



CNELM

Centre for Nutrition Education & Lifestyle Management

PROSPECTUS

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Welcome & Introduction	3
Registrations and Memberships	4
Attendance Requirements	5
Courses	6
MSc and Postgraduate Diploma (PG Dip) in Personalised Nutrition	6
CNELM Personalised Nutrition Practice Diploma (PNPD)	9
CNELM Dietary Educator Course (DEC)	12
NLP Practitioner Course	14
Why Weight Practitioner	15
Nutrition and Health Coach Diploma Course (NHCD)	16
Bioscience Entry Course (BEC)	18
Return to Practice Programme (RTPP)	20
Continuing Professional Development (CPD)	22
Application and Funding	22
Student Support, Representation & Engagement	24
Student Support	24
Managing Concerns	25
Learning Resources	25
Technical Requirements	26
Our Research Objectives	26
Nutritional Therapy Student Teaching Clinic	27
Career Opportunities	28
Graduate Moodle Group	28
Contact Us	28

Welcome & Introduction

Welcome to CNELM and thank you for your interest in our courses.

We are supported by a well qualified and highly committed team of lecturers, tutors, supervisors, managers and administrators. Kate Neil opened the Centre in 2001 following an earlier career in nursing, midwifery and later in nutritional therapy practice, teaching and education. You can find out more about our Founding Director, Kate Neil and the team on our [website](#).

Since 2001 we have continually strived towards achieving Kate's early vision to provide 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.

Our current Mission is to 'to be an international Academic Centre of Excellence in Personalised Nutrition, leading the integration of personalised nutrition into healthcare services worldwide through nutrition education, research and clinical innovation, and clinical excellence'.

The [MSc and Postgraduate Diploma \(PG Dip\) in Personalised Nutrition](#), validated by [Middlesex University \(MDX\)](#), London has been running since 2012. Our collaboration with MDX goes back to 2003 when we commenced teaching undergraduate programmes first in nutritional therapy and then nutritional science.

The MSc and PG Dip degree programmes and our clinical programme the [Personalised Nutrition Practice Diploma \(PNPD\)](#) are now our primary focus to further our Mission. The PNPD is Endorsed by [Qualifi](#), a private Awarding Institution. The MSc, PG Dip combined with the PNPD is accredited by the [Nutritional Therapy Education Commission \(NTEC\)](#) as a route to nutritional therapy practice. Graduates of the combined programmes can apply to the professional body the [British Association for Nutrition & Lifestyle Medicine \(BANT\)](#) for full professional membership, and, subject to location to register with the [Complementary & Natural Health Council \(CNHC\)](#). Graduates of the MSc or PG Dip only can apply for Full Non-Practising membership with BANT. See page 4 and 5 for further details.

Many applicants opting to study with us wish to practise as a nutritional therapist. CNELM's PNPD programme can be taken after the degree studies or started whilst completing degree studies. Students studying with us have diverse prior academic backgrounds including, but not limited to, bioscience, medicine and allied professions, complementary therapies, nutritional therapy, business, finance, commerce, law, engineering, philosophy, literature and the arts. All students study with us online and live in the UK or overseas.

We are committed to:

- providing a supportive and 'safe' environment for our staff and students that study with us
- promoting excellence, fairness, consistency and commitment in teaching, feedback and assessment
- acknowledging the successes of our staff, students and graduates
- working as a team with students and graduates

Nutrition is underpinned by bioscience. To support applicants without a science background we provide bioscience entry modules in Chemistry, Human Biology, Biochemistry and Physiology, for entry to the MSc and PG Dip programmes. For more information please review our Bioscience Entry Course.

We also teach a [Dietary Educator Course \(DEC\)](#) accredited by the [Federation of Holistic Therapists \(FHT\)](#), an [NLP Practitioner](#) (coaching) course accredited by [UKCPD](#) enabling graduates to apply for professional membership with the [Association for Neuro-linguistic Programming \(ANLP\)](#), a weight management coaching module ([Why Weight Practitioner](#)) and a [Return to Practice](#) programme.

We trust you find our Prospectus helpful. Please call us on 01189 798686 and select Course Enquiries or you can email us at info@cnelm.ac.uk to discuss queries or to book a course interview.

CNELM, a private higher education centre, is a family-led not-for-profit subsidiary of NS3UK Ltd.

Registrations and Memberships

Students are registered as a student:

- with Middlesex University (MDX) after starting the MSc or PG Dip programmes
- with Qualifi for the PNPD programme if taking this programme
- with the Royal Society of Medicine (RSM) to access a wide range of learning resources
- students self-register with BANT as a student member

MDX: As a student registered on a degree programme validated by MDX you will:

- Register with CNELM
- Complete your programme with CNELM
- Pay your fees direct to CNELM
- Have access to MDX's Sports Facilities in London (subject to availability)

MDX is the Awarding Institution and CNELM is the teaching institution. MDX provides continued oversight and quality assurance whilst the degree programmes are delivered. Students registered with MDX following qualification of a degree award receive an MDX certificate (in partnership with CNELM) and a transcript. Graduates are invited to attend their on-campus graduation ceremony following completion of the MSc or PG Dip programmes.

An External Examiner for a degree programme is appointed by MDX 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 MDX. CNELM submits a robust annual report to MDX each year.

Qualifi: As a student registered with Qualifi for the PNPD programme you will:

- Receive a Certificate of Endorsement (in partnership with CNELM) following completion of the programme
- Have access to a range of Qualifi policies

An External Verifier 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 provide external oversight helping to support that CNELM is meeting the standards demanded for Qualifi Endorsement of the PNPD programme. CNELM submits a robust annual report to Qualifi each year to meet requirements for continued Endorsement.

Royal Society of Medicine (RSM) The RSM is a charity and one of the country's major providers of postgraduate medical education. The RSM helps to bring a wide range of health professionals together and enables student membership as well as professional membership. Most CNELM students are registered with the RSM at the outset of their studies and have access to their wide collection of learning resources including e-books, e-journals, and their medical databases as well as a wide range of other resources.

Associations

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 Complementary and Natural Healthcare Council (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 MSc and PG Dip programmes in combination with CNELM's Personalised Nutrition Practice Diploma (PNPD) programme are mapped against the CC and NOS.

Complementary & Natural Healthcare Council (CNHC): 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. The CNHC regulates within the UK Borders.

UK College of Personal Development (UKCPD) UK CPD accredits the Neurolinguistic Programming (NLP) Course taught at CNELM. UKCPD have been inspiring individual and organisational success since 1998 with Award Winning training courses.

British Association for Nutrition and Lifestyle Medicine (BANT) BANT is a professional body for nutritional therapists that have completed nutrition courses accredited by the NTEC. Graduates of the MSc or PGDip in Personalised Nutrition in combination with the Personalised Nutrition Practice Diploma (PNPD) can apply to BANT for full practising membership. Graduates of the MSc or PGip in Personalised Nutrition can apply for full non-practising membership. Students enrolled on the MSc/PGDip and PNPD programmes become student members of BANT and benefit from BANT's learning resources and guidance during their studies.

