disease processes. Pivotal to this module is the link between the gut and the brain. Using a Personalised Nutritional approach you will consider how nutritional and environmental factors in an individual can lead to inflammatory processes as drivers of chronic illness. To deepen your understanding of the complexity of pathology the module draws on principles of psychoneuroimmunology and biochemical imbalances in disease.

Personalised Nutrition & Longevity 30 Credits

The influence of diet, environment and lifestyle on gene expression is central to this module. It should enable you to justify a personalised nutrition approach to promote healthy ageing and longevity from conceptus through all stages of adulthood. Key to the focus on longevity is an understanding of theories of ageing, the impact of toxins and nutritional strategies throughout the lifespan and the body processes used to maintain balance. Appropriate use, validity, possible benefits and risks of genetic testing alongside other biomedical data are considered and debated.

Personalised Sports Nutrition 30 Credits

Justifying personalised nutrition interventions for elite and amateur athletes seeking to maximise performance and who may also be training alongside chronic health problems is central to this module. Appropriate strategies are considered in light of periodicity of training regimes with a focus on optimum performance. Understanding the physiology of exercise and muscle physiology in the context of Personalised Nutrition is fundamental. Topical issues such as the use and abuse of ergogenic aids and steroids are taught, as well as the validity of biomedical data to tailor approaches.

Research Dissertation 60 Credits

You will be given the opportunity to engage in projects designed to contribute to the emerging evidence base for personalised nutrition. This project is an opportunity to focus on a specific area of nutritional research and will enable you to develop the skills to demonstrate a deep and systematic understanding of the techniques employed in meta-analysis and mechanism reviews and situate them within existing and emerging evidence based paradigms.

Entry Requirements

- A first science degree is the primary entrance requirement, though applicants with other non-science degree or professional qualifications will be considered on an individual application basis
- All applicants must demonstrate appropriate and underpinning knowledge of chemistry, human biology, physiology and biochemistry. Depending on your unique education background you might be advised to take part, or all, of our [Bioscience Entry course for Postgraduates](#).
- IELTS 6.5 or TOEFL equivalent is the standard requirement for applicants where English is not your first language
- Basic computer skills including word processing, internet browsing and use of email

Please note: GCSE & 'A' level qualifications (or equivalent) and/or prior degree study which included Chemistry, Human Biology, Physiology and Biochemistry are accepted within a 5-year currency or demonstrating continued application in the workplace.

Time Commitments

As a rule of thumb for every 10 credits allow 100 hours of work inclusive of attending webinars, tutorials, independent reading and writing up assessments. Students completing the MSc 180 credit course full-time in one year should expect to study for 35 hours a week for 46 weeks over twelve months i.e. similar to a full-time job. Similarly, students taking the 120 credit PG Diploma course full-time should expect to study 35 hours a week over ten months. Part-time students take modules alongside full-time students but take less modules per year. The number of hours each year will depend on whether you study over 2-3 years. All applicants agree to a study plan prior to enrolment which can be adapted after starting the course.

Qualifications

Applicants can enrol on the MSc or the Postgraduate Diploma (PG Dip) as Entry Awards. Progression to the MSc is possible following completion of the PG Dip. Applicants progressing to the MSc may be required to relinquish their PG Diploma on re-entry. Alternatively, applicants can enrol on the MSc and apply for a PG Dip (120 Credits) or a PG Cert (60 Credits) as Exit Awards if unable to complete the full programme and complete sufficient credit for the award. Please see eligibility for CNELM's internal [Dietary Educator Certificate](#).

Course Fees Sept 2022 - Aug 2023			
Option	Study Format	Total Tuition Fees	Payment Method and Breakdown
MSc A	Full Time 1 year	£8,680	Payable as £1,480 annual fee prior to the start course and monthly fees of £600 over 12 months
MSc B	Part Time 2 years	£10,160	Payable as £1,480 annual fee prior to the start of each year and monthly fees of £300 over 24 months
MSc C	Part Time 3 years	£11,640	Payable as £1,480 annual fee prior to the start of each year and monthly fees of £200 over 36 months
PG Dip A	Full Time 1 year	£6,280	Payable as £1,480 annual fee prior to the start of course and monthly fees of £400 over 12 months
PG Dip B	Part Time 2 years	£7,760	Payable as £1,480 annual fee prior to the start of course and monthly fees of £200 over 24 months

Please review section [Applications and Funding](#)

CNELM Personalised Nutrition Practice Diploma (PNPD)

The Personalised Nutrition Practice Diploma (PNPD) is a comprehensive CNEMLM qualification which can be combined with the BSc (Hons) Nutritional Science or the MSc or the PG Diploma in Personalised Nutrition as an accredited route to nutritional therapy practice. The PNPD cannot be taken as a standalone Diploma course. The degree programmes are standalone courses and can be taken separately to the PNPD.

Course Overview

The Personalised Nutrition Practice Diploma (PNPD) in combination with the BSc Hons Nutritional Science or the MSc or PG Diploma in Personalised Nutrition have met requirements for the Core Curriculum and the National Occupational Standards for nutritional therapy. Graduates of the combined courses are eligible to apply for registration with Complementary & Natural Healthcare Council (CNHC) and membership of British Association for Nutrition & Nutrition & Lifestyle Medicine (BANT), subject to meeting all CNHC and BANT requirements.

Students can integrate some PNPD modules alongside degree studies or take the PNPD modules after completing degree studies. Integrating the PNPD modules enables you to combine theory with practice as you go along. If you are unsure whether you wish to practice, then opting for a separate programme is recommended.

The degree modules focus on academic content and acquisition of knowledge and demonstration of skills in a non-therapeutic setting. The PNPD focuses on the development of coaching and clinical skills, client supervision and business development in preparation for independent practice as a nutritional therapist.

Students who do not wish to practice can opt against taking the clinical, coaching and business modules that make up the PNPD programme. For those who do wish to practice, this combined route should increase career options, as students will have gained the necessary skills to practice as a nutritional therapist and be eligible to apply for a variety of roles within the nutrition industry.

BSc students take Module 2 as part of Level 4 Dietary Education and Module 6 Nutrition Enterprise as part of their degree studies and do not have to take these modules again as part of the PNPD.

