

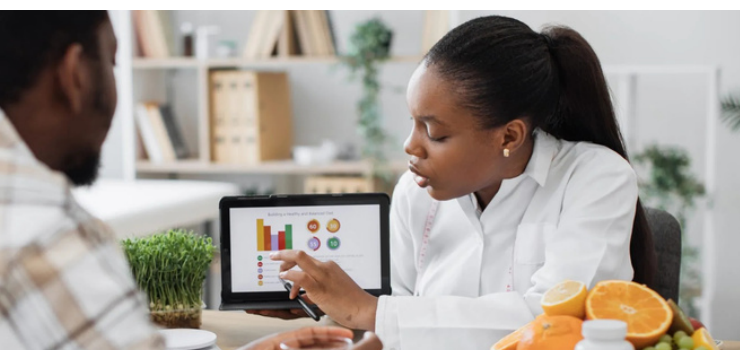
Advanced Health and Diet Coach Diploma Course

AHDCD



It's one thing knowing what you 'should' do and quite another thing making it happen.

Become a Health & Diet Coach and empower people to implement and sustain the healthful lifestyle choices they desire to enhance their health and wellbeing.



Course Overview

The AHDCD is an advanced programme of study combining health coaching with dietary education. The programme has two intended outcomes to enable graduates to provide quality health coaching services and to separately offer dietary educator consultations. Coaching principles are integrated into a dietary educator service. Separate coaching services can be offered across a wide spectrum of needs. The programme includes the necessary bioscience for dietary education, and critical thinking skills for both dietary education and coaching practice. A range of coaching approaches are included within the programme and

additionally the course incorporates a neuro linguistic programming certification course along the way. A range of coaching techniques following basic coaching skills are taught with good opportunities for expressing the skills in practice settings. Students are introduced to a wide range of challenges in coaching practice including trauma informed approaches. The course culminates with a focus on coaching for weight management and business development for setting up a practice as a Health Coach and Dietary Educator.

***Much of the course can be studied independently.**

****Mandatory attendance online is required for some elements of the course including coach training and practice.**

Advanced Health and Diet Coach Diploma Modules (Full-time Pathway One example)			
Year & Level	Term 1	Term 2	Term 3
Year 1 Level 4	- Biochemistry - Physiology - Public Health Nutrition	- Scope of Practice - Coaching Practice	Personalised Dietary Education
Year 2 Level 5	- Preparation for Coaching Practice - Thinking Critically		
Year 2 Level 6		- Challenges in Coaching Practice - Why Weight Practitioner	Business Development
AHDCD Duration & Study Pathways Pathway One (Full-Time): 24 months - 35 hrs/week Pathway Two (Part-Time): 36 months - 18-20 hrs/week Pathway Three (Part-Time): 48 months - 8-10 hrs/week - Anticipated study hours vary and are spread across the agreed academic study period. Maximum completion time: 8 years (including registered study breaks)			
Exit Awards: Dietary Educator Certificate: 120 credits NLP Practitioner Certificate Both Awards are integrated within the AHDCD. Students are eligible for both awards subject to successful completion of the required content.			

Entry Requirements

Chemistry and Human Biology 'A' levels or equivalent. Applicants without a science background can take chemistry and human biology modules included in the Bioscience Entry Course to meet entry requirements.

IELTS 6.5 or TOEFL equivalent, or previous study conducted in English. Successful completion of Chemistry and Human Biology will be accepted as an alternative.

Interactive, Collaborative and Independent Learning

Our teaching approach encourages collaboration, discussion, peer and self-directed learning.

- Participate in webinars, tutorials and small-group tasks.
- Self-directed learning to research the literature to evidence base application in academic and case settings.
- Engage in lively online discussions and build lasting professional connections.
- Many students set up social media groups to stay connected throughout their studies and beyond.

Why Choose This Programme?

- **Combines Health Coaching with Dietary Education:** imagine empowering individuals to implement and sustain positive change in their lives.
- **Standalone course:** can be taken independently of the [MSc, Postgrad Diploma](#) and [PNPD](#) courses.
- MSc, Postgrad Diploma and PNPD graduates: can also gain this qualification and can apply for Recognition of Prior learning based on modules completed as part of these programmes.
- **Flexible start dates:** you can get started on the course when you are ready
- **Flexible study options:** full-time or part-time.
- Entirely **online learning** with **peer interaction via webinars, tutorials and group work for practical elements.**
- **Experienced Tutors and Coach Trainers:** CNELM has been teaching coaching courses since 2001.
- **Start a practice during studies:** as Dietary Educator and NLP Practitioner as these qualifications are gained part way through the course.
- **Two inbuilt qualifications within the AHDCD:** [Dietary Educator Course Certificate \(DEC\)](#), [Neuro Linguistic Programming \(NLP\) Certificate](#).
 - Professional membership with the [FHT](#) following DEC certification.
 - Registration with the [ANLP](#) following NLP certification.
 - NLP Certification accredited by [UKCPD](#).
 - [UKIHCA](#) approved in principle for professional membership

COURSE FEES - JANUARY - DECEMBER 2027

Advanced Health and Diet Coach Diploma

Pathway	Study Period	Total Tuition Fees	Years	Payment Method and Breakdown ATF = Annual Tuition Fees prior to the start of the course and each further year of study
1	Full-time	£12,227	1 2	Payable as £900 ATF and 12 instalments of £370.85 Payable as £900 ATF and 12 instalments of £498.10
2	Part-time	£13,302	1 2 3	Payable as £900 ATF and 12 instalments of £298.70 Payable as £900 ATF and 12 instalments of £313.90 Payable as £900 ATF and 12 instalments of £270.90
3	Part-time	£14,526	1 2 3 4	Payable as £900 ATF and 12 instalments of £138.85 Payable as £900 ATF and 12 instalments of £241.15 Payable as £900 ATF and 12 instalments of £249.10 Payable as £900 ATF and 12 instalments of £281.40

The above Payment Plan and Breakdown are robust examples, and vary depending on the flow of modules in a given year. Students pay an ATF and for modules taken in a year. Applicants can change study plans after starting the course and payments are adjusted based on the changes made.

Students are invoiced annually. Fees increase by 3% per annum. The above Fees Table includes a 3% fee increase for the stated years of study. Extending study will likely incur additional fees.

For further information download the full [Prospectus](#)

Ready to find out more - Contact us:

- call us on [01189 798686](tel:01189798686) to book a comprehensive course discussion
- email us at info@cnelm.ac.uk
- register to join our next online [Open Day](#) where we discuss all our courses between 11am-2pm UK time
- download our course [Application Form](#)

