PROSPECTUS 2019-2020
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About Us

Welcome & Introduction

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

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

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

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

Many applicants opting to study with us wish to practice as a nutritional therapist. CNELM’s Nutritional Therapy Practice Diploma (NTPD) can be integrated alongside or taken after the undergraduate and postgraduate degree courses.

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

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

Why Study at CNELM?

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

- The degree courses we teach are validated by Middlesex University (MU) and we are committed to upholding the standards required for UK Higher Education. As a collaborative partner of MU we also aim to fulfil our responsibilities for the management of academic standards within the guidance provided by the UK Quality Code for Higher Education.

- In combination with the CNELM Nutritional Therapy Practice Diploma (NTPD) the degree courses are accredited by the Nutritional Therapy Education Commission as routes to nutritional therapy practice enabling graduates to apply to register with the Complementary & Natural Healthcare Council (CNHC) and professional membership of the British Association for Nutrition & Lifestyle Medicine (BANT), subject to meeting all requirements for registration and membership. See Section below on Validation, Accreditation and Professional Membership.

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- The NLP Practitioner Course we teach is accredited by the [Association for Neuro Linguistic Programming](https://www.anlp.org) (ANLP) and Certification issued by the [UK College of Personal Development](https://www.ukcpd.org) (UKCPD).
- The distance learning degree programmes attract a diverse group of students from around the world and are interactive enabling students to engage in webinars, tutorials, journal club and a wide range of activities; and enable students from around the world to study with us.
- Access to robust and relevant online learning resources.
- The blended learning NTPD programme enables you to part-attend at the Centre and study online. See section on the [NTPD programme](https://www.cnelm.org) to find out about completing the NTPD programme.
- Our bioscience entry courses for the degree programmes enable you to study distance learning at your own pace with tutor support.
- We are committed to recognising prior learning to enable students to join the undergraduate BSc programme at an advanced level and for graduates of other nutrition degree courses to apply for assessment of prior learning to join the NTPD programme as a route to nutritional therapy practice. See section on [Advanced Learner Entry](https://www.cnelm.org).
- The Centre is committed to promoting Equal Opportunities, Inclusivity & Diversity.

**Validation, Accreditation and Professional Registration and Membership**

**Middlesex University and Degree Validation** - [Middlesex University](https://www.mdx.ac.uk) (MU) is a long-established international university based in London, UK with whom CNELM has a collaborative partnership since 2003. MU has been recognised and rewarded for academic and organisational achievements.

Although you will enrol with us at CNELM you are also registered as a student with Middlesex University (MU). Your degree programme of study is part of MU’s School of Science & Technology. As a student on an MU degree programme will be expected to abide by [MU’s Regulations](https://www.mdx.ac.uk).

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

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

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

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

The following routes to practice taught at CNELM are accredited by the NTEC:
- BSc (Hons) Nutritional Science + CNELM Nutritional Therapy Practice Diploma (NTPD)
- MSc in Personalised Nutrition + CNELM NTPD
- Postgraduate Diploma (PG Dip) in Personalised Nutrition + CNELM NTPD

Graduates of NTEC accredited courses are eligible to apply to register with Complementary & Natural Healthcare Council (CNHC) subject to meeting all their requirements. The CNHC is the UK Voluntary Regulator for complementary healthcare practitioners. The CNHC was set up in 2008 with the support of government funding. The key function of the CNHC is to enhance public protection. CNHC is also the holder of an Accredited Register by the Professional Standards Authority for Health and Social Care, an independent body, accountable to the UK Parliament. You can find out more about the CNHC and eligibility for registration by visiting their website.

Attendance Requirements and Recommendations
- If you live overseas but plan in the future to work in the UK then attending onsite at CNELM a minimum of 70 hours of clinical and coaching skills development as part of the NTPD programme is required
- All students, including those in the UK that live some distance from the Centre are recommended to meet the 70 hours onsite attendance requirements.
- It is possible to complete the NTPD online but this would preclude registration with CNHC.
- CNHC Regulation applies to the UK Borders.
- If a student is unable to meet the 70 hours onsite attendance then it is possible following three years of evidencable nutritional therapy practice to apply to the CNHC via Portfolio Development. Please see Point 10 of the CNHC Core Curriculum.

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

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

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

BSc (Hons) Nutritional Science

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

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

**Course Overview**

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

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

- Research, development and technical support for a wide range of companies
- Nutrition and health education including health writing and teaching the public and professionals
- Work within community settings to assist in the development of sustainable ‘healthy’ communities
- Combined with the CNELM Nutritional Therapy Practice Diploma, to practice as a nutritional therapist.

Graduates of this course may also apply to further their studies at postgraduate level with a view to pursuing academic careers in nutrition research, practice and education.

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<tr>
<th>Course Modules</th>
<th>Level 4 (Year 1)</th>
<th>Level 5 (Year 2)</th>
<th>Level 6 (Year 3)</th>
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<td>Thinking Critically</td>
<td>Applied Pathophysiological Reasoning</td>
<td>Personalised Nutrition Interventions</td>
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<tr>
<td>Nutritional Biochemistry</td>
<td>Research Methods</td>
<td>Health Culture</td>
<td></td>
</tr>
<tr>
<td>Applied Physiology</td>
<td>Food Science &amp; Safety</td>
<td>Nutrition Enterprise</td>
<td></td>
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<tr>
<td>Dietary Education</td>
<td>Nutraceuticals &amp; Pharmaceuticals</td>
<td>Research Project</td>
<td></td>
</tr>
<tr>
<td>Public Health Nutrition</td>
<td>Nutrition in Practice</td>
<td>Contemporary Issues in Food &amp; Nutr</td>
<td></td>
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</tbody>
</table>
Level 4 (Year 1) Summary of Module Content