Personalised Nutrition Practice Diploma (PNPD) - Distance Learning		
Level 4	Coaching in Personalised Nutrition Practice (CP) - distance learning	10 credits
Level 4	Personalised Dietary Education (PDE)	10 Credits
Level 5-6	Clinical and Coaching Skills Development (SD)	40 credits
Level 5-6	Supervised Personalised Nutrition Consultations & Practice (SP) - DL	40 credits
Level 6	Nutrition Enterprise (NE) -	20 credits
Total Credits = 120		

Brief Summary of PNPD Module Content

Coaching in Personalised Nutrition Practice (CP) 10 Credits

This level 4 - 5-day highly interactive **compulsory online attendance** module enables you to develop and demonstrate a range of coaching skills to help enhance outcomes with clients, peers and colleagues as well as your personal study and lives.

Personalised Dietary Education (PD) 20 Credits

This level 4 - 5 day **online** module is designed to enable you to communicate effectively using educational language to clients and the public. The module includes role plays, public writing and presentation skills.

Clinical and Coaching Skills Development (SD) 30 Credits

This level 5 - 10 day module requires the first 5 days of **attendance via live webinar** is designed to enable you to demonstrate the wide ranging skills and competencies required for personalised nutritional therapy practice and the National Occupational Standards for nutritional therapy.

Supervised Personalised Nutrition Consultations & Practice (SP) 40 Credits

This level 6 **online** module focuses on online webinars, tutorials, discussions and debates around clinical practice. You will see clients under 'virtual' supervision with a Clinic Supervisor.

Nutrition Enterprise 20 Credits

This level 6 **online** module covers the setting-up of a nutritional therapy practice and includes business planning, promotional literature and developing a personal portfolio.

Please also refer to the [Nutritional Therapy Training Clinic](#)

Entry Requirements

As stated for the BSc (Hons) Nutritional Science or MSc or PG Diploma in Personalised Nutrition.

Please note:

- IELTS 7.0 or TOEFL equivalent for applicants where English is not their first language is required to join the PNPD programme.
- Signed Confirmation of Fitness to Practice

Time Commitments

- The minimum time for BSc students if taking the PNPD Integrated is 3.9-4 years and students should expect to study for up to 35 hours a week for approximately 40 weeks each year.
- The minimum time for MSc students integrating with the PNPD is two years over 46 weeks of the year, and for PG Dip students 21 months over 46 weeks of the year. Students should expect to study for 35 hours a week.
- Flexibility is required on the PNPD as client work can give rise to some unavoidable delays.
- Part-time options are available which would reduce weekly study hours

Qualifications

As part of combined degree programmes with CNELM's PNPD you will also have the opportunity to gain the following additional awards:

- Dietary Educator Certificate awarded by CNELM and accredited by the Federation of Holistic Therapists (FHT). Graduates of the DEC can apply for professional membership with the Federation of Holistic Therapists (FHT). See [Dietary Educator Certificate](#).

Please also review [Professional Accreditation, Registration and Membership Requirements](#)

Please note that students completing the PNPd must pass assessments for the five modules, including Professional Competency Assessments set within both of the degree courses and the PNPd. Should a student not meet the competency requirements for practice may still successfully complete their degree studies. Similarly, students may meet requirements for the CNELM Dietary Educator Certificate.

Course Fees Jan-Dec 2023 PNPd in Combination with a Degree Programme			
Option	Study Format	Total Tuition Fees	Payment Method and Breakdown
MSc + PNPd	Full Time 2 years	£15,592	Payable as £1,680 annual tuition fee prior to the start of the course, a second annual tuition fee of £1480 prior to the start of year 2, and monthly fees of £518 over 24 months.
MSc + PNPd	Part Time 3 years	£17,072	Payable as £1,680 annual tuition fee prior to the start of the course, and further annual tuition fees of £1480 prior to the start of year two and year three, and monthly fees of £355.20 over 36 months.
MSc + PNPd	Part Time 4 years	£17,772	Payable as £1,680 annual tuition fee prior to the start of the course, and further annual tuition fees of £1,480 prior to the start of year two and year three, and a final annual tuition fee of £700 for year four and monthly fees of £259 over 48 months
PGD + PNPd	Full Time 2 years (21 months)	£13,192	Payable as £1,680 annual tuition fee prior to the start of the course and a second annual tuition fee of £1480 prior to the start of year 2 and monthly fees of £418 over 24 months.
PGD + PNPd	Part Time 3 years	£14,672	Payable as £1,680 annual tuition fee prior to the start of the course, and further annual tuition fees of £1480 prior to the start of year two and year three, and monthly fees of £278.70 over 36 months.
BSc + PNPd	Full Time 4 years	£24,032	Payable as £1,270 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following three years, and monthly fees of £416 over 47 months.
BSc + PNPd	Full Time 4.5 years	£24,032	Payable as £1,270 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following four years, and monthly fees of £342.25 over 54 months.
BSc + PNPd	Full Time 5 years	£24,032	Payable as £1,270 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following four years, and monthly fees of £308 over 60 months.
BSc + PNPd	Full Time 6 years	£25,102	Payable as £1,270 annual tuition fee prior to the start of the course and additional annual tuition fees of £1,070 prior to the start of the following five years, and monthly fees of £256.70 over 72 months
Please review section Applications and Funding			

CNELM Dietary Educator Certificate (DEC)

The DEC is a Standalone Award for health professionals and for students completing the DEC prior to completing undergraduate or postgraduate degree programmes in combination with the PNPD.

Course Overview

The modules that make up the DEC provide a robust nutritional science and nutrition education platform with which to add a dietary educator service to their existing practice; and for students gaining the DEC award prior to completing degree and PNPD studies to gain some practice experience within defined boundaries.

Graduates of the DEC work within a defined scope of practice and the role focuses on education to help enable clients to make informed choices about food and diet. Writing about food and health and giving talks at a public level are anticipated outcomes for the DEC. Graduates of the DEC work with adults that are seeking to improve their health and wellbeing and are not diagnosed with chronic disease and/or taking complex medication.

Please note that the DEC qualification does not lead to nutritional therapy practice.

Students on the degree programmes generally gain the DEC whilst completing their combined degree and PNPD as the PNPD does lead to nutritional therapy practice.

Some students may opt to complete with a degree and DEC only qualification. Should a student on a degree programme not complete the full degree (see [BSc](#), [MSc](#) and [PGDip](#) courses Exit Awards) and have completed the modules listed below in the Undergraduate and Postgraduate routes they would remain eligible to participate in a final assessment for the DEC Award.