Federation of Holistic Therapists (FHT) The FHT is a professional organisation representing many complementary therapy practitioners. CNELM's Dietary Educator Course (DEC) is accredited by the FHT and graduates of the DEC can apply for professional membership with them.

Association for Neurolinguistic Programming (ANLP) Students that complete the NLP Practitioner course at CNELM can apply to the ANLP for professional membership.

UK & International Health Coaching Association (UKIHCA) is a non-profit professional body for Health Coaching for the UK and Internationally. CNELM is currently working towards demonstrating the standards required for education and training for professional health coaches. Graduates of the Nutrition & Health Coach Diploma can apply to become professional members.

Please note that the CNHC register, professional membership of BANT, the FHT and ANLP is the prerogative of these professional associations, and not CNELM. False, and/or fraudulent applications could lead to exclusion from registrations and/or memberships.

Attendance Requirements

All our programmes are studied online. Students enrolled on the MSc, PG Dip and PNPD programmes have opportunities to join live webinars, tutorials associated with modules and journal clubs. Some webinars are pre recorded for all students. Live webinars are recorded and made available within 48 hours to students unable to attend the event. Tutorials are run twice, usually starting UK time at 11am and 5-5.30pm to help students manage work, personal commitments and time zone differences. Students are expected to attend online tutorials.

A minimum of 70 hours of compulsory online attendance days are required for the development of coaching and clinical skills as part of the PNPD programme. In addition, students are required to attend online for supervised consultations with clients as part of clinical training in the Teaching Clinic.

All degree and PNPD students are invited to a range of online Professional Enhancement Workshops across the academic year.

Our bioscience entry modules are self-directed online learning with access to tutor support. Bioscience students can start and complete modules at their own pace.

Courses

MSc and Postgraduate Diploma (PG Dip) in Personalised Nutrition

Personalised Nutrition is a fascinating area of nutrition education, research and practice. The MSc and Postgraduate Diploma (PG Dip), now running for 12 years, attracts considerable interest from a wide range of health professionals, bioscience graduates, academics, and applicants with prior degrees in a range of subjects including, but not limited to, law, engineering, business, commerce, philosophy, literature and the arts.

Course Overview

The MSc and PG Dip are academic clinically applied programmes that aim to deliver an intellectually stimulating and rigorous advanced programme of study to support the growing evidence-base for personalised nutrition interventions. Each nutrition module is based on in-depth case studies where students explore the literature to support a personalised nutrition plan. Students demonstrate their understanding of research approaches that support an evidence-based approach for personalisation, and MSc students complete a research dissertation in an area of interest to support the evidence base for personalised nutrition. See our subsite the Personalised Nutrition Institute website for published papers based on student research dissertations and some of the books our graduates have published.

Interacting with Peers: Tutorials enable interaction and discussion with peers and tutors and for some assessments students work together in pairs or small groups. Students also set up their own social media groups to keep in touch with each other.

Course Modules			
Module	Credits	MSc (180 credits)	PG Dip (120 credits)
Evidence Based Personalised Nutrition (EBPN)	30	M	M
Research Dissertation (RD)	60	M	
Personalised Nutrition Requirements (PNR)	30	NN	NN, P
Personalised Nutrition and & Chronic Illness (PNCI)	30	NN, P	NN, P
Personalised Nutrition & Longevity (PNL)	30	NN, P	NN, P
Personalised Sports Nutrition (PSN)	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 Nutrition 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. 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

This core module is taken as the first nutrition module and covers the 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. It does so in the context of tackling obesity and type 2 diabetes. The case based assignment will provide an opportunity for you to justify a personalised nutrition intervention for a case of obesity and type 2 diabetes presenting with multiple symptoms. 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 individuals 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. At the end of this module you will be asked 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 environmental 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. You will have the opportunity to develop your own case, in an area of interest, for assessment.

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

- Direct entrants must demonstrate currency of knowledge in Chemistry, Human Biology, Biochemistry and Physiology. Several healthcare professionals and bioscience graduates meet direct entry requirements
- Applicants that do not meet direct entry requirements may need to complete our [Bioscience Entry Course \(BEC\)](#), or some modules from the BEC to meet entry requirements
- A few applicants, such as a Nutritional Therapy Diploma graduate, without a prior degree may be asked to complete Bridging modules to join the MSc or PG Dip courses, including, but not limited to, our undergraduate level Research Methods and short Research Project modules
- [IELTS](#) 6.5 or [TOEFL](#) equivalent is the standard requirement for applicants where English is not their first language, or can evidence having previously studied in the English language to this level

- Basic computer skills including word processing, internet browsing and use of email

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

Time Commitments

Most students study the MSc over 2 years part-time. The MSc can be completed in a minimum of 12-13 months and a maximum of 3 years. Some students do take the MSc full-time.

- The MSc is based on 180 credits = 1800 hours total.

Completing the MSc full-time can be compared to a full-time job requiring around 35 hours per week for 12-13 months. To complete over 2 years requires around 18 hours per week over 24 months; and over 3 years approximately 12 hours per week.

- The PG Dip is based on 120 credits = 1200 hours total.

The PG Dip can be completed in a minimum of 11 months and a maximum of 2 years. Students taking the 120 credit PG Dip full-time should expect to study 28-30 hours a week over 11 months; and over 2 years approximately 15 hours per week.

Studying part-time helps the majority of students to manage their study time alongside their personal and/or work commitments. The programme runs across the academic year. No lectures or tutorials or coursework is submitted over typical UK holiday periods. There is time to fit in 6 weeks of vacation each year.

The initial study plan agreed with a student can be changed after starting studies. Lengthening studies invariably incurs further costs. See fees table to assess costs for full-time and part-time studies.

Students can take study breaks should unanticipated or planned events occur. Inclusive of study breaks and other approved extenuating circumstances there is a maximum of 6 years to complete the MSc and a maximum of 4 years to complete the PG Dip.