**Thinking Critically 10 Credits**

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

**Nutritional Biochemistry 40 Credits**

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

**Public Health Nutrition 30 Credits**

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

**Applied Physiology 20 Credits**

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

**Dietary Education 20 Credits**

This module focuses on developing knowledge and skills to provide dietary education efficaciously. The module includes a variety of approaches across a range of social, ethical, and cultural contexts including vegan and vegetarian diets; Paleolithic diets; eating on a budget; nutrition in pregnancy, feeding babies, children and families; hypoallergenic, cardio and cancer protective diets; supporting mood and vitality. The boundaries, strengths and limitations of dietary education is explored as are fundamental communication and coaching strategies in preparation for a dietary educator consultation following analysis of an individual’s diet using software tools.
<table>
<thead>
<tr>
<th><strong>Level 5 (Year 2) Summary of Module Content</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Applied Pathophysiological Reasoning (APR) 40 Credits</strong></td>
</tr>
<tr>
<td>Building upon the breadth of knowledge and skill gained during level 4 this module is taught over two terms provides you with the opportunity to review current medical paradigms and a systems biology approach to understanding health and disease. You will further explore the differences between population and personalised approaches to the management of chronic disease and the processes going wrong in the body that are common to many similar and disparate illnesses. The module has a major focus enabling you to reason about mechanisms that drive illness, repair processes, and the use of relevant assessments to gather and interpret individual biomarker data to help inform nutrition interventions. The module introduces differential diagnosis and the types of signs and symptoms 'red-flags' that merit referral to medical practitioners.</td>
</tr>
<tr>
<td><strong>Food Science &amp; Safety 20 Credits</strong></td>
</tr>
<tr>
<td>This module aims to provide you with knowledge of some of the key challenges facing nutrition professionals in the food industry. It will explore the concepts of food quality and safety with links to health issues beyond acute food poisoning. The legal and regulatory framework for food production and marketing is reviewed. This module provides an opportunity for you to explore how new developments in health and technology impact on food production and product innovation to offer foods with functional benefits.</td>
</tr>
<tr>
<td><strong>Research Methods 20 Credits</strong></td>
</tr>
<tr>
<td>Developing discerning research skills are essential for the nutrition scientist. This module complements APR and aims to further develop your understanding of the scientific method and the statistical approaches that underpin nutritional and biomedical research, the ability to reason cogently about pathology, and evidence based practice. The module aims for you to develop skills to critically review research papers, apply search strategies that are systematic and use tools that can be used for the statistical analysis of research data.</td>
</tr>
<tr>
<td><strong>Nutrition in Practice 20 Credits</strong></td>
</tr>
<tr>
<td>This module explores how the nutrition profession has developed over time. You will be encouraged to examine the roles and influences of legislation, professional and regulatory bodies and political influences impacting on nutrition practice as it applies to clinical and industry settings. This module includes 50 hours of entrepreneurial online work experience; it encourages you to draw on your own experiences and those of your peers; to identify an area of nutrition practice of personal interest and consider the future opportunities and challenges that may lie ahead. To help you with this process you will be introduced to an expanded range of reflective models to further develop your reflective skills and work closely with the Professional Mentor.</td>
</tr>
<tr>
<td><strong>Nutraceuticals &amp; Pharmaceuticals 20 Credits</strong></td>
</tr>
<tr>
<td>Central to this module is gaining an understanding of drug-nutrient interactions with a view to justifying ‘safe’ nutritional interventions in context of upper safe limits. This module also follows on from APR and you will review the mechanisms of action of various drugs and nutraceuticals and their impact on physiology and disease intervention. You will explore the synergistic action of nutrients and drug/nutrient interactions through the analysis of their mechanisms of action on physiological processes and disease processes. Food law governing nutritional products will also be reviewed. Application of nutraceutical agents at both individual and population levels are considered.</td>
</tr>
<tr>
<td>Level 6 (Year 3) Summary of Module Content</td>
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<tr>
<td>Personalised Nutrition Interventions 20 Credits</td>
</tr>
<tr>
<td>Gaining a deep understanding of personalised and individualised nutrition as an approach to the prevention and management of functional imbalances and chronic disease is a main focus. You should develop an understanding of complexity in health and explore nutritional intervention strategies to support optimal function and healthy aging while taking into account social, cultural and ethical factors influencing health and wellbeing. This module draws on emerging scientific research from the field of nutrigenomics on the potential harmful effects of inappropriate nutrition, environmental toxins and lifestyle factors on a wide range of issues relating to human health.</td>
</tr>
<tr>
<td>Health Culture 20 Credits</td>
</tr>
<tr>
<td>This module aims to explore the changes in individual responsibility for health over the past century, the present and what the future might bring. In this context the module will explore inequalities in health care provision and the ability of individuals to assume such responsibility for their health. You will work with peers to analyse data, theorise and evaluate cultural drivers and barriers to change as well as critically and reflectively review your own leadership ideas and business practices to inform the design of engaging, ethical and sustainable change management interventions across a range of global community healthcare environments.</td>
</tr>
<tr>
<td>Research Project 40 Credits</td>
</tr>
<tr>
<td>Conducting research individually or as part of a group provides you with an opportunity to embrace the scientific literature at a deep level. You will work with a Research Supervisor throughout the process who will support you and at the same time encourage you to become an independent researcher from project planning through to final write-up of your project. Drawing on your learning from the course there will be a range of styles of project for you to consider. Whether conducting research independently or as part of a group, students are expected to produce their project written in the style, format &amp; discipline compatible with published research and present findings to their peers.</td>
</tr>
<tr>
<td>Contemporary Issues in Food &amp; Nutrition 20 Credits</td>
</tr>
<tr>
<td>This module engages with a range of contemporary issues that are at the ‘leading edge’ of debate within the industry, science, research, politics, media and public consciousness. The Module will explore, in a balanced way, a range of potentially controversial issues with the aim of supporting students further develop critical analytical thinking skills to build evidence based arguments and consider how change and interventions can best be supported by science and research. The module compliments both Health Culture and the Research Project. The Module is designed to also support graduates who wish to engage in NGO work and/or campaigning for change.</td>
</tr>
<tr>
<td>Nutrition Enterprise 20 Credits</td>
</tr>
<tr>
<td>You will have the opportunity to prepare for your future career pathway building on your evaluation and learning from Nutrition in Practice as well as learning from level 6 modules. Whether seeking employment in the public sector or to start your own nutrition business, the module will encourage you to consider the value of business enterprise, entrepreneurship, intrapreneurship and the importance of global interconnectedness. Based on a thorough understanding of the health and nutrition workplace environments, including corporate, clinical practice and community-based projects within local, national and international environments, opportunities will be provided for you to evaluate the actions required to attain your professional goals. This will be supported through the generation of a professional portfolio to demonstrate a range of experiences, competencies and skills in preparation for work and via forming a network of contacts and work opportunities to enhance career options.</td>
</tr>
</tbody>
</table>
Entry Requirements
- A’ levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), OR
- CNELM’s Bioscience Entry modules for Undergraduates: Chemistry & Human Biology
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module
- GCSE in English Language or equivalent
- IELTS 6.0 or TOEFL equivalent is the standard requirement for applicants where English is not your first language
- Basic computer skills including word processing, internet browsing and use of email