Course Modules Via the Undergraduate BSc programme for DEC Award	
Level 4 Nutritional Biochemistry	
Level 4 Thinking Critically	
Level 4 Public Health Nutrition	
Level 4 Applied Physiology	
Level 4 Dietary Education	
Please see summary of module content for the Level 4 modules described as part of the BSc course.	
*Following completion of L4 modules to the required level students can complete requirements for Dietary Educator Certification which involves completing a Dietary Educator Consultation with a real client under supervision and can be conducted online, subject to meeting requirements. Coaching for dietary education is included in the BSc modules.	

Course Modules Via the Postgraduate MSc/PGDip programme for DEC Award	
Level 4 Biochemistry	Coaching in Personalised Nutrition Practice (CP) - Attendance 5 days
Level 4 Physiology	

Level 7 Personalised Nutrition Requirements	
Level 7 Personalised Nutrition & Longevity	
Please see summary of module content for the above L4 modules for Biochemistry and Physiology; L7 modules described as part of the MSc and PGDip course; and for Coaching in Personalised Nutrition Practice described as part of the PNPD course.	
*Following completion of L4 Bioscience Entry modules for postgrads, L7 modules and Level 4 Coaching in Personalised Nutrition Practice students can complete requirements for Dietary Educator Certification which involves completing a Dietary Educator Consultation with a real client under supervision and can be conducted online, subject to meeting requirements.	

Entry Requirements

- A' levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), **OR**
- CNELM's [Bioscience Entry modules for Undergraduates](#): Chemistry & Human Biology **OR**
- CNELM's [Bioscience Entry modules for Postgraduates](#): Chemistry & Human Biology. Physiology & Biochemistry
- GCSE in mathematics, or equivalent, **OR** CNELM's Maths Foundation module
- GCSE in English Language or equivalent
- IELTS 6.0 for Undergraduates and 6.5 for Postgraduates or TOEFL equivalent is the standard requirement for applicants where English is not your first language
- Basic computer skills including word processing, internet browsing and use of email
- IELTS 7.0 if taking the DEC as part of the PNPD

Please note that GCSE and 'A' level, or equivalent qualifications accepted within a 5-year currency or demonstrating continued application in the workplace.

Time Commitments

As a rule of thumb for every 10 credits allow 100 hours of work inclusive of attending webinars, tutorials, independent reading and writing up assessments.

Qualifications

- CNELM Dietary Educator Certificate

Accreditation

- The [Dietary Educator Certificate](#) is accredited by the [Federation of Holistic Therapists](#) (FHT)

Please note that acceptance for membership to FHT is the prerogative of the FHT and not CNELM.

Course Fees Jan-Dec 2023		
Course	Total Tuition Fee	Payment Method and Breakdown
Undergraduate Route for health professionals; and BSc students*	£5,700 + max of 2 bioscience entry modules** if needed	Health Professionals - Payable as £960 prior to the start of the academic year. Then monthly fees of £395 over 12 months full-time, OR payable as 2 x £960 annual fees prior to the start of each academic year. Then monthly fees of £157.50 over 24 months.

Postgraduate Route for health professionals; and MSc/PG Dip students	£4,954 + max of 4 bioscience entry modules** if needed	Health Professionals - Payable as £1400 prior to the start of the academic year. Then monthly fees of £296.26 for 12 months full time. OR payable as 2 x £1400 annual fees prior to the start of each academic year. Then monthly fees of £148 over 24 months. Please note: If studying part-time the two postgraduate modules Personalised Nutrition Requirements and Personalised Nutrition & Longevity must be taken in the first year of study.
<p>*BSc/MSc/PGDip Students - Fees paid as part students degree studies. An additional £200 is incurred to cover application and meeting final requirements for Dietary Educator Certification.</p> <p>**Bioscience entry modules are charged separately and will be assessed individually based on prior qualifications.</p>		
<p>Please review section Applications and Funding</p>		

NLP Practitioner Certificate

The NLP Practitioner course taught at CNELM is particularly oriented towards individuals who work with others in a one to one healthcare setting. So, for anyone working as: a therapist of any kind, a coach, a sports coach, healthcare professional or manager, then this course aims to provide you with the extra skills and insight that we think will be highly valuable. The course is also highly relevant for individuals looking to develop additional skills, understanding and perspectives for self development purposes.

The course will focus on skills enabling participants to build rapport, manage state, resolve people problems, be more aware of self and others in interesting ways, set goals, gain new perspectives, and will offer a number of change techniques helping people to make useful change in their lives - for example, to manage state, change habits, or change beliefs.

Several participants on the course, which is run at CNELM, will be engaging in the degree courses we teach and our clinical training course towards becoming a nutritional therapist. Our students are from diverse backgrounds, locations and work experience. In the words of one health professional that joined the course alongside our students:

‘The NLP Practitioner course at CNELM has had a significant impact on my life, both professionally and personally. I wholeheartedly recommend the course. During my 3-year training in Nutritional Therapy, I couldn’t shake the feeling that a piece of the puzzle was missing. On setting up practice, the feeling remained that an important tool was missing from my toolbox. I’m grateful that only months into practice, I found NLP, and that vital piece. You can give a client the best nutrition plan in the world, but if their thinking, feeling and language is out of alignment - obstacles quickly appear. At the very least, NLP teaches you to spot the patterns that, once you are aware, are abundantly obvious right from your initial consultation. I’ve found that NT and NLP in parallel, produces the most impactful and long-lasting results. Not only has NLP hugely informed my practice, it has positively shifted the way I communicate with friends, family and every single person I meet. I think I’ve naturally and instinctively used NLP throughout most of my life, which is likely what drew me to a therapy role in the first place. And yet, the awareness and techniques I learnt from the course have been an absolute game changer. Chris Rasey is a brilliant teacher and takes you through the process of learning with such insight, patience and humour. Be prepared for an intense, profound and exciting journey, from which you will never look back.’

Catherine Andrews DipCNM mNNA CNHC ANLP
Registered Nutritional Therapist & NLP Practitioner”

This course is delivered online.

Why Weight Practitioner

The Why Weight Practitioner is an online attendance course and is open to NLP Practitioners who wish to build on their previous learning.

Course Overview

This course focuses on the important role the mind plays in contributing to weight issues and energy balance. It aims to provide you with a flexible therapeutic framework, variable in its method of application, and appropriate to a great variety of 'maps' and personalities. You will learn how to empower clients to have a better understanding of their unconscious attitudes and beliefs about their weight and what motivates them to change.