COURSE FEES - JANUARY - DECEMBER 2025				
MSc in Personalised Nutrition				
Option	Study Period	Total Tuition Fees	Year	Payment Method and Breakdown ATF = Annual Tuition Fees prior to the start of the course and each further year of study
A	Full-time (1 year)	£9,232	1 MSc	Payable as £1,480 ATF and 12 instalments of £646
B	Part-time (2 years)	£10,916	1 MSc 2 MSc	Payable as £1,480 ATF and 12 instalments of £331.50 Payable as £1,480 ATF and 12 instalments of £331.50
C	Part-time (3 years)	£12,652	1 MSc 2 MSc 3 MSc	Payable as £1,480 ATF and 12 instalments of £228.10 Payable as £1,480 ATF and 12 instalments of £228.10 Payable as £1,480 ATF and 12 instalments of £228.10
PG Diploma in Personalised Nutrition				
A	Full-time (1 year)	£6,856	1 PG Dip	Payable as £1,480 ATF and 12 instalments of £448
B	Part-time (2 years)	£8,508	1 PG Dip 2 PG Dip	Payable as £1,480 ATF and 12 instalments of £231.20 Payable as £1,480 ATF and 12 instalments of £231.20
<i>The above Payment Plan and Breakdown are robust examples, but can vary depending on the flow of modules and courses in a given year. In each year students are invoiced for an annual tuition fee and the modules taken in that year. A bespoke payment plan is agreed based on the applicants agreed study plan. Applicants can change study plans after starting the course and payments are adjusted based on the changes made.</i>				

Please note that students are invoiced annually. Fees increase by 3% per annum. The above table of fees have taken into account 3% fee increases for the stated study periods. Students that extend studies beyond the financial plan agreed at the outset will likely incur additional fees if the study plan enters a new 12 month academic cycle. Study plans can be agreed at course interviews over 1.5 and 2.5 years and fees would be spread over an agreed study period.

For further information download the full Prospectus

Qualifications

Applicants can enrol on the MSc or the PG Dip in Personalised Nutrition as Entry Awards. It is possible to switch to the MSc programme and vice versa. It is also possible, subject to Middlesex University approval, to apply to return to complete to MSc after completing the PG Dip.

Exit Awards

From the MSc in Personalised Nutrition 180 credit Programme:

- PG Dip in Personalised Nutrition Exit Award. Successful completion of 120 credits from the MSc including the Mandatory module EBPN
- PG Dip in Nutrition Science Exit Award. Successful completion of 150 credits inclusive of a Research Dissertation without completion of the Mandatory module EBPN
- PGCert in Personalised Nutrition Exit Award. Successful completion of any two 30 credit modules - 60 credits

From the PG Dip in Personalised Nutrition 120 credit Programme:

- PGCert in Personalised Nutrition Exit Award. Successful completion of any two 30 credit modules - 60 credits
- PG Dip in Nutrition Science Award. Successful completion of 4 taught 30 credit nutrition modules but without the Mandatory module EBPN

Please note that:

- Evidence Based Personalised Nutrition is a Mandatory module for the MSc and PG Dip in Personalised Nutrition
- Students that have completed Personalised Nutrition Requirements and Personalised Nutrition & Longevity modules can combine the PG Cert with CNELM's internal Dietary Educator Certificate.

CNELM Personalised Nutrition Practice Diploma (PNPD)

The Personalised Nutrition Practice Diploma (PNPD) is a skills development course that complements the MSc or Postgraduate Diploma (PG Dip) in Personalised Nutrition. The combined PNPD with the MSc or PG Dip are accredited routes to nutritional therapy practice.

Course Overview

The PNPD supports the development of coaching, clinical and business skills alongside supervised practice in our Student Training Clinic, and compliments the academic clinically applied content of the MSc and PG Dip programmes. The combined programmes enhance a range of career opportunities leading to potential roles in the nutrition industry as well as nutritional therapy practice. As a skills development course there are 3 levels to the programme. The first two modules set a level 4 help students to acquire fundamental coaching skills in preparation for applying in the context of dietary educator consultations and the using motivational educational language in consultation settings and in the creation of literature. The level 5 module will build on these skills and include further coaching techniques and building a wide range of skills in preparation for full nutritional therapy consultations. Level 6 Supervised Practice enables students to work with clients under supervision in our Teaching Clinic. The final Level 6 modules provide students with the opportunity to review their market potential and set out their 5-year business plan as a professional practitioner.

Interacting with Peers: Tutorials enable interaction and discussion with peers and tutors and for some assessments students work together in pairs or small groups. Students also set up their own social media groups to keep in touch with each other.

Online Learning: The PNPD is completed 100% online.

Personalised Nutrition Practice Diploma (PNPD)		
Level 4	Coaching in Personalised Nutrition Practice (CP)	10 credits
Level 4	Personalised Dietary Education (PDE)	20 Credits
Level 5-6	Clinical and Coaching Skills Development (SD)	30 credits
Level 5-6	Supervised Personalised Nutrition Consultations & Practice (SP)	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 module is highly interactive and 5 compulsory Online attendance days . Students are able to develop and demonstrate a range of coaching skills to help enhance positive outcomes with clients, peers and colleagues as well as their personal study and lives.	
Personalised Dietary Education (PD) 20 Credits	
This level 4 - module is designed to enable students to communicate effectively using educational language to clients and the public. The module includes dietary educator role plays, public writing, presentation skills and creating a dietary educator report. .	
Clinical and Coaching Skills Development (SD) 30 Credits	
This level 5 - This module requires 5 days compulsory Online attendance days . and is designed to enable you to demonstrate the wide ranging skills and professional competencies required for personalised nutritional therapy practice.	
Supervised Personalised Nutrition Consultations & Practice (SP) 40 Credits	
This level 6 online module focuses on online webinars, tutorials, discussions and debates around clinical practice. Students will see clients under 'virtual' supervision with a Clinic Supervisor, create nutrition plans and reports, review client progress, offer coaching support, revise plans.	
Nutrition Enterprise (NE) 20 Credits	
This level 6 online module covers the setting-up of a nutritional therapy practice alongside other related services. The module includes business planning, development of promotional literature and a personal portfolio.	
Please also refer to the Nutritional Therapy Teaching Clinic.	

Entry Requirements

Students must be enrolled on one of the following courses and completed two MSc/PG Dip nutrition modules before starting the first PNPD module, or have completed one of the two courses:

- 'MSc in Personalised Nutrition' or the 'PG Dip in Personalised Nutrition'
- 'Exceptionally, a graduate of an NTEC accredited course can apply to take the PNPD with CNELM
- [IELTS](#) 7.0 or [TOEFL](#) equivalent if English is not your first language, or can demonstrate having studied in the English language to an appropriate level

Time Commitments

Most students complete the PNPD via Pathway One over 14 months. Students have a maximum of 28 months via Pathway Two to complete the PNPD.

- The PNPD is based on 120 credits - 1200 hours total

Completing the PNPD via Pathway One averages around 22 hours per week over 54 weeks

Completing the PNPD via Pathway Two averages around 12 hours per week over 108 weeks

All students need some flexibility to take longer than the minimum of 14 months as a few students may experience some delays due to clients changing appointments. For most it runs smoothly.

As a Skills Development course modules are taken in sequence and takes a minimum of 14 months to complete the 5 modules. Students that integrate the first two modules whilst completing the MSc or PG Dip part-time can complete the remaining 3 modules within 12 months after degree studies. The determining module is the Supervised Practice module which takes a minimum of 7 months to complete.

The initial study plan agreed with a student can be changed after starting studies. Lengthening studies invariably incurs further costs. See fees table to assess costs for full-time and part-time studies.

Students can take study breaks should unanticipated or planned events occur. Inclusive of study breaks and other approved extenuating circumstances there is a maximum of 56 months to complete the PNPD.