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

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

Qualifications
All students are enrolled on the BSc (Hons) Nutritional Science 360 credit programme and are eligible for this Middlesex University (MU) Award if all requirements of the programme are met. A student enrolled on the BSc (Hons) Nutritional Science course, subject to having met the requirements for an MU Exit Award may be eligible for the following Awards.
- Certificate Higher Education in Nutritional Science (120 credits)
- Diploma of Higher Education in Nutritional Science (240 credits)
- Ordinary Degree Award in Nutritional Science (300 credits)
Please also see eligibility for CNELM’s internal Dietary Educator Certificate.

Course Fees 2020

<table>
<thead>
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<th>Option</th>
<th>Study Format</th>
<th>Total Tuition Fees</th>
<th>Payment Method and Breakdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Full Time 3 years</td>
<td>£17,820</td>
<td>Payable as £990 annual fee prior to the start of each year x3 and monthly fees of £412.50 over 36 months</td>
</tr>
<tr>
<td>B</td>
<td>Part Time 4 years</td>
<td>£17,820</td>
<td>Payable as £990 annual fee prior to the start of each year x4 and monthly fees of £288.75 over 48 months</td>
</tr>
<tr>
<td>C</td>
<td>Part Time 5 years</td>
<td>£17,820</td>
<td>Payable as £990 annual fee prior to the start of each year x5 and monthly fees of £214.50 over 60 months</td>
</tr>
<tr>
<td>D</td>
<td>Part Time 6 years</td>
<td>£17,820</td>
<td>Payable as £990 annual fee prior to the start of each year x6 and monthly fees of £165 over 72 months</td>
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</tbody>
</table>

Please review section Applications and Funding

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MSc and PG Diploma in Personalised Nutrition

This innovative distance learning programme started in January 2013 and has attracted considerable interest from many non-healthcare professionals and health professionals including doctors, pharmacists, nurses, psychologists, practising nutritionists and nutritional and complementary therapists. Non-bioscience degree qualified applicants also apply and register for this course following completion of our Bioscience Entry Course for postgrads.

The course is 100% distance learning programme can be studied **full-time (1 year)** or **part-time over (3 years)** and can be started in January, April or September each year. Applicants with a nutrition background can also apply to start the course in June. This course is highly interactive studying alongside peers from around the world. You will be required to join online tutorials and depending on your start date there are many opportunities to join live webinars or access recordings of webinars after the event. Students work together online in pairs and groups on a number of assessments.

**Course Overview**

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

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<th>Course Modules</th>
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<td><strong>Module</strong></td>
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<td>Evidence Based Personalised Healthcare EBPH</td>
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<td>Research Dissertation RD</td>
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<tr>
<td>Personalised Nutrition Requirements PNR</td>
</tr>
<tr>
<td>Personalised Nutrition and &amp; Chronic Illness PNCI</td>
</tr>
<tr>
<td>Personalised Nutrition &amp; Longevity PNL</td>
</tr>
<tr>
<td>Personalised Sports Nutrition PNS</td>
</tr>
</tbody>
</table>

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 Nutritional Therapy Practice Diploma (NTPD) 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 Nutritional Therapy Practice Diploma (NTPD) must take these three modules. Applicants without a nutrition background that have a special interest in sports nutrition can apply to take the sports module as part of the MSc or PG Diploma but must also separately take PNL or PNCI with assessment to meet nutritional therapy practice requirements.

MSc = 180 Credits (inclusive of RD)  
PG Diploma = 120 Credits (does not include RD)
## Level 7 Summary of Module Content

### Evidence Based Personalised Healthcare 30 Credits

You will refresh your understanding of research methodologies. In particular this module will provide the opportunity to critically analyse existing paradigms underpinning research and explore the potentials and challenges presented by new research paradigms and how they relate to healthcare and 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

Foundation principles of nutrition including: macro, micro and phytonutrients, food toxicology, soil-to-table concepts, food law and legislation are central to the module, alongside justifying personalised nutrition interventions in the management of obesity and type 2 diabetes for multi-symptomatic individuals. You should develop skills to critique and assess nutrient requirements for an individual with obesity taking government guidelines and concepts of optimal nutrient intakes into account; and apply the principles of the functional medicine model and how to devise personalised, evidence based, nutritional strategies taking biomedical data 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 functional approach you will consider how nutritional and environmental factors in an individual can lead to inflammatory processes as drivers of chronic illness. To deepen your understanding of the complexity of pathology the module draws on principles of psychoneuroimmunology and challenges of implementing and sustaining change are also considered.