Course Content

- current mental technologies that provide rapid and sustainable change in an ethical, ecological and compassionate manner, enabling you to help clients to achieve their desired goals and to help solve their problems concerning weight and related issues
- enables a highly active and interactive experience with time to reflect on how learning can be applied
- a variety of effective processes to encourage clients to realise the choices open to them, and you will also develop greater choice in how you work with clients
- builds on your existing NLP knowledge, and also offers something new, which will expand your confidence and ability to help others

Students who successfully complete this training can apply to use this 'training credit' as a part of the NLP Master Practitioner course run by UKCPD (UK College of Personal Development) in Swindon, Wiltshire, UK. The 5-day 'Why Weight' certification is currently Recognised Prior Learning (RPL) and may give you a 4 day discount on the full 20 day training programme. The UKCPD Master NLP Practitioner course is accredited by the Association for Neuro-Linguistic Programming (ANLP). It is also accredited by the Institute of Leadership & Management (ILM) at Level 7, offering you the option of gaining a Level 7 Coaching Diploma upon completion of some additional work. Further information on the NLP Master Practitioner can be found at [UKCPD](#).

Entry Requirements

Students must have completed an NLP Practitioner programme at CNELM, or elsewhere.

Qualification

You will receive a CNELM Certificate of Completion.

Course Fees Sept 2022 - Aug 2023		
With Assessment	£750	Students taking this module either pay in full or over 3 monthly payments. Please review section Applications and Funding
Without Assessment	£550	

Bioscience Entry Course (BEC) for Undergraduates

Many applicants for the BSc (Hons) Nutritional Science programme take our BEC modules in Human Biology and Chemistry either in full or as a Refresher. Physiology and biochemistry taken as part of the BSc programme underpin the science of nutritional therapy and nutritional science. Human Biology and Chemistry underpin Physiology and Biochemistry.

Applicants can apply to take the BEC modules for interest only or to join other health science courses. Applicants should check that the content of our courses meets the requirement with the training provider. You can request detailed module descriptors to send to another training provider.

Course Overview

The BEC modules are set at a level which assumes no prior knowledge of the subjects to start with, and gradually takes you through the concepts that are important to understand in order to join a health science degree programme. Both modules on this course are entirely online, self-directed learning with tutor support. The course tutor will be in regular contact with students and you are recommended to regularly submit coursework to help ensure you are on track for your entry point for the BSc. You are also able to contact the tutor directly if you need help and support.

Each module should take between 100-120 hours to complete. The course is supported by pre-recorded lectures related to each unit and directed learning resources including texts and where relevant resources you can access on the web. Each module is coursework assessed and will contain online quizzes and assessments that you will submit to the tutor for marking.

We recommend that you spend about three months on each module so that you have sufficient time to both enjoy and absorb the content. You have up to twelve months to complete the modules without incurring further costs.

Students can generally start BEC modules within a week of confirmation of a course offer. Completing the BEC modules requires students to set their own timetable for completing each Unit. Once enrolled on a degree course you will be studying in sync with peers and have set deadlines for submission. Therefore, keeping in close contact with your tutor is important whilst completing the BEC.

Human Biology Module Units	
Unit 1	The Cell, its structures and tissues plus an overview of the rest of the body systems
Unit 2	The Digestive System
Unit 3	The Liver
Unit 4	The Cardiovascular System and Blood
Unit 5	The Lymphatic and Immune Systems
Unit 6	The Urinary System
Unit 7	The Respiratory System

Unit 8	The Integumentary System [Skin]
Unit 9	The MusculoSkeletal System
Unit 10	The Nervous System
Unit 11	The Endocrine System
Unit 12	The Reproductive System

Chemistry Module Units	
Unit 1	Introduction to Chemistry
Unit 2	Atoms in Detail
Unit 3	Bonding: Interactions Between Atoms
Unit 4	Intermolecular Forces and the States of Matter
Unit 5	Describing Chemical Reactions using Chemical Equations
Unit 6	Moles: Scaling-up Chemical Equations for Practical Chemistry
Unit 7	Introduction to Organic Chemistry
Unit 8	Homologous Series and Functional Groups
Unit 9	Organic Reactions
Unit 10	The Structure of Biomolecules
Unit 11	Biomolecules in Action
Unit 12	Open Quiz

Entry Requirements

- Proficiency in English Language. GCSE English Language, IELTS 6.0 or TOEFL equivalent preferred
- Basic computer skills including word processing, internet browsing and use of email
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module

Time Commitments

The majority of students comfortably complete the BEC within 6 months.

Qualifications

The BEC is a CNELM qualification that is designed to meet entry requirements for students joining the BSc (Hons) Nutritional Science programme. A CNELM Certificate of Completion is awarded. If the full BEC is not completed a Certificate is Awarded for a module completed.

Course Fees Sept 2022-Aug 2023	
Human Biology - Three months	£800 Payable in full prior to enrolment on the modules, or over three consecutive months with a first payment of £300 prior to enrolment on the module and two further payments of £250. A 5% discount is applied if paid for in full prior to enrolment - Fee £760
Chemistry - Three months	£800 Payable in full prior to enrolment on the modules, or over three consecutive months with a first payment of £300 prior to enrolment on the module and two further payments of £250. A 5% discount is applied if paid for in full prior to enrolment - Fee £760
Combined Human Biology & Chemistry - Six months	£1,600 Payable in full prior to enrolment on the modules, or over six consecutive months with a first payment of £400 prior to enrolment on the module and five further payments of £240. A 10% discount is applied if paid for in full prior to enrolment - Fee £1440
Students that extend studies after twelve months incur a £200 charge to retain student status Refresher costs for these modules is agreed individually and will depend on the situation for each applicant	
Please review section Applications and Funding	

Bioscience Entry Course (BEC) for Postgraduates

Many applicants for the MSc and PG Diploma Personalised Nutrition programmes take our BEC modules in Human Biology, Chemistry, Physiology and Biochemistry either in full or as a refresher. Human Biology, Chemistry, Physiology and Biochemistry underpin nutritional therapy and nutritional science.

Applicants can apply to take the BEC modules for interest only or to join other health science courses. Applicants should check that the content of our courses meets the requirement with another training provider. You can request detailed module descriptors to send to the training provider.

Course Overview

The Bioscience Entry course for postgraduates is designed to provide a strong underpinning for joining the MSc and PGDip in Personalised Nutrition for applicants whose prior degree qualifications were not in the field of bioscience.