COURSE FEES JANUARY - DECEMBER 2025

Combined Courses	Study Period	Total Tuition Fees	Year	Payment Plan and Breakdown ATF = Annual Tuition Fees prior to the start of the course and each further year of study
MSc + PNPD	Full-time 2 years	£16,115	1 MSc 2 PNPD	Year 1 - Payable as £1,480 ATF and 12 instalments of £646.00 Year 2 - Payable as £900 ATF and 12 instalments of £427.35
MSc + PNPD	Part-time 3 years	£18,116	1 MSc 2 MSc 3 PNPD	Year 1 - payable as £1,480 ATF and 12 instalments of £365.12 Year 2 - payable as £1,480 ATF and 12 instalments of £379.77 Year 3 - payable as £900 ATF and 12 instalments of £443.20
MSc + PNPD	Part-time 4 years	£19,145	1 MSc 2 MSc 3 MSc+PNPD 4 PNPD	Year 1 - payable as £1,480 ATF and 12 instalments of £258.00 Year 2 - payable as £1,480 ATF and 12 instalments of £269.50 Year 3 - payable as £1,680 ATF and 12 instalments of £281.25 Year 4 - payable as £700 ATF and 12 instalments of £341.75
MSc + PNPD	Part-time 5 years	£20,202	1 MSc 2 MSc 3 MSc 4 PNPD 5 PNPD	Year 1 - payable as £1,480 ATF and 12 instalments of £193.75 Year 2 - payable as £1,480 ATF and 12 instalments of £203.30 Year 3 - payable as £1,480 ATF and 12 instalments of £213.10 Year 4 - payable as £900 ATF and 12 instalments of £271.50 Year 5 - payable as £700 ATF and 12 instalments of £298.55
PG Dip + PNPD	Full-time 2 years	£13,737	1 PG Dip 2 PNPD	Year 1 - Payable as £1,480 ATF and 12 instalments of £447.85 Year 2 - Payable as £900 ATF and 12 instalments of £498.60
PG Dip + PNPD	Part-time 3 years	£15,570	1 PG Dip 2 PG Dip 3 PNPD	Year 1 - payable as £1,480 ATF and 12 instalments of £296.45 Year 2 - payable as £1,480 ATF and 12 instalments of £309.00 Year 3 - payable as £900 ATF and 12 instalments of £370.35
PG Dip + PNPD	Part-time 4 years	£16,560	1 PG Dip 2 PG Dip 3 PNPD 4 PNPD	Year 1 - payable as £1,480 ATF and 12 instalments of £206.50 Year 2 - payable as £1,480 ATF and 12 instalments of £216.40 Year 3 - payable as £1,680 ATF and 12 instalments of £275.00 Year 4 - payable as £700 ATF and 12 instalments of £302.10

The above Payment Plan and Breakdown are robust examples, and can vary depending on the flow of modules and courses in a given year. In each year students are invoiced for an annual tuition fee and the modules taken in that year. A bespoke payment plan is agreed based on the applicants agreed study plan. Applicants can change study plans after starting the course and payments are adjusted based on the changes made.

Please note that students are invoiced annually. Fees increase by 3% per annum. The above tables of fees have taken into account 3% fee increases for the stated study periods. Students that extend studies beyond the financial plan agreed at the outset will likely incur additional fees if the study plan enters a new 12 month academic cycle. Study plans can also be agreed at course interviews over 1.5 , 2.5, 3.5, 4.5 and 5.5 years, and fees would be spread over an agreed study period.

For further information download the full Prospectus:

Recognition of Prior Learning

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.

Students must provide evidence for exemptions based on accredited learning and/or via experiential learning. Applicants and students are given guidance, as appropriate.

Qualifications

Students that have successfully completed the MSc or PG Dip in Personalised Nutrition in combination with the PNPD will have met the requirements for nutritional therapy practice. Graduates receive the MSc or PG Dip award from Middlesex University in Partnership with CNELM. Graduates of the PNPD receive a CNELM certificate and a [Qualifi](#) Endorsed certificate. Graduates are then able to apply for professional membership with [BANT](#), and are subject to location to register with the UK regulatory body the [CNHC](#).

Exit Awards

From the combined MSc or PG Dip in Personalised Nutrition and the Personalised Nutrition Practice Diploma (PNPD) 120 credit Programme:

- Dietary Educator Certificate (DEC) Exit Award: Successful completion of Personalised Nutrition Requirements and Personalised Nutrition & Longevity from the MSc/PG Dip programmes, Level 4 Coaching in Personalised Nutrition Practice and Level 4 Personalised Dietary Education, plus an additional assessment to conduct a supervised dietary educator consultation and report for a client seen in the Teaching Clinic. The additional assessment incurs a fee. **See [Dietary Educator Course](#)**
- Nutrition & Health Coach Diploma Exit Award. **See [NHCD Course description](#)**. The NHCD can be taken as an alternative to the PNPD. Both qualifications can also be obtained.

Successful completion of either of the above awards enables graduates to apply for professional membership with the [Federation of Holistic Therapists](#) as a Dietary Educator. Graduates of the NCD can apply for professional membership with ANLP and a UKCPD certificate for the NLP Practitioner course.

All successful graduates receive a CNELM certificate for the DEC and/or NCD. Successful completion of two MSc/PG Dip modules enables a student to be presented for a PG Cert in Personalised Nutrition as an Exit Award. **Please note that** the above Exit Awards can also be gained as well as the full PNPD. Some students will independently take the NLP Practitioner course and the Why Weight Practitioner module.

CNELM Dietary Educator Course (DEC)

The DEC can be added as an additional qualification alongside the MSc or PG Dip programmes. Degree qualified health professionals can also apply to take the modules that make up the DEC.

Course Overview

Dietary Education is a distinct service with a defined scope of practice. Alongside the MSc or PG Dip students take two further modules Coaching in Personalised Nutrition Practice (CP) and Personalised Dietary Education (PDE).

Dietary Educator Services are relevant, meaningful and much needed. Following completion of Personalised Nutrition Requirements (PNR) and Personalised Nutrition and Longevity (PNL) degree modules, CP and PDE, MSc and PG Dip students can apply to take an additional assessment to meet requirements for the DEC.

PNR provides the fundamentals of nutrition alongside tackling obesity; Personalised Nutrition & Longevity explores nutrition across the lifespan alongside gene/nutrient/environmental interactions. Each module includes case based assessment and dietary analysis.

CP enables students to gain fundamental coaching skills to apply as a Dietary Educator. Education alone is often insufficient to bring about lasting positive change. Utilising coaching skills alongside dietary education can make all the difference. The PDE module will enable students to demonstrate educational skills by writing an article about food and health and giving a presentation about food and health. You will have the opportunity to analyse diets and role play dietary educator consultations. For the DEC students see a client under supervision in our Student Teaching Clinic for a dietary educator consultation and provide them with an informative educational report.