### Personalised Nutrition & Longevity 30 Credits

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

### Personalised Sports Nutrition 30 Credits

Justifying personalised nutrition interventions for competitive athletes or sporting individuals who may 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 the functional medicine model is fundamental. Topical issues e.g. 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 individual or group projects designed to contribute to the emerging evidence base for personalised nutrition. This project is an opportunity to focus on a specific area of nutritional research and will enable you to develop the skills to demonstrate a deep and systematic understanding of the techniques employed in meta-analysis and mechanism reviews and situate them within existing and emerging evidence based paradigms.
Entry Requirements
- A first science degree is the primary entrance requirement, though applicants with other non-science degree or professional qualifications will be considered on an individual application basis
- All applicants must demonstrate appropriate and underpinning knowledge of chemistry, human biology, physiology and biochemistry. Depending on your unique education background you might be advised to take part, or all, of our Bioscience Entry course for Postgraduates.
- IELTS 6.5 or TOEFL equivalent is the standard requirement for applicants where English is not your first language
- Basic computer skills including word processing, internet browsing and use of email

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

Time Commitments
As a rule of thumb for every 10 credits allow 100 hours of work inclusive of attending webinars, tutorials, independent reading and writing up assessments. Students completing the MSc 180 credit course full-time in one year should expect to study for 35 hours a week for 46 weeks over twelve months i.e. similar to a full-time job. Similarly, students taking the 120 credit PG Diploma course full-time should expect to study 35 hours a week over ten months. Part-time students take modules alongside full-time students but take less modules per year. The number of hours each year will depend on whether you study over 4, 5 or 6 years. All applicants agree a study plan prior to enrolment which can be adapted after starting the course.

Qualifications
Applicants can enrol on the MSc or the Postgraduate Diploma (PG Dip) as Entry Awards. Progression to the MSc is possible following completion of the PG Dip. Applicants progressing to the MSc must relinquish their PG Diploma on re-entry as it is not permissible to gain more than one award from the same programme. Alternatively, applicants can enrol on the MSc and apply for a PG Dip (120 Credits) or a PG Cert (60 Credits) as Exit Awards if unable to complete the full programme and completed sufficient credit for the award. Please also see eligibility for CNELM’s internal Dietary Educator Certificate.

<table>
<thead>
<tr>
<th>Option</th>
<th>Study Format</th>
<th>Total Tuition Fees</th>
<th>Payment Method and Breakdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSc A</td>
<td>Full Time 1 year</td>
<td>£8,312</td>
<td>Payable as £1400 annual fee prior to the start course and monthly fees of £576 over 12 months</td>
</tr>
<tr>
<td>MSc B</td>
<td>Part Time 2 years</td>
<td>£9,712</td>
<td>Payable as £1400 annual fee prior to the start of each year and monthly fees of £288 over 24 months</td>
</tr>
<tr>
<td>MSc C</td>
<td>Part Time 3 years</td>
<td>£11,112</td>
<td>Payable as £1400 annual fee prior to the start of each year and monthly fees of £192 over 36 months</td>
</tr>
<tr>
<td>PGD A</td>
<td>Full Time 1 year</td>
<td>£6,008</td>
<td>Payable as £1400 annual fee prior to the start of course and monthly fees of £384 over 12 months</td>
</tr>
<tr>
<td>PGD B</td>
<td>Part Time 2 years</td>
<td>£7,408</td>
<td>Payable as £1400 annual fee prior to the start of course and monthly fees of £192 over 24 months</td>
</tr>
</tbody>
</table>

Please review section Applications and Funding
CNELM Nutritional Therapy Practice Diploma (NTPD)

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

Course Overview

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

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

The degree modules focus on academic content and acquisition of knowledge and demonstration of skills in a non-therapeutic setting. The NTPD focuses on the development of your academic knowledge and associated skills in a therapeutic setting.

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

BSc students take Module 2 as part of Level 4 Dietary Education and Module 6 Nutrition Enterprise as part of their degree studies and do not have to take again as part of the NTPD. MSc/Dip students are exempted some assessments as taken as part of their degree studies.

<table>
<thead>
<tr>
<th>Nutritional Therapy Practice Diploma (NTPD)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 4</strong></td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
</tr>
<tr>
<td><strong>Level 5-6</strong></td>
</tr>
<tr>
<td><strong>Level 5-6</strong></td>
</tr>
<tr>
<td><strong>Level 6</strong></td>
</tr>
</tbody>
</table>

**Total Credits = 120**

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### Coaching in Personalised Nutrition Practice (CP) 10 Credits

This 5-day highly interactive attendance module enables you to develop and demonstrate a range of coaching skills to help enhance outcomes with clients, peers and colleagues as well as your personal study and lives. From 2021 an online option for this module should also be available.

### Personalised Dietary Education (PD) 20 Credits

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

### Clinical and Coaching Skills Development (SD) 30 Credits

This 2 x 5 day attendance module is designed to enable you to demonstrate the wide ranging skills and competencies required for personalised nutritional therapy practice and the National Occupational Standards for nutritional therapy. This module starts before SP module, but most runs concurrently. Online or part-attendance option available.