Part or all of the Bioscience Entry course for postgraduates may be recommended to applicants who hold one of the following:

1. Prior science degree that did not cover any or all of the four components of this course
2. Prior science degree in one or more of the four components but might require a refresher
3. Prior science degree that covered only part of the content and might need a refresher on those topics, and/or take the subjects that were not covered by their prior degree studies as complete units
4. Prior degree but not classified in the sciences
5. Nutrition graduates who may require a refresher in one or more of these subjects

Depending on your unique education background each applicant will be advised on the most appropriate way forward during the interview.

The MSc and PG Diploma in Personalised Nutrition attracts applicants from a wide range of backgrounds from the fields including the sciences, arts and healthcare.

Each of the four modules should take about 100-120 hours to complete. The course is supported by pre-recorded lectures related to each unit and directed learning resources including texts and where relevant resources you can access on the web. Each module is coursework assessed and will contain online quizzes and assessments that you will submit to the tutor for marking.

We recommend that you spend about six to twelve weeks on each module so that you have sufficient time to both enjoy and absorb the content. You have up to twelve months to complete the modules without incurring further costs.

Students can generally start within a week of confirmation of a course offer. Students complete the BEC modules in their own time with tutor support. Students can set their own timetable for completing each unit. Once enrolled on a degree course you will be studying in sync with peers and have set deadlines for submission. Therefore, keeping in close contact with your tutor is important whilst completing the BEC.

See [Bioscience Entry Course for Undergraduates](#) for overview of Module Units for Human Biology and Chemistry. In addition:

Physiology Module Units	
Unit 1	Introduction to Module
Unit 2	The Nervous System
Unit 3	The Endocrine System
Unit 4	The Digestive System
Unit 5	The Cardiovascular System and Regulation of Water Balance
Unit 6	The Reproductive System
Unit 7	Introduction to Blood and Acid Base Balance
Unit 8	The Immune and Lymphatic System
Unit 9	The MusculoSkeletal System
Unit 10	Calcium Homeostasis
Unit 11	Tutorial 1
Unit 12	Tutorial 2

Biochemistry Module Units	
Unit 1	Introduction to Nutritional Biochemistry
Unit 2	Carbohydrates
Unit 3	Lipids
Unit 4	Proteins

Unit 5	Genetics
Unit 6	Metabolism and Energetics
Unit 7	Amino Acids
Unit 8	Co-factors
Unit 9	Antioxidants
Unit 10	Cell Communication
Unit 11	Fed State, Fasting, Starvation and Diabetes
Unit 12	Tutorial

Time Commitments

The majority of students comfortably complete all four BEC modules within 12 months.

Qualifications

The BEC is a CNELM qualification that is designed to meet entry requirements for students joining the BSc (Hons) Nutritional Science programme. A CNELM Certificate of Completion is awarded. If the full BEC is not completed a Certificate is Awarded for any module completed.

Course Fees Jan 2023 - Dec 2023	
Module Options	Fees
Physiology (L4) Two Month Course Tailored to those with some background in human biology	£430
Human Biology (L3) and Physiology (L4) Three Month Course Tailored to those with no background in human biology	£700
Biochemistry (L4) Two Month Course Tailored to those with some background in chemistry	£430
Combined Physiology (L4) and Biochemistry (L4) Four Month Course Tailored to those with some background in human biology and chemistry	£800
Combined Human Biology (L3), Physiology (L4), Chemistry (L3) and Biochemistry (L4) Six Month course. Tailored to those with no background in science subjects	£1200
Any mix of three of the above modules as agreed with a course interviewer	£900
Please note that some applicants for various reasons and purposes may also take other selected modules from the BSc (Hons) Nutritional Science programme to Bridge to MSc. Fees for these modules will be determined based on the requirements for each applicant.	
Most students pay for the modules they are required to take in full at the outset of the course. Monthly fees can be agreed with a maximum of twelve monthly payments for students completing all modules over twelve months. Students that extend studies after twelve months incur a £200 charge to retain student status. Refresher costs for these modules are agreed individually and will depend on the situation for each applicant.	
Please review section Applications and Funding	

Advanced Learner Entry & Portfolios of Evidence

CNELM is committed to supporting students with prior learning to join our courses at an advanced stage whenever appropriate. Typical applicants seeking exemptions from modules are:

1. Applicants who have completed a science degree course and are seeking specific module exemptions from the BSc (Hons) Nutritional Science course based on a prior degree award, or other courses recognised within the academic framework as degree equivalent e.g. BTEC.
2. Nutritional therapy diploma graduates of certificated courses that are not formally accredited from a University seeking exemptions from the BSc (Hons) Nutritional Science course.

Please note: Advanced Learner Entry to the MSc or PG Diploma is limited as the learning outcomes and assessments for the MSc and PG Diploma require students to critique the evidence to support a personalised nutrition intervention and to understand the research methodologies necessary to support personalisation.

BSc Hons Nutritional Science, Dietary Educator (DEC)

Applicants wishing to join the BSc (Hons) and CNELM's DEC at an advanced stage must have:

- degree credits to transfer within a 5-year currency and/or can demonstrate continued use of knowledge **OR**
- Generate a Portfolio of Evidence to demonstrate how prior accredited learning without degree credits meets the learning outcomes for the modules being claimed

CNELM Personalised Nutrition Practice Diploma (PNPD)

The PNPD programme comprises 120 credits. Applicants depending on their prior background can apply for exemptions for up to 80 credits. The 40 credit Supervised Personalised Consultations and Practice module must be completed by all students on the programme irrespective of prior background.

- Personalised Dietary Education and Nutrition Enterprise modules as similar modules are completed as part of the BSc Hons Nutritional Science and exempted.
- Applicants that might meet a full or partial exemption for a module will have the opportunity to discuss possibilities with a course interviewer and/or a member of the PNPD Programme Team.

Portfolio of Evidence

CNELM in collaboration with MU runs a Partner Accreditation Panel (CPAP) which allows us to assess Portfolios of Evidence submitted by students who wish to claim module exemption from the BSc (Hons) Nutritional Science based on prior study at other institutions.

Similarly the CNELM Verification Panel in collaboration with the External PNPD Verifier reviews Portfolios for PNPD modules. Portfolio development can be a cost and time-effective way to benefit from your prior learning.

The NTEC can request to see completed student Portfolios of Evidence that have completed a NTEC nutrition course elsewhere in combination with CNELM's PNPD course. The External Verifier for the PNPD also reviews such Portfolios.

If you believe you are eligible for transfer of degree credits or in a position to generate a Portfolio of Evidence, then you can request to review Advanced Learner Entry policy. We can then discuss with you and offer one-to-one guidance, as appropriate to your needs including costs.