Dietary Educators work with clients who are seeking to improve or optimise their health and do not present with chronic health problems and taking prescribed medications. They provide educational literature and offer group presentations.

Students taking the MSc or PG Dip + PNPD can gain the DEC whilst completing the rest of these programmes and start to offer a level of services.

Exit Awards

Students can gain the DEC as an Exit Award from the MSc/PG Dip and PNPD after successfully completing PNR, PNL, CP and PDE + the final additional assessment in the Teaching Clinic.

MSc and PG Dip students are also eligible for a PGCert in Personalised Nutrition after completing PNR and PNL = 60 credits.

Modules Taken for the Dietary Educator Certificate	
Degree Modules	PNPD Modules
Level 7 Personalised Nutrition Requirements 30 credits	Level 4: Coaching in Personalised Nutrition Practice (CP) - includes 5 compulsory online attendance days 10 credits
Level 7 Personalised Nutrition & Longevity 30 credits	Level 4: Personalised Dietary Education (PDE) 20 credits
Please also review the MSc/PG Dip and the PNPD programmes for descriptions of the above modules.	

Entry Requirements

- Direct entry is based on applicants demonstrating A' levels A-C or equivalent in Biology & Chemistry and having covered biochemistry and physiology as part of degree or degree equivalent studies
- Applicants that hold a prior degree but do not meet direct entry requirements can take one or more of CNELM's Bioscience Entry Course (BEC) modules to start the degree level modules: Chemistry, Human Biology, Biochemistry and Physiology. Please see the [Bioscience Entry Course](#)
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module
- GCSE in English Language or equivalent
- [IELTS](#) 6.5 or [TOEFL](#) equivalent is the standard requirement for applicants where English is not their first language
- [IELTS](#) 7.0 if taking the DEC as well as the PNPD
- 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

The DEC is based on 90 credits = 900 hours. 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.

The DEC course can be completed in a minimum of 12 months in terms of workload. However, the maximum time frame is variable depending on when an MSc or PG Dip student opts to complete the requirements for the DEC within their

wider study plan. Health professionals taking the modules for the DEC only have a maximum of 12 months to complete the course.

Qualifications

- CNELM Dietary Educator Certificate
- Students enrolled on the MSc or PG Dip and take an Exit Award are also eligible for a PG Cert in Personalised Nutrition.
- Students can top-up their coaching skills to complete the NLP Practitioner course.

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 2025		
Course	Total Tuition Fee	Payment Method and Breakdown
MSc/PG Dip Exit Award	£5,740	Payable as £1,480 annual tuition fee and 12 monthly payments of £355
<p>Please note this course is made up of the following: Personalised Nutrition Requirements and Personalised Nutrition & Longevity each £1,285 Coaching in Personalised Nutrition £618 and Personalised Dietary Education £772 Final Assessment with a Client £300</p>		

NLP Practitioner Course

The NLP Practitioner Course is a standalone qualification for healthcare professionals. The first 7 days of the course is also taken by students enrolled on the Personalised Nutrition Practice Diploma (PNPD) programme, and the first 5 days by students completing the Dietary Educator Course. CNELM students can optionally top-up to NLP certification. MSc/PG Dip and PNPD students can opt to take the NLP Practitioner course alongside, or after degree studies. CNELM students enrolled on the Nutrition Coach Diploma course complete this course as part of their studies.

The NLP Practitioner course is delivered online over 11 days and completes on day 12 with demonstrating meeting verification requirements for NLP Certification. See our website for course dates.

The course is also highly relevant for individuals looking to develop additional skills, understanding and perspectives for self development purposes.

Course Overview

The **first 5 days** explores among other coaching strategies: learning styles, communication models, the relationship between physiology and behaviour, organisational skills, personal filters and sorting strategies, sensory awareness and sorting strategies, eye accessing cues and predicates, sensory awareness and non-verbal communication, rapport, well-formed conditions for outcomes, the use of frames, positive language patterns, state management and anchoring, mirroring, paraphrasing, self-evaluation, self/other monitoring, ethical issues and boundaries. Days **6-7** focuses on the development of therapeutics skills, the development of use of frames, the skills and qualities of a professional coach, and a range of coaching techniques to apply in practice. These skills are further developed over days **8-11** with multiple opportunities to practise in small groups and preparation for the final day **12**, for external verification.

Entry Requirements

- Healthcare Professional
- Student undertaking a health professional course (including CNELM students)

Qualifications

NLP Practitioner Certificate

Accreditation

UK CPD

Professional Association

ANLP

'Testimonial: 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"

NLP Course Fees 2025		Total Course Fee: £1700
Days 1-5	£650	Fees for external health professionals and students are payable in full prior to the start of the course to benefit from a 10% discount. Discounted price £1,530. Otherwise participants on the course can pay in full prior to the start of each section. It is possible to participate in Days 1-5 only or up to day 7.
Days 6-7	£350	
Days 8-11	£450	
Day 12	£250	

Why Weight Practitioner

The Why Weight Practitioner module is an online attendance module and is open to NLP Practitioners who wish to build on their previous learning to encompass coaching strategies for weight management. **Students enrolled on CNELM's Nutrition Coach Diploma course take this module as part of their studies.** This course is delivered online over 7-days. See our website for course dates and breakdown of attendance hours.

Module 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. You will explore 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; 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. You will be able to build on your existing NLP knowledge, and expand your confidence and ability to help others as a coach. This module is highly interactive with time to reflect on how learning can be applied.

Entry Requirements

Completed an NLP Practitioner programme at CNELM, or elsewhere.

Qualification

CNELM Certificate of Completion

Training Credit

Students can apply to UKCPD to use this training credit as part of UKCPD's NLP Master Practitioner Course which may lead to a time and fee discount on their full training. The UKCPD Master NLP Practitioner is accredited by the Association for Neuro-Linguistic Programming (ANLP) and the Institute of Leadership & Management (ILM) at Level 7, offering an

option to gain a Level 7 Coaching Diploma upon completion of some additional work. Further information on the NLP Master Practitioner can be found at UKCPD.

Course Fees 2025		
With Assessment	£1000	The cost of this module is embedded within the fees for students taking the Nutrition Coach Diploma. Students taking this module as a standalone course, either pay in full prior to the start of the module, or over 3 monthly payments. Please review section Applications and Funding
Without Assessment	£600	

Nutrition and Health Coach Diploma Course (NHCD)

CNELM has taught a Nutrition Coach Diploma (NCD) Course for many years. The revised NHCD is due to launch in January 2026. Applicants interested in this programme can start with Bioscience Entry Modules in preparation for starting the rest of the NHCD in January 2026.

The NHCD course embeds the Bioscience Entry Modules, Dietary Educator Course (DEC), the NLP Practitioner course and the Why Weight Module plus a business module Nutrition Enterprise.