### Supervised Personalised Nutrition Consultations & Practice (SP) 40 Credits

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

### Nutrition Enterprise 20 Credits

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

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

---

**Entry Requirements**

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

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

**Time Commitments**

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

**Qualifications**

As part of combined degree programmes with CNELM’s NTPD you will also have the opportunity to gain the following additional awards:
- Dietary Educator Certificate awarded by CNELM and accredited by the Federation of Holistic Therapists (FHT). See [Dietary Educator Certificate](#).
Please also review Professional Accreditation, Registration and Membership Requirements

Please note: Students completing the NTPD must pass assessments for the five modules including Professional Competency Assessments set within both the degree courses and the NTPD as mapped against the National Occupational Standards for Nutritional Therapy. A student that may not meet all requirements for nutritional therapy practice should still be eligible for the degree award subject to meeting requirements for the degree programme and may meet requirements for Dietary Educator Certificate.

<table>
<thead>
<tr>
<th>Option</th>
<th>Study Format</th>
<th>Total Tuition Fees</th>
<th>Payment Method and Breakdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSc + NTPD</td>
<td>Full Time 2 years</td>
<td>£14,572</td>
<td>Payable as £1,400 annual fee prior to the start of course x 2 and monthly fees of £490.50 over 24 months</td>
</tr>
<tr>
<td>MSc + NTPD</td>
<td>Part Time 3 years</td>
<td>£15,972</td>
<td>Payable as £1,400 annual fee prior to the start of each year x 3 and monthly fees of £327 over 36 months</td>
</tr>
<tr>
<td>PGD + NTPD</td>
<td>Full Time 21 months - 2 years</td>
<td>£12,268</td>
<td>Payable as £1,400 annual fee prior to the start of each year x 2 and monthly fees of £394 over 24 months</td>
</tr>
<tr>
<td>PGD + NTPD</td>
<td>Part Time 3 years</td>
<td>£13,668</td>
<td>Payable as £1,400 annual fee prior to the start of each year x 3 and monthly fees of £263 over 24 months</td>
</tr>
<tr>
<td>BSc + NTPD</td>
<td>Full Time 3.5 years</td>
<td>£22,570</td>
<td>Payable as £990 annual fee prior to the start of each year x 4 and monthly fees of £443.10 over 42 months</td>
</tr>
<tr>
<td>BSc + NTPD</td>
<td>Full Time 4.5 years</td>
<td>£22,570</td>
<td>Payable as £990 annual fee prior to the start of each year x 5 and monthly fees of £326.30 over 54 months</td>
</tr>
<tr>
<td>BSc + NTPD</td>
<td>Full Time 5 years</td>
<td>£22,570</td>
<td>Payable as £990 annual fee prior to the start of each year x 5 and monthly fees of £293.67 over 60 months</td>
</tr>
<tr>
<td>BSc + NTPD</td>
<td>Full Time 6 years</td>
<td>£22,570</td>
<td>Payable as £990 annual fee prior to the start of each year x 6 and monthly fees of £230.97 over 72 months</td>
</tr>
</tbody>
</table>

Please review section Applications and Funding

CNELM Dietary Educator Certificate (DEC)

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

Course Overview

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

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

Please note: The DEC qualification does not lead to nutritional therapy practice.

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

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

### Course Modules Via the Undergraduate BSc programme for DEC Award

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4 Nutritional Biochemistry</td>
<td></td>
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<tr>
<td>Level 4 Thinking Critically</td>
<td></td>
</tr>
<tr>
<td>Level 4 Public Health Nutrition</td>
<td></td>
</tr>
<tr>
<td>Level 4 Applied Physiology</td>
<td></td>
</tr>
<tr>
<td>Level 4 Dietary Education</td>
<td></td>
</tr>
</tbody>
</table>

Please see summary of module content for the Level 4 modules described as part of the BSc course.

*Following completion of L4 modules to the required level students can complete requirements for Dietary Educator Certification which involves completing a Dietary Educator Consultation with a real client under supervision and can be conducted online, subject to meeting requirements. Coaching for dietary education is included in the BSc modules.

### Course Modules Via the Postgraduate MSc/PGDip programme for DEC Award

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 4 Biochemistry</td>
<td>Coaching in Personalised Nutrition Practice (CP) - Attendance 5 days</td>
</tr>
<tr>
<td>Level 4 Physiology</td>
<td></td>
</tr>
<tr>
<td>Level 7 Personalised Nutrition Requirements</td>
<td></td>
</tr>
<tr>
<td>Level 7 Personalised Nutrition &amp; Longevity</td>
<td></td>
</tr>
</tbody>
</table>

Please see summary of module content for the above L4 modules for Biochemistry and Physiology; L7 modules described as part of the MSc and PGDip course; and for Coaching in Personalised Nutrition Practice described as part of the NTPD course.

*Following completion of L4 Bioscience Entry modules for postgrads, L7 modules and Level 4 Coaching in Personalised Nutrition Practice students can complete requirements for Dietary Educator Certification which involves completing a Dietary Educator Consultation with a real client under supervision and can be conducted online, subject to meeting requirements.

### Entry Requirements

- A’ levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), OR
- CNELM’s [Bioscience Entry modules for Undergraduates: Chemistry & Human Biology](#) OR
- CNELM's [Bioscience Entry modules for Postgraduates: Chemistry & Human Biology. Physiology & Biochemistry](#)
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module
- GCSE in English Language or equivalent

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- IELTS 6.0 for Undergraduates and 6.5 for Postgraduates or TOEFL equivalent is the standard requirement for applicants where English is not your first language
- Basic computer skills including word processing, internet browsing and use of email
- IELTS 7.0 if taking the DEC as part of the NTPD

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

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

Students completing the NCD full time in 18 months should expect to study for 35 hours a week for 42 weeks of the year. Part-time students take modules alongside full-time students but take less modules per year. The number of hours each year will depend on whether you study over 2-4 years. All applicants agree a study plan prior to enrolment which can be adapted after starting the course.