Return to Practice Programme (RTPP)

CNELM offers a comprehensive package for nutritional therapy practitioners of NTEC accredited courses to return to practice. The package will vary depending on the length of time since the practitioner last practised and is in alignment with the requirements of BANT.

The RTPP you would be enrolled on at CNELM is designed to meet BANT requirements for practitioners returning to practice.

You are eligible to apply to us if you fit into one of the following:

1. Completed a nutritional therapy training course accredited by the Nutritional Therapy Education Commission (NTEC). Different levels of Return to Practice Requirements will depend on whether you have been out of practice between 2-3 years, between 3-7 years or more than 7 years.
2. Completed a non-NTEC accredited course. You may be eligible to apply through the development of a Portfolio of Evidence to meet the requirements of BANT membership.

In many instances applicants will be required to complete BANT Learning Modules prior to commencing supervised clinical practice at CNELM. BANT Learning Modules include with estimated learning hours:

- Practice Governance (10 hours)
- Functional Medicine Approach in Nutrition and Lifestyle Medicine Clinical Practice (10 hours)
- Functional Testing (35 hours)

The minimum CNELM would provide to allow an applicant to Return to Practice would be

- Provide clinical practice training to include an initial and follow-up appointment with 3 clients.
- Review and receive feedback on 2 of 3 Case Studies
- Provide a Certificate of Completion

Fees for Return to Practice Programme Options			
1.	Not practised for 2-7 years	£1700	20% of Course fee prior to enrolment. Remaining fee in equal instalments over agreed study period. OR Full fees in advance of enrollment.
2.	Not practised 7 years or more or who are applying via a Portfolio Route	Fee and payment method agreed individually based on a tailored programme. Study requirements and fees may be extensive and could be similar for a new student joining the profession.	
Please note that additional costs may be incurred if additional supervision is recommended or requested by the practitioner.			
<p>Please review section Applications and Funding</p> <p>Please note that fees may change subject to any Return to Practice revisions made by the Professional Body BANT.</p>			

Continuing Professional Development (CPD)

Please visit our [website](#) for details.

In particular, please review our popular [Personalised Sports Nutrition](#) CPD module.

Application and Funding

We welcome applications from mature students and school leavers from all geographical locations. Interviews are required prior to receiving an offer of a place on one of our courses. Prospective students can arrange an interview by emailing info@cnelm.ac.uk to request a convenient day and time. Interviews are conducted online.

Following a successful interview and meeting entry requirements, you will likely be offered a place on your chosen course of study and asked to complete an Application Form. [Application Forms](#) are accessible on the CNELM website and can also be requested in advance from info@cnelm.ac.uk. Students applying for a short course should email info@cnelm.ac.uk for a short course application form.

We recommend that you complete the Application form before the interview and send it to info@cnelm.ac.uk. Having the application form ahead of an interview helps the course interviewer to prepare to speak with you. An offer of a place on the course is only confirmed once we have received your Application form and other requested signed forms and documents.

Alongside an offer letter and associated documents you will receive a Confirmation Agreement to sign, that confirms you have understood the terms and conditions of the place offered to you and your Fitness to Study and also your Fitness to Practice if undertaking a course of study leading to nutritional therapy practice.

Please note:

- Following due process provision of fraudulent information would likely result in an offer of a place on a programme being revoked and, if identified after starting a programme, for the student to be withdrawn. Fees already paid are not refunded.
- CNELM is not an accredited Tier 4 Centre enabling students from overseas to study in the UK with a VISA.
- Qualifications gained overseas from applicants will be checked using [UK ENIC](#) for UK equivalency.

Applicants who consider that they may have been treated unfairly can contact CNELM's Centre Administrator, Dave Lee dave@cnelm.ac.uk. Applicants can request a copy of CNELM's Policy Handbook - All Taught Programmes before or following an interview.

Open Days

We invite you to attend one of our Online Open Days. Open Days are offered at regular intervals throughout the year. Open days provide an opportunity for you to find out more about the courses we offer, meet the staff and other prospective students online. Open Days normally run from 10.45am to 4.00pm. Dates of Open Days can be found on the [CNELM website](#). To book a place on one of our Open Days, simply use the LINK to complete a Google Form on the [CNELM website](#). You can also email us at info@cnelm.ac.uk.

Funding

The majority of students at CNELM self-fund their studies or their fees are paid on their behalf by a third-party.

Please see our [website](#) for other financial considerations including application for [Bursary Support](#). Applicants can request details of our Bursary Scheme and Extended Payment Plans prior to interview via email to info@cnelm.ac.uk. The Bursary Scheme applies to the following courses only.

- BSc Hons Nutritional Science
- MSc and PG Diploma Personalised Nutrition
- CNELM Personalised Nutrition Practice Diploma

A Study Plan is designed at an interview and the financial plan is based on the courses undertaken and the study period agreed at the interview. Fees for the main courses are generally paid as an annual tuition prior to the start of each year of study and monthly payments over the agreed study period. Students can request to pay fees in lump sums and do so in advance of study and not in arrears. CNELM does not encourage applicants or students to pay full fees in advance, or large lump sums, as all fees once paid are non-refundable.

If a student changes the pace of study agreed at interview after starting the course the financial plan is renewed to meet the new anticipated completion date. The academic year start date is most frequently based on the month each student commenced studying on a degree programme.

Students that extend their study period are likely to incur additional annual tuition fees. Annual tuition fees apply whether extending a full year or a part year. As a rule of thumb a study period is considered 12 months. Annual tuition fees cover the student for the 12 months of study and up until the next Awards Board for degree programmes and until the next Awards Panel for the PNPD programme. If a student misses the following Board or Panel then this will trigger another annual tuition fee. If the student has completed degree studies and is completing PNPD studies, only in their final year the annual tuition fee for the PNPD for January 2022-August 2022 is set at £700.

Payment of fees for shorter courses including bioscience entry courses and the NLP Practitioner course do not typically include an annual tuition fee and students either pay for the course in full at the outset or over an agreed period on a monthly basis.

CNELM aims to maintain the fees agreed with you at the start of your programme but reserves the right to apply annual inflationary increases, or apply costs that may arise as a result of required course adjustments.

Please note that whichever payment option is chosen CNELM implements a No-Refund Policy. All modules once started must be paid for in full. You can review a copy of our [Payment, Charges and Refund Policy](#) which is publically available on our website. The No-Refund Policy takes into account your consumer rights.