Students must have passed any initial required bioscience entry modules followed by two modules from the MSc/PGDip in Personalised Nutrition which are: Personalised Nutrition Requirements and Personalised Nutrition & Longevity before completing the rest of the programme. Please review the module outline for the MSc/Dip programme.

Please review the Bioscience Entry Course, DEC course, NLP Practitioner, the Why Weight module, and the Nutrition Enterprise module for the PNPD course.

The programme is assessed across Levels 3-7.

Eligibility for the NHCD

- Enrolling for the Level 7 MSc or PGDip in Personalised Nutrition Requirements and Personalised Nutrition & Longevity.
- Applicants can apply to take the NHCD and take nutrition modules set at Level 4 instead of Level 7. This can be discussed on a per application basis. Students would take nutrition modules and assessments at first year undergraduate level rather than Level 7. Students would be registered with CNELM and not enrolled on a degree programme. The cost would be similar but less than students enrolled on a degree programme.

Course Overview

In addition to the Dietary Education service detailed in the DEC overview, NHCD graduates will have the opportunity to extend their coaching skills and gain the NLP Practitioner Certification and the additional Why Weight Practitioner coaching module that focuses on supporting individuals with weight management concerns.

Personalised Nutrition Requirements (PNR) will provide the fundamentals of nutrition including the macro and micro nutrients, phytonutrients and soil-to-table concepts alongside tackling obesity. Personalised Nutrition and Longevity (PNL) reviews health across the lifespan from the health of the conceptus through to healthy ageing with a focus on gene-nutrient-environmental interactions.

After completing requirements for PNR, PNL, NLP Practitioner and Coaching in Personalised Nutrition Practice and Personalised Dietary Education (see DEC), students then see, as Part of Preparation for Coaching Practice, 2 clients for 3 visits for coaching consultations and write up their case notes as well as complete formal assessments. After completing Why Weight Practitioner students will then see a client with weight concerns and write up case notes as well as formal assessments. The Why Weight module is the largest module on the programme and the syllabus brings together many elements of the overall programme and enables students to demonstrate depth of knowledge, understanding and application in preparation for working independently as a Nutrition & Health Coach.

Nutrition Enterprise enables students to review their market potential and create a 5-year forward thinking business plan to review the services they wish to include within their practice as a nutrition and health coach.

Exit Awards

Students that do not complete the full NHCD are potentially eligible for the following Exit Awards

Dietary Educator Certificate subject to completion.

NLP Practitioner Certificate subject to completion.

Also see Exit Awards from the MSc/PGDip Personalised Nutrition. Students that complete 60 credits from the 180 credit programme are eligible for a PGCert in Personalised Nutrition. PNR and PNL are each 30 credit modules.

Modules Taken Prior to the Nutrition & Health Coach Diploma (as required)	
Bioscience Entry Modules Level 3	Bioscience Entry Modules Level 4
Human Biology 15 credits Chemistry 15 credits	Physiology 15 credits Biochemistry 15 credits
Students are required to complete one or more of the above entry modules based on their prior academic background. Applicants with a relevant bioscience degree may meet a full exemption from this component of the NHCD.	
NHCD Modules	
Level 4 Modules	
Coaching in Personalised Nutrition Practice (CP) - includes 5 compulsory online attendance days and provides the first 5 days of the NLP Practitioner course. 10 credits	Personalised Dietary Education (PDE) 30 credits inclusive of Client Work for the Dietary Educator Certificate
Level 5	
Completion to NLP Practitioner Certification 6 further training days + 1 day for verification followed by: Preparation for Coaching Practice inclusive of Client Work 20 credits	
Level 6 Modules	
Why Weight Practitioner + client work 40 credits	Nutrition Enterprise (business development) 20 credits
Level 7 Modules	
Personalised Nutrition Requirements 30 credits	Personalised Nutrition & Longevity 30 credits
Total Credits: 240 (inclusive of Bioscience Entry)	
Please also review the MSc/PGDip and the PNPD programmes for descriptions of Level 7 modules.	
<p>MSc/PGDip applicants have the option to combine the MSc or PGDip with the NHCD or the PNPD. Both the NHCD and PNPD Awards can be gained, if desired. Some students may start with the PNPD and switch to the NHCD during their studies, and vice versa.</p> <p>Please note that: MSc/PGDip students taking the NHCD can opt to Exit the MSc/PGDip with a PGCert in Personalised Nutrition after completing Personalised Nutrition Requirements and Personalised Nutrition and Longevity. MSc/PGDip students combining studies with the PNPD must complete the MSc or PGDip in full to meet accreditation requirements for nutritional therapy practice.</p>	

Entry Requirements

- Bioscience Entry modules as detailed in the above table unless the applicant holds prior qualifications that may exempt them from one or more of the four modules e.g. GCSE and 'A' level, or equivalent qualifications. Please see the [Bioscience Entry Course](#)
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module
- GCSE in English Language or equivalent
- [IELTS](#) 6.5 or [TOEFL](#) equivalent is the standard requirement for applicants where English is not their first language
- [IELTS](#) 7.0 if taking the NHCD as well as the PNPD
- 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

The NHCD standalone course is based on 240 credits = 2400 hours inclusive of bioscience entry modules. 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.

The NHCD course, exclusive of bioscience entry modules, can be comfortably completed part-time over 36 months, as a standalone course. Based on 36 months this averages as 65 hours per month/15 hours per week. The minimum time to complete is 30 months.

Study plans for applicants combining the NHCD with the full MSc or PGDip programmes would be given a bespoke study plan based on full or part time degree studies.

A 36 month example study plan based on starting the NHCD in Jan 2026 (exclusive of bioscience entry modules) Bioscience Entry modules must be completed first over 6-12 months. Entry modules can be started within a week of accepting a course offer.	
Jan 2026-June 2026	Personalised Nutrition Requirements
June 2026-Nov 2026	Personalised Nutrition and Longevity
Jan 2027-March 2027	Coaching in Personalised Nutrition Practice
Jan 2027-June 2027	Personalised Dietary Education inclusive of client work
July 2027-Aug 2027	NLP practitioner additional training days and verification July/Aug.
Sept-Dec 2027	Preparation for Coaching Practice inclusive of Client Work Client work
Jan 2028-April 2028	Nutrition Enterprise (business development)
April 2028-Dec 2028	Why Weight Practitioner inclusive of client work.