Qualifications
- CNELM Nutrition Coach Diploma
- Embedded within the NCD are the CNELM Dietary Educator Certificate & NLP Practitioner Certificate. Students awarded the NCD must have met requirements for both awards.

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

Please note: Acceptance for membership to FHT is the prerogative of the FHT and not CNELM.

<table>
<thead>
<tr>
<th>Course</th>
<th>Total Tuition Fee</th>
<th>Payment Method and Breakdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduate Route for health professionals; and BSc students*</td>
<td>£5,700 + max of 2 bioscience entry modules** if needed</td>
<td>Health Professionals - Payable as £960 prior to the start of the academic year. Then monthly fees of £395 over 12 months full-time, OR payable as 2 x £960 annual fees prior to the start of each academic year. Then monthly fees of £157.50 over 24 months.</td>
</tr>
<tr>
<td>Postgraduate Route for health professionals; and MSc/PG Dip students</td>
<td>£4,954 + max of 4 bioscience entry modules** if needed</td>
<td>Health Professionals - Payable as £1400 prior to the start of the academic year. Then monthly fees of £296.26 for 12 months full time. OR payable as 2 x £1400 annual fees prior to the start of each academic year. Then monthly fees of £148 over 24 months. Please note: If studying part-time the two postgraduate modules Personalised Nutrition Requirements and Personalised Nutrition &amp; Longevity must be taken in the first year of study.</td>
</tr>
</tbody>
</table>

*BSc/MSc/PGDip Students - Fees paid as part students degree studies. An additional £150 is incurred to cover application and meeting final requirements for Dietary Educator Certification. **Bioscience entry modules are charged separately and will be assessed individually based on prior qualifications. Please review section Applications and Funding

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NLP Practitioner Certificate

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

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

Several participants on the course which is run at CNELM will be engaging in the degree courses we teach and our clinical training course towards becoming a nutritional therapist. Our students are from diverse backgrounds, locations and work experience.

In the words of one health professional that joined the course alongside our students

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

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

Course Fees

<table>
<thead>
<tr>
<th>Course</th>
<th>Total Tuition Fee</th>
<th>Payment Method and Breakdown</th>
</tr>
</thead>
<tbody>
<tr>
<td>NLP Practitioner for health professionals and CNELM students not taking the NTPD course.</td>
<td>£2,250</td>
<td>This 17 day attendance course inclusive of verification days is payable as a £500 non-refundable deposit one month prior to the course start date. The remaining fee of £1750 is payable at least 5 days ahead of the course start date. Payment plans of the £1750 over 3 months can be individually agreed.</td>
</tr>
<tr>
<td>NTPD Students at CNELM</td>
<td>£1350</td>
<td>CNELM students taking the NTPD complete 7 days of this course as part of their NTPD studies and can apply to complete to NLP Practitioner. Fees can be added to monthly fees for students or paid in full prior to completing to NLP Practitioner.</td>
</tr>
</tbody>
</table>

Please review section Applications and Funding
Why Weight Practitioner

The Why Weight Practitioner is a 4-day intensive attendance course and is open to NLP Practitioners who wish to build on their previous learning. An online option is also available for this module.

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

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

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

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

Qualification
You will receive a CNELM Certificate of Completion with or without assessment.

<table>
<thead>
<tr>
<th>Course Fees 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>With Assessment</td>
</tr>
<tr>
<td>Students taking this module either pay in full or over 3 monthly payments.</td>
</tr>
<tr>
<td>Without Assessment</td>
</tr>
<tr>
<td>Please review section Applications and Funding</td>
</tr>
</tbody>
</table>
Bioscience Entry Course (BEC) for Undergraduates

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

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

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

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

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

Although there are multiple set entry points to join the BEC modules students can generally start when they are ready. Completing the BEC modules requires students to set their own timetable for completing each Unit. Once enrolled on a degree course you will be studying in sync with peers and have set deadlines for submission. Therefore, keeping in close contact with your tutor is important whilst completing the BEC.

<table>
<thead>
<tr>
<th>Human Biology Module Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1</td>
</tr>
<tr>
<td>Unit 2</td>
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<tr>
<td>Unit 3</td>
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<tr>
<td>Unit 4</td>
</tr>
<tr>
<td>Unit 5</td>
</tr>
<tr>
<td>Unit 6</td>
</tr>
<tr>
<td>Unit 7</td>
</tr>
</tbody>
</table>
Entry Requirements
- Proficiency in English Language. GCSE English Language, IELTS 6.0 or TOEFL equivalent preferred
- Basic computer skills including word processing, internet browsing and use of email
- GCSE in mathematics, or equivalent, OR CNELM's Maths Foundation module

Time Commitments
The majority of students comfortably complete the BEC within 6-12 months.

Qualifications
The BEC is a CNELM qualification that is designed to meet entry requirements for students joining the BSc (Hons) Nutritional Science programme. A CNELM Certificate of Completion is awarded. If the full BEC is not completed a Certificate is Awarded for any module completed.
Course Fees 2020

<table>
<thead>
<tr>
<th>Course</th>
<th>Fee Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Biology</td>
<td>£760 payable as £250 in advance of 4 Units; or £722 if paid in advance - 5% discount</td>
</tr>
<tr>
<td>Chemistry</td>
<td>£760 payable as £250 in advance of 4 Units; or £722 if paid in advance - 5% discount</td>
</tr>
<tr>
<td>Combined Human Biology &amp; Chemistry</td>
<td>£1368 if both courses purchased together at 10% discount</td>
</tr>
</tbody>
</table>

Fees include a core text for Human Biology.
Students that extend studies after twelve months incur a £150 charge to retain student status
Refresher costs for these modules is agreed individually and will depend on the situation for each applicant

Please review section Applications and Funding

Bioscience Entry Course (BEC) for Postgraduates

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

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

Course Overview

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

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

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

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

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

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

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

Although there are multiple set entry points to join the BEC modules students can generally start when they are ready. Completing the BEC modules requires students to set their own timetable for completing each Unit. Once enrolled on a degree course you will be studying in sync with peers and have set deadlines for submission. Therefore, keeping in close contact with your tutor is important whilst completing the BEC.