Another exception to our No Refund Policy is for undergraduate students completing foundation science access modules: Chemistry and Human Biology. In this instance part-refunds minus a 10% administrative fee may be considered if the student demonstrates through repeated assessment that the level required to pass the course/s is, or has become, unattainable. This outcome is unusual.

CNELM aims to be fair, supportive and transparent in all its dealings with students. Students agree as part of confirming their acceptance of an offer on a programme to inform us at the earliest opportunity of any financial change impacting on their studies.

UK Council Tax

Assistance with UK Council Tax is available to full-time students residing in the UK. For sole occupancy there may be a 100% exemption. If married or living with a partner there may be a 25% exemption, depending on the particular local authority receiving the application. Each case may be individually reviewed on its merits.

Student Support, Representation & Engagement

Student Support

We aim to provide an inclusive teaching and learning environment and to see all our staff and students as individuals.

Students are academically supported on the Centre's main courses by:

- Module Leaders
- Programme Managers
- Programme Leaders
- Clinic Supervisors
- Research Supervisors

Confidential Pastoral Support is available from the Centre's Student Support Manager and via referral to our Coach Mentor.

Our Administrative and IT Team are also on-hand to provide support and have developed a range of useful guides for using a range of tools that you will use over your studies. The Finance Team is there to discuss concerns you may have regarding fees.

We encourage students on application to declare whether any additional support needs for learning are required so that we can assess whether we can meet your needs. After accepting a place on the programme you will be asked to complete a learning assessment form to help us identify an appropriate level of support and whether we can meet your needs. Your permission is sought to communicate your learning needs to the teaching staff and we encourage students to agree to full or partial disclosure. Our aim is that students with additional needs can complete wherever possible their programme of study with confidence. If your health changes after starting a programme it is important to inform us at the earliest opportunity. You would then be asked to complete an assessment form to help us identify whether we can meet your needs and the type of support needed.

To qualify for special consideration for a disability you will need to provide the Centre with formal written evidence from your medical practitioner/specialist. Depending on the nature of the disability, alternative assessments may be set that measure the learning outcomes in a different but equivalent way.

Please note that we are able to support students experiencing a number of learning support needs. As a small education provider we do all we can to make adjustments and source help. We reserve the right to not offer a place to an applicant, or to withdraw a student subsequent to enrolment, where the cost of alteration or adjustment is considered onerous, prohibitive due to cost.

You will once enrolled on a degree programme have opportunities to engage with the Professional Mentor who will work with you over the course of your studies to help you towards focusing on your future career.

Student Engagement and Representation

There will be multiple opportunities for you to engage with your programme. Online forums are used to help you complete coursework, to share ideas and discuss assessments. A high percentage of students around the world use social media platforms that can also help you gain support from your peers that would otherwise be outside of your immediate circle. You will have the opportunity to join online webinars and tutorials as well as professional enhancement activities.

We encourage enterprise and entrepreneurship. At the end of level 5 Nutrition in Practice it is planned for students on the BSc (Hons) Nutritional Science programme to participate in a range of exciting projects that can be completed online with a company to enhance your career opportunities. Students are invited to contribute to the Student Newsletter—The Nutritional Supplement.

We use a variety of teaching methods to help you feel engaged with the programme, including lectures, webinars, tutorials, discussion groups and journal clubs. For students studying on distance learning programmes a number of learning activities will enable you to work independently and with peers to engage with the content of the module. We encourage a sense of CNELM Community.

We aim to enable you to take assessments that enhance your learning and offer feedback on assignments in a timely fashion and in a manner that supports your learning.

There is plenty of opportunity for you to give us feedback, including module feedback and on the support and services we offer. At the start of your course, you will be asked to nominate student representatives who will represent your interests. Student representatives regularly meet with CNELM staff and present their feedback at academic Board of Study meetings. Student representatives also meet with CNELM staff to help set the agenda for the Board of Study meetings where student feedback is presented.

Your feedback is fundamental to our quality enhancement processes. We encourage feedback from students at all levels, and we review, analyse and act upon feedback in a collaborative manner. CNELM has frequently been commended by External Examiners for its management of student feedback.

We see our students as partners in our objective to provide the best education and support that we can.

Managing Concerns

Your feedback is encouraged. Formal policies are in place for applicants and students to provide us with constructive feedback and to make an appeal or pursue a complaint. A copy of our [Managing Concerns Policy](#) is accessible via our public website.

Useful Information

Learning Resources

Students completing the main courses at CNELM have access to a variety of online resources including:

- Online journals, ebooks, academic and clinical videos, database search engines, drug-nutrient interaction checkers and dietary analysis software.

Resources as relevant are embedded within modules on the BSc, MSc, PG Diploma and PNPD and DEC courses.

Please note that resources provided by external providers are subject to an ongoing agreement with the provider. Resources provided by the provider can change. If this occurs, then a student may, for example, need to purchase a book if a suitable alternative online book by our current providers cannot be identified. Some modules will require students to purchase a text. Students can independently purchase a hard copy text if they choose to. Applicants can request a copy of our Learning Resources Policy. Similarly a student may need to subscribe to use a software tool. Students may also be required to subscribe to external agencies to access resources.

Technical Requirements

Students studying with us have varying IT experience and skills. We aim to support all students to achieve the outcomes of their programme assuming basic IT skills are in place. During the course you will have multiple opportunities and assistance to develop IT skills which are necessary for future employment. All applicants, particularly those registering on distance learning programmes and flexible study options will need to engage with IT at a greater level.

All lectures are recorded and uploaded to the student website. In order to be able to access lectures, online tutorials, online live webinars and other learning activities and resources, you will require a PC or MAC computer with good broadband internet connection. It is important that your computer meets the minimum specification, and that you maintain the minimum specification throughout your studies at CNELM.

It is the responsibility of students to ensure they are able to upgrade and maintain their IT resources that are outside of the minimum specifications as CNELM is unable to offer technical support for browser/operating system combinations other than those we specify. For these reasons you are strongly advised to maintain the specified browsers and operating systems for the purpose of accessing e-learning sessions for the duration of your course. Applicants can request a copy of our IT and Web Services Acceptable Use Policy.

Our Research Objectives

Our aim is to build upon our research objectives in the field of personalised and individualised nutrition interventions. Our objective is to help build bridges between academic communities: bringing together researchers in computer science and systems biology with practitioners in nutrition and personalised nutrition.