Qualifications, Accreditations and Validations

- Nutrition and Health Coach Diploma - CNELM is currently pursuing approval for the NHCD with the UK and International Health Coaching Association (UKIHCA)
- CNELM Dietary Educator Certificate - Federation of Holistic Therapists
- NLP Practitioner Certificate - UKCPD
- MSc or PGDip in Personalised Nutrition - validated by Middlesex University
- PG Cert Exit Award from the MSc or PGDip in Personalised Nutrition - validated by Middlesex University

NHCD Course Fees Jan-Dec 2025		
Course	Course Breakdown	Payment Method
Total Fee: £11,620 (students enrolling in 2025) with the bioscience entry modules		
Bioscience Entry 2 Level 7 Modules	£1600	Payable in full or 4 x £400 consecutive payments.
MSc/PGDip 2 Level 7 Modules	£4050	Payable as a £1480 annual tuition fee prior to the starting of the first module and 8 or 12 monthly payments of £321.25 or £214.16 respectively.
Remaining NHCD Course Modules	£620 £1000 £1050 £600 £1200 £800 £700	Coaching in Personalised Nutrition Practice includes Days 1-5 of the NLP course Personalised Dietary Education inclusive of client work and certification NLP top-up days 6-11 + verification + certification. Preparation for Coaching Practice Why Weight Practitioner inclusive of client work Nutrition Enterprise Annual Tuition Fee payable prior to each additional year of study. Payable as £700 annual tuition fee prior to the start of the modules and 18 monthly payments of £248.33 .
<small>Bioscience Entry modules are paid first. Students are invoiced annually based on the modules taken in one year. MSc and PGDip students incur a £1480 annual tuition fee for each year of study. If any modules are taken alongside MSc & PGDip studies i.e. rest of course modules, the modules are covered by the £1480 annual tuition fee. A £700 annual fee would apply for any modules taken in a new academic year after MSc or PGDip studies. Hence, the Total Fee has included only one £700 annual tuition fee, as this is typical.</small>		

Bioscience Entry Course (BEC)

Many applicants for the MSc and PG Diploma (PG Dip) Personalised Nutrition programmes take our online BEC modules in Human Biology, Chemistry, Physiology and Biochemistry either in full, or as a refresher. Human Biology, Chemistry, Physiology and Biochemistry underpin personalised nutrition and practice. Based on prior academic studies applicants will be advised if they meet direct entry requirements for the MSc or PG Dip programmes or need to complete one or more of the above modules. The MSc and PG Diploma in Personalised Nutrition and the Personalised Nutrition Practice Diploma (PNPD) course, attracts applicants from a wide range of backgrounds from the fields including the sciences, law, engineering, business and finance, the arts and healthcare.

Several applicants each year take one or more BEC modules 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 a training provider. In our experience most training providers have accepted them.

Course Overview

The BEC is designed to provide a strong underpinning for joining the MSc and PG Dip in Personalised Nutrition and PNPD programmes for applicants whose prior degree qualifications were not in the field of bioscience.

The content of the BEC modules is also suitable for other health science programmes. Applicants can apply to take one or more BEC modules for entry to programmes external to CNELM. Applicants should check with the training provider to see if they are acceptable for their programme.

Applicants can request detailed module outlines for the BEC modules.

The two Level 3 modules Chemistry and Human Biology assume no knowledge to start with and take you through relevant 'O' and 'A' level concepts in preparation for starting the Level 4 modules in biochemistry and physiology. Each module is taken independently with tutor support, and is assessed by quiz, short answer questions and essays which are submitted online to the tutor for assessment. Students can book time to speak with tutor online when needed and/or send email queries.

Chemistry includes review of inorganic and organic chemistry and finishes with some concepts of biochemistry preparing you for the biochemistry module. Human biology covers the cells and tissues of the human body and the structure and function of the major body systems.

The Level 4 biochemistry module covers proteins, fats and carbohydrates, energy metabolism, amino acids, nutrients as cofactors in biochemical pathways, antioxidants, cell communication and explores the fed state, fasting, starvation and diabetes. Level 4 physiology focuses on physiological processes that help regulate body systems and external factors such as stress that affect physiological processes and how overtime the physiological processes may fail to continue to compensate. You will explore the role of nutrients in supporting normal physiological processes.

Entry Requirements

- Successful completion of the Bioscience Entry Modules at 60% or above enables entry to the MSc/PG Dip and PNPD programmes, and may serve as an alternative to demonstrating IELTSs 6.5 or equivalent or the MSc/PG Dip in Personalised Nutrition; and IELTSs 7.0 for the Personalised Nutrition Practice Diploma.
- Basic computer skills including word processing, internet browsing and use of email.

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

1. Prior degree but not classified in the sciences.
2. Prior science/health science degree that did not cover any, or all of the four components of this course.
3. Prior science/health science degree in one or more of the four components but might require a refresher.

Depending on education background each applicant will be advised on the most appropriate way forward during a course discussion or interview.

Time Commitments

Each of the four modules should take about 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.

We recommend that you spend a minimum of six weeks on each module so that you have sufficient time to both enjoy and absorb the content. There is up to twelve months to complete the modules without incurring a re-registration fee.

Students can generally start their first BEC module 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 at CNELM you will be studying in sync with peers and have set deadlines for submission. Keeping in close contact with your tutor is important whilst completing the BEC.

Qualifications

The BEC is a CNELM qualification that is designed to meet entry requirements for students joining the MSc and PG Dip in Personalised Nutrition programmes. A CNELM Certificate is awarded alongside a Transcript. If the full BEC is not completed a Certificate is Awarded for any module completed. For students taking one or more modules for entry to other courses we provide a Certificate and Transcript.

MODULE FEES - JANUARY - DECEMBER 2025 for MSc or PG Dip Entry	
Combined Human Biology (L3), Physiology (L4), Chemistry (L3) and Biochemistry (L4) Six Month Bridging course	£1,600
Any mix of three of the above four modules. Four-Five month course	£1,200
Any mix of two of the above four modules. Three month Course	£800
One of the above four modules. Two month course.	£400

Please note that students have up to 12 months to complete the entry modules without incurring a re-registration fee of £250.	
Depending on the prior background some applicants will be required to take other modules to Bridge to start the MSc or PG Dip programmes including, but not limited to, CNELM's undergraduate level Research Methods and a short Research project.	
MODULE FEES - JANUARY - DECEMBER 2025 for entry to other external courses	
Any one Level 3 module taken for entry to external courses.	£800
Any one Level 4 module taken for entry to external courses	£600
Applicants completing CNELM's entry modules should contact their planned training provider to confirm our modules meet their entry requirements. Our experience is that most will accept them. We can provide you with detailed module outlines to share with a provider.	
For further content for all the above including entry requirements download the full Prospectus from cnelm.ac.uk	
Discounts: A 10% discount is available for modules if paid in full for entry to other courses only .	
Payment Plans: Payment plans for the MSc/PG Dip and entry for other external courses can be exceptionally agreed, over a max of 6 months.	

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	£1,800	20% of Course fee prior to enrolment. Remaining fee in equal instalments over agreed study period. OR Full fees in advance of enrollment to benefit from a 10% discount.
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.

Please review section Applications and Funding

Please note that fees may change subject to any Return to Practice revisions made by the Professional Body BANT.

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 invite you to initiate your interest in studying with us at CNELM, and becoming part of our vibrant online community.