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

<table>
<thead>
<tr>
<th>Physiology Module Units</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unit 1</strong></td>
</tr>
<tr>
<td><strong>Unit 2</strong></td>
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<tr>
<td><strong>Unit 3</strong></td>
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<tr>
<td><strong>Unit 4</strong></td>
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<tr>
<td><strong>Unit 5</strong></td>
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<tr>
<td><strong>Unit 6</strong></td>
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<td><strong>Unit 7</strong></td>
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<td><strong>Unit 10</strong></td>
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<td><strong>Unit 11</strong></td>
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<td><strong>Unit 12</strong></td>
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<table>
<thead>
<tr>
<th>Biochemistry Module Units</th>
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<tbody>
<tr>
<td><strong>Unit 1</strong></td>
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<tr>
<td><strong>Unit 2</strong></td>
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<td><strong>Unit 3</strong></td>
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<td><strong>Unit 4</strong></td>
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<td><strong>Unit 5</strong></td>
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Unit 6 | Metabolism and Energetics
Unit 7 | Amino Acids
Unit 8 | Co-factors
Unit 9 | Antioxidants
Unit 10 | Cell Communication
Unit 11 | Fed State, Fasting, Starvation and Diabetes
Unit 12 | Tutorial

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

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

Course Fees 2019

<table>
<thead>
<tr>
<th>Module Options</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>Physiology (L4) Two Month Course Tailored to those with some background in human biology</td>
<td>£410</td>
</tr>
<tr>
<td>Human Biology (L3) and Physiology (L4) Three Month Course Tailored to those with no background in human biology</td>
<td>£600</td>
</tr>
<tr>
<td>Biochemistry (L4) Two Month Course Tailored to those with some background in chemistry</td>
<td>£410</td>
</tr>
<tr>
<td>Combined Physiology (L4) and Biochemistry (L4) Four Month Course Tailored to those with some background in human biology and chemistry</td>
<td>£600</td>
</tr>
<tr>
<td>Combined Human Biology (L3), Physiology (L4), Chemistry (L3) and Biochemistry (L4) Six Month course. Tailored to those with no background in science subjects</td>
<td>£1090</td>
</tr>
<tr>
<td>Any mix of three of the above modules as agreed with a course interviewer</td>
<td>£815</td>
</tr>
</tbody>
</table>

Please note: some applicants for various reasons and purposes may also take other selected modules from the BSc (Hons) Nutritional Science programme to Bridge to MSc. Fees for these modules will be determined based on the requirements for each applicant.

Most students pay for the modules they are required to take in full at the outset of the course. Monthly fees can be agreed with a maximum of twelve monthly payments for students completing all modules over twelve months.

Please review section Applications and Funding
Advanced Learner Entry & Portfolios of Evidence

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

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

Please note: Advanced Learner Entry to the MSc or PG diploma is limited to graduates that completed postgraduate modules at CNELM prior to 2012 subject to evidence that their knowledge remains current by use in the workplace. These postgraduate modules were previously accredited by Middlesex University (MU).

BSc Hons Nutritional Science, Dietary Educator (DEC)

Applicants wishing to join the BSc (Hons) and CNELM's DE at an advanced stage must have:
- degree credits to transfer within a 5-year currency and/or can demonstrate continued use of knowledge OR
- Generate a Portfolio of Evidence to demonstrate how prior accredited learning without degree credits meets the learning outcomes for the modules being claimed

CNELM Nutritional Therapy Practice Diploma (NTPD)

Coaching module: Applicants wishing to join Foundation & Advanced Coaching from the NTPD course at an advanced stage must have completed a prior NLP Practitioner certification course within the last 5 years and/or demonstrate continued use of the qualification. Applicants exempted from attending this course must complete set written and practical coaching assignments related to Foundation and Advanced Coaching and are charged a reduced module fee for marking and assessment in order to demonstrate transferring their knowledge and skills into Intermediate and Advanced Nutritional Therapy Practice from NTPD. Other coaching qualifications may be considered on an individual application basis.

Business module: Postgraduate applicants wishing to join Nutrition Enterprise (business module), must demonstrate through a Portfolio of Evidence an exemption for the module or able to demonstrate that a prior degree in business or related topic provided the opportunity to review the market potential and create a business plan for a small business enterprise.

Dietary Education, Skills Development and Supervised Practice modules on the NTPD are generally not exempted for any reason. An applicant would need to evidence an exceptional case for part exemption from clinical modules.

Portfolio of Evidence

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

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

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

If you believe you are eligible for transfer of degree credits or in a position to generate a Portfolio of Evidence then please contact us to request a copy of our Advanced Learner Policy. We can then discuss with you and offer one-to-one guidance, as appropriate to your needs including costs. Guidance for completing Portfolios is available following interview.