Personalisation can either mean interventions that are targeted at biomarker subgroups, or interventions that are tailored to the individual. The former is sometimes known as stratification and the latter as individualisation. At CNELM, our principal approach is 'individualised'. Tailoring a nutritional intervention to the individual involves:

1. A detailed evaluation of an individual's case-history and where possible functional biochemical test results.
2. Using this analysis to design interventions that can vary from individual to individual, even though those individuals may present similarly. Importantly, at CNELM we also recognise the utility of stratification where appropriate; moreover, we are particularly interested in the advantages afforded by blending both approaches.

In either approach, personalised nutrition interventions involve specific diet & lifestyle changes and potentially supplementation recommendations designed to work together synergistically to achieve a positive outcome. Currently, these interventions are designed using *Patho-Physiological Reasoning* (PPR): this means reasoning about the mechanisms of pathology or disease present in the individual to design a positive intervention. However, PPR plays a more significant role in tailored personalisation, as the clinician is the one performing the PPR. In stratification, this reasoning is performed beforehand by nutritional scientists, and hence can have less flexibility in many instances.

Our aim is to build predictive models of personalised nutritional interventions by combining the findings of systematic reviews of the biomedical literature with advanced statistical analysis of clinical data. These models, when combined with *Randomised Controlled Trials* (RCTs), should provide a solid evidence base for personalised nutrition. We call this combined approach *Evidence-Based Patho-Physiological Reasoning* (EB-PPR).

Undergraduate and Taught Postgraduate Research

Many undergraduate and postgraduate students engage in research projects that systematically review the literature around nutritional interventions and mechanisms of disease. Postgraduate projects can also analyse human data relevant to such interventions. We aim to maximise the number of publications emanating from student research to help support this developing field. All projects involving human data are overseen by the CNELM *Research Ethics Committee* (REC). Applicants can request a copy of our REC Policy. You can also find out more about our [research objectives](#) and [recent student publications](#) on our website.

Nutritional Therapy Training Clinic

Nutritional Therapy is an art as well as a science. Whilst the theory of nutrition as applied to health and illness is fascinating and intellectually stimulating, its application into daily life – not only for our clients but also for ourselves – is often fraught with difficulty. Knowledge alone does not necessarily make it easier for us to sustain helpful diet and lifestyle changes. Short term change is often more easily implemented. So what prevents us from adopting and sustaining choices that are beneficial for us?

Nutrition Coaching as part of Nutritional Therapy Practice

At CNELM we have combined clinical training with life coaching models enabling practitioners to draw on a range of skills and techniques to help facilitate positive change in themselves and others. The first 5 days of your coaching training aims to provide various tools and resources that should enable you to deal with the process of personal change and self-development in the learning environment, and to take a proactive role to ensure a positive outcome from your interactions with people. Two further days of coaching are included later in the PNPD to introduce a range of NLP techniques that should further your ability to support clients through change.

Nutritional Therapy Practice

During your nutritional therapy programme at CNELM, you will have the opportunity to integrate many hours of clinical skills development, practical and nutrition coaching skills. You will be required to observe nutritional therapy consultations. Students will see clients within the Nutritional Therapy Training Clinic under supervision, beginning with a Dietary Educator consultation and progressing to full nutritional therapy consultations, including first and return visits and coaching consultations. All consultations are supervised by fully qualified and CNHC registered nutritional therapists. Virtual supervision is usual for students that meet our stringent virtual supervision requirements.

Business Practice—Nutrition Enterprise

Learning how to set up in practice, manage your accounts, and market your business is an essential part of your nutritional therapy training at CNELM. Students on the Personalised Nutrition Practice Diploma will be required to develop their own business plan and will cover the essential business practice elements specific to nutritional therapy, thereby enabling you to be well prepared upon graduation to start practising as a nutritional therapist.

Clinic and Assessment Logs - You will maintain Logs throughout your degree and PNPD studies recording and reflecting upon the Clinical and Professional Competencies gained along the way. Maintenance and completion of the Logs is your evidence of demonstrating that you have achieved the requirements of the Core Curriculum and National Occupational Standards for Nutritional Therapy practice.

Assessments - There will be several methods of assessment used for the PNPD modules including written client and coaching assessments, professional competency assessments, role play and client consultations, demonstrating skills during attendance weeks for coaching and clinical skills development.

Career Opportunities

Most undergraduate and postgraduate students currently studying with us are enrolled on courses leading to nutritional therapy practice, or are studying with us to deepen their knowledge of nutritional therapy practice. Hence, upon graduation most graduates will be looking to set-up their own practice as a nutritional therapist. Along the way you can opt to gain an internal Award: [Dietary Educator Certificate](#). Using this award as you progress through your chosen course of study should help you transition more readily to full nutritional therapy practice.

Our graduates appear to offer mostly one-to-one nutritional therapy services and many combine practice with other roles. Graduates, alongside practice, take employed roles in industry, for example, as technical support for product companies and laboratories, writing, teaching and running seminars and various workshops, food demonstrations and projects. Some graduates opt to work in industry only. Some graduates continue their education to Masters and some to Doctorates.

You will be joining the field of nutrition practice and/or the nutrition industry at exciting and rewarding times. Given the global burden of disease, well qualified professionals capable of helping individuals on a one-to-one basis as well as working within many other facets of the nutrition industry is urgent.

Continuing Graduate Contact

Once you complete your studies with us we look forward to you keeping in touch. You will be offered the opportunity to complete a Graduate form giving your permission for us to keep in contact with you.

We will be able to invite you to participate in surveys, contribute to the Student Newsletter, let us know how you are progressing in your career and potentially be interviewed so that our students can be informed of graduate careers. We will be able to let you know about a range of work opportunities and ongoing professional development opportunities both at CNELM and with other organisations.

How to Find Us

CNELM is situated in the attractive historic market town of Wokingham in Berkshire just 7 minutes' walk from Wokingham Station. We are located in the heart of the bustling town centre where there are plenty of shops and good places to eat, and directly opposite a Waitrose car park.

For a list of places to stay in Wokingham, and the surrounding area, please see our website: www.cnelm.ac.uk/contact

Wokingham itself is easily accessible by road and rail – it is 10 minutes from Reading, 30 minutes from Heathrow and 50 minutes from London by train. Rail access from Gatwick via Guildford is also direct. Wokingham is approximately 20 minutes' drive from the M3 and M4 motorways.



Centre for Nutrition Education & Lifestyle Management

14 Rectory Road, WOKINGHAM, RG40 1DH

Tel: 0118 9798686 Email: info@cnelm.ac.uk

www.cnelm.ac.uk www.twitter.com/cnelm1 www.facebook.com/CNELM