Getting Started

1. Send us an email to info@cnelm.ac.uk with your queries.
2. Complete an **application form**.
3. Call us on 0118 979 8686 and select Course Enquiries for a course discussion or interview.
4. Join an Online Open Day

Open Days are offered 3 times a year, and provide an opportunity for you to find out more about the courses we offer, meet the staff and other prospective students online. Open Days usually run from 11am-3pm. To book a place on one of our Open Days, simply use the LINK on our website to complete a Google Form. Between Open Days you can arrange a short 1-1 course discussion, or a 45 minute interview.

Ready to take your interest further

1. Arrange a time to meet with one of our knowledgeable Course Interviewers to discuss your selected courses and a study plan that fits with your time availability. Allow 45-60 minutes for a course interview. We will discuss your study and finance queries with you and make it transparent what is feasible.

Following a Course Interview

1. We will send you a course offer letter, study plan, finance plan and other supporting documents including a Confirmation Agreement and a range of key policies for your review.
2. We will ask you to confirm your intention to accept your course offer.
3. You will need to share with us copies of your prior qualifications, a photo identification such as a copy of your current passport or driving licence and a signed copy of the Confirmation Agreement we shared with you. A completed application form is required as part of confirming your course offer. **Please note that** applicants with qualification outside of the UK are required to use [UK ENIC](#) to check for UK equivalency and provide us with confirmation.
4. If you need to take the Bioscience Entry Course in full, or in part, you can start the first module within a week of accepting the course offer and receipt of payment.
5. If you meet direct entry requirements for the MSc and PG Dip in Personalised Nutrition you will be able to enrol on the programme/s in January, April or September each year.
6. Return to Practice applicants can also start within a week of accepting a course offer and receipt of payment.

Funding (please review our website for further details)

1. The majority of students on all courses at CNELM are self-funding
2. CNELM is not designated for student loans of any kind
3. Third parties such as relatives and companies may fund some students' studies. We require a third-party agreement form to be signed so that all parties are clear of their responsibilities.
4. Some applicants, such as healthcare professionals, may be in a position to offset fees against tax. We recommend speaking with an accountant.
5. CNELM has limited capacity to support students via its Bursary Scheme for the MSc/PG Dip and PNPD programmes only.

Payment of Fees

1. Most students with UK bank accounts pay their annual tuition fees and monthly fees by Standing Order or Direct Debit.
2. Students outside of the UK and without a UK Bank account mostly pay their annual tuition fees and monthly fees via Flywire. Flywire is a secure and efficient transfer method that ensures CNELM receives the full amount due and students may well save on bank fees and exchange rates as well.
3. Students can also opt to make payments by Direct Bank Transfer or Debit Card. Credit card payments incur a 3% charge at the point of collection.
4. Annual tuition fee and monthly payments are recommended. Students can request to make larger lump sum payments in advance of study.
5. Fees for the MSc/PG Dip and the PNPD programmes are invoiced annually in keeping with the study plan and helps to ensure that students are paying for what they take each year.
6. Students undertaking shorter courses including bioscience entry modules, Return to Practice and the NLP Practitioner programmes generally pay for the course prior to starting but can request to pay monthly.
7. Fees charged for a programme of study will include a 3% fee increase for each additional year of study.
8. Extending studies, for any reason, after starting a programme will usually incur additional costs in terms of additional annual fees and a 3% increase for remaining monthly payments for each extended year of study.
9. All fees once paid are non-refundable, with exceptions detailed in our Payment, Charges and Refund policy.
10. 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.

Important Information
<ol style="list-style-type: none"> 1. Applicants who consider that they may have been treated unfairly can contact CNELM's Centre Administrator, Dave Lee dave@cnelm.ac.uk. 2. Applicants can request a copy of CNELM's Policy Handbook - All Taught Programmes before or following an interview. Key policies accessible on our public website include: Data Protection and Retention Policies Equal opportunities, Diversity and Inclusivity Statement Managing Concerns Overarching Statement Admissions and Enrolment Policy

Payment, Charges & Refund Policy

Student Protection Plan

CNELM Etiquette Policy

Safeguarding Policy

3. As all our courses are online and do not require attendance in the UK, CNELM is not an accredited Tier 4 Centre enabling students from overseas to study in the UK with a VISA.

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 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.

In your final year of study you will be able to engage with our Professional Mentor in preparation for future career opportunities.

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.

Applicants with learning support needs 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.

Student Engagement and Representation

There will be multiple opportunities for you to engage with degree and clinical programmes. 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 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.

Learning Resources

Our students have access to a wide range of reputable learning resources.

Via Student Membership of the Royal Society of Medicine (RSM) students can access numerous online journals and ebooks, videos, search engine databases and other resources.

Via Student Membership of the British Association of Nutrition & Lifestyle Medicine (BANT) students can access the Nutrition Evidence Database, Natural Standards Database drug-nutrient interaction checker, webinars and other resources.

Links to many other external resources are made available following enrolment on programmes.

CNELM registers students with the RSM. Students must independently register with BANT following enrollment. Students, depending on course, will need to independently register to use other software.

Applicants can request a copy of our Learning Resources Policy.

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. 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 learning platform. 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 where appropriate nutritional supplementation 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).

Many degree students engage in research projects and dissertations that systematically review the literature around nutritional interventions and mechanisms of disease. In addition, we encourage students completing their clinical training to write up case studies that have utilised this approach. We aim to maximise the number of publications emanating from student research to help support this developing field. You can also find out more about our research objectives and publications emanating from student and staff research on our website.

Nutritional Therapy Student Teaching 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 coaching training aims to provide various tools and resources that should enable students 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 students ability to support clients through change. Following completion of 7 days students can opt, at an additional cost, to take 4 further days and a day of verification to meet requirements for an NLP Practitioner Certificate.

Personalised 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. All supervision is conducted online via 2 or 3 way Zoom.

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.

Assessments - There are 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.

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.

Career Opportunities

Many CNELM graduates develop portfolio careers offering a range of clinical and educational services, self-employed and/or employment within a practice or company.

Within a self-employed practice and/or employment by a company graduates offer a range of services including: dietary education and dietary analysis, coaching and personalised nutritional therapy consultations; run short online, or in-person courses for the public or health professionals; write articles and books for the public and/or health professionals, recipe development, food demonstrations, contribute to teaching nutrition courses for colleges and universities and within schools. Some graduates are employed by companies as technical advisors for product companies and laboratories. Others offer nutritional services in corporate environments. CNELM supports graduates to convert their research dissertations into publications. Some graduates continue their education in related disciplines, and a few go on to PhD studies.

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 urgently needed.

Graduate Moodle Group

We have a vibrant graduate community that continues to have access to a range of resources and services via our online Moodle platform. Graduates are invited to attend our professional enhancement workshops each year. We interview graduates and publish their experiences in our Student Newsletter - The Nutritional Supplement. CNELM regularly receives requests to circulate job opportunities and events for graduates. Graduates are invited to participate in Surveys.

Once you complete your studies with us we look forward to you becoming part of our Graduate community where we support each other to promote personalised nutrition education, research and practice.

Contact Us

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