**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 practiced 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 who have not practised for

A. 2-5 years  
B. 5-10 years  
C. More than 10 years

Eligibility to enrol on an RTPP Programme following interview is dependent on the following criteria:
- that you are not currently in practice as a nutritional therapist and will not practice until you have completed the RTPP  
- that you are registered with BANT as a non-practising full member on their arm of a RTP programme  
- if currently registered with the CNHC you have informed them of your enrolment on a RTP programme with BANT and with CNELM  
- declaration of ‘fitness’ to practice  
- compliance with the status of ‘student’ whilst enrolled on the RTPP at CNELM  
- compliance with supervision requirements ‘virtual’ supervision and/or at CNELM and the management of confidential data  
- acknowledgement that final certification of completion of the RTPP from CNELM is dependent on evidence of having started or completed the BANT component of RTP requirements

**Time Commitments**

**Route A** - CNELM component can be completed in a max of twelve months
Route A applicants must have commenced or completed BANT Learning Zone Modules before starting case work under supervision with CNELM.

**Route B** - CNELM component can be completed in a max of twelve months
Route B applicants must have completed BANT Learning Zones prior to starting case work under supervision with CNELM.

**Route C** - A timeframe to complete the RTTP will be agreed individually as part of the interview process.
Route C applicants must have completed BANT Learning Zones prior to starting case work under supervision with CNELM.
Qualifications
Following successful completion of the RTPP a Certificate of Completion is awarded. The RTP Practitioners work completed on the RTPP is presented to the Verification Panel and the External Verifier.

Please note: the Certificate awarded is to confirm successful completion of the RTPP programme with CNELM and is not a statement of the practitioner's fitness to practice. Each practitioner must also independently demonstrate to BANT having successfully completed BANT Learning Zones.

<table>
<thead>
<tr>
<th>2019 Fees for Return to Practice Programme Options</th>
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<tbody>
<tr>
<td><strong>Route A</strong></td>
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<tr>
<td><strong>Route B</strong></td>
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<td><strong>Route C</strong></td>
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Additional costs may be incurred if additional supervision is recommended or requested by the practitioner.

Please review section Applications and Funding

Continuing Professional Development (CPD)
Please visit our website for details.
Application and Funding

We welcome applications from mature students and school leavers from all geographical locations. Interviews are required prior to receiving an offer of a place on one of our courses. Prospective students can arrange an interview by emailing info@cnelm.co.uk to request a convenient day and time. Interviews can be conducted in person at the Centre or Online.

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

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

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

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

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

Open Days

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

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

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

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

A Study Plan is designed at interview and the financial plan is based on the courses undertaken and the study period agreed at interview. Fees for the main courses are generally paid as an annual tuition prior to the start of each year of study and monthly payments over the agreed study period. Students can request to pay fees in lump sums e.g. every 3 months and do so in advance of study and not in arrears.

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

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

CNELM aims to maintain the fees agreed with you at the start of your programme but reserves the right to apply annual inflationary increases.

Please note: whichever payment option is chosen CNELM implements a No-Refund Policy. All modules once started must be paid for in full. Applicants can request a copy of our Payment, Charges and Refund Policy by sending an email to info@cnelm.co.uk.

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

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

UK Council Tax

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

Student Support

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

Students are academically supported on the Centre’s main courses by:
- Module Leaders
- Programme Managers
- Programme Leaders
- Clinic Supervisors
- Research Supervisors

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

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

We encourage students on application to declare whether any additional support needs for learning are required so that we can assess whether we can meet your needs. After accepting a place on the programme you will be asked to complete an 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 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.

Depending on the circumstances, special arrangements can be made with regard to taking examinations both in terms of the length of the examination and location. 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, extra time at examinations or alternative assessments will be set that measure the learning outcomes in a different but equivalent way.

**Please note:** We are able to support students experiencing a number of disabilities. 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 and unreasonable.
From term two of the start of your programme you will be able to engage with the Professional Mentor who will work with you over the course of your studies to help you towards focusing on your future career. The Professional Mentor will also support students on courses leading to practice to develop their Clinic Logs in a comprehensive, reflective and professional manner.

**Student Engagement and Representation**

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

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

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

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

There is plenty of opportunity for you to give us feedback, including module feedback and on the support and services we offer. At the start of your course, you will be asked to nominate student representatives who will represent your interests. Student representatives regularly meet with CNELM staff and present your 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.

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. Applicants can request a copy of our Managing Concerns Overarching Policy Statement.
Useful Information

Learning Resources

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

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

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

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

Technical Requirements

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

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

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

Examinations

Students registered on the BSc (Hons) Nutritional Science degree are expected to ‘sit’ exams throughout their studies. Two exams are set at Level 4, and 5 and one exam at Level 6. Students can apply to take an exam at an Approved Centre. Exam papers are prepared to take account of varying time zones. Additional Fees are incurred for taking exams at other Approved Centres. Students can request a copy of our Payment, Charges & Refund Policy and Examination 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 functional biochemical test results; and
2. using this analysis to design interventions that can vary from individual to individual, even though those individuals may present similarly. Importantly, at CNELM we also recognise the utility of stratification where appropriate; moreover, we are particularly interested in the advantages afforded by blending both approaches.

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

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

Undergraduate and Taught Postgraduate Research

Many undergraduate and postgraduate students engage in research projects that systematically review the literature around nutritional interventions and mechanisms of disease. Postgraduate projects can also analyse human data relevant to such interventions. We aim to maximise the number of publications emanating from student research to help support this developing field. All projects involving human data are overseen by the CNELM Research Ethics Committee (REC). Applicants can request a copy of our REC Policy.
Nutritional Therapy Training Clinic

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

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

Nutritional Therapy Practice
During your nutritional therapy programme at CNELM, you will have the opportunity to integrate many hours of clinical skills development, practical and life 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. All consultations are supervised by fully qualified and CNHC registered nutritional therapists. Virtual supervision is usual for students that meet our stringent virtual supervision requirements.

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

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

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

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

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

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

Becoming an Alumni

After graduating you can continue to benefit from your relationship with CNELM as an Alumni Member.
How to Find Us

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

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

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