



CNELM

Centre for Nutrition Education & Lifestyle Management

Prospectus 2018

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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.

Our primary focus is teaching university validated higher education degree courses in nutrition which we have been doing successfully since 2003. 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 also wish to practice as a nutritional therapist. CNELM's Nutritional Therapy Practice Diploma can be integrated alongside or taken after the undergraduate and the postgraduate degree courses. We offer a range of shorter nutrition and coaching 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.

Our Vision & Approach

CNELM is committed to providing high quality education and training in nutritional science, personalised nutrition and nutritional therapy inclusive of a systems biology and functional medicine perspective so that graduates are able to provide professional nutrition support for individuals, organisations and communities in a way that honours the views of clients, other health professionals and relevant governmental and non-governmental agencies in the development of individualised support, corporate and community based projects. Undergraduate and postgraduate courses have a strong nutritional science and personalised nutrition research focus to support clinical application. A longer term strategic objective is for a personalised approach to nutrition and to be more widely accessible across healthcare.

We aim for our graduates to:

- Be proud of the education gained whilst studying at the Centre and their degree qualification awarded by Middlesex University (MU);
- Be successful and accountable in practice, or within the nutrition industry;
- Contribute meaningfully as a researcher to the development of personalised nutrition and the nutritional therapy profession;
- Be recognised by industry as well qualified and highly employable;
- Be committed to Lifelong Learning and Reflection.

The Centre seeks to:

- Provide a supportive learning environment for students whatever their age or background and to enable students to achieve their potential and capitalise on their prior learning;
- Raise the profile of the nutrition profession both at national and international level;
- Help to develop the published clinical evidence base for nutritional therapy in collaboration with academic partners;
- Raise awareness of Systems Biology and a Functional Medicine approach in clinical practice and public health;
- Seek integration of nutritional therapy and science within healthcare and industry;
- Provide a forum for nutrition professionals to share experiences and expertise;
- Provide continuing professional development for nutrition professionals and other health professionals through postgraduate work based learning study;
- Promote lifelong learning and ongoing education opportunities for graduates and staff;
- Provide a resource for local health professionals and the public seeking information about nutrition and health and nutrition clinic services.

Why Study at CNELM?

Commitment to High Standards

We are a collaborative partner of Middlesex University (MU) and started teaching the first nutrition degree course validated by them in 2003. Since then MU has validated three other degree programmes that we now teach including in some instances distance learning options. We continue to work to develop new degree programmes. Our courses leading to nutritional therapy practice are accredited by the Nutritional Therapy Education Commission (NTEC). Our staff and lecturers are well qualified and we attract expert guest lecturers to contribute to the main programmes. Many of our students and graduates are happy to speak with prospective students about their experience. Graduates of our clinical programmes are well respected within the field of nutritional therapy.

Quality Assurance Agency for Higher Education (QAA)

The QAA is an independent agency appointed by the UK Government to be responsible for upholding the academic quality and standards of all universities and colleges in the UK. The QAA produces the UK Quality Code which outlines the key expectations placed on all UK Higher Education providers.

The QAA reviews higher education providers within the public and private education sectors to ensure they operate in line with the Quality Code and providing the best academic experience for its students. You can learn more about Quality Assurance from watching two short [videos](#) designed specifically for students in Higher Education.

As a collaborative partner and private alternative higher education provider, we aim to uphold the standards and delegated responsibilities agreed with MU. Within this context we aim to fulfil our responsibilities for the management of academic standards within the guidance provided by UK Quality Code for Higher Education and the Framework for Higher Education in England.

We are passionate about your education

We are a committed and successful team of educators, supervisors, mentors and administrators who strive to provide the best possible conditions for you to learn. We are, to the best of our knowledge, the only private college in the UK which teaches a BSc in nutritional science and an MSc in Personalised Nutrition. We also enable full progression from bioscience entry level right through to Masters level, offering you a clear pathway of study to support your future career in nutrition. Our programmes embed essential biosciences that underpin personalised nutrition, nutritional science and nutritional therapy practice. You can find details of our staff on our website: www.cnelm.co.uk. The BSc Nutritional Science and the MSc and PG Dip Personalised Nutrition when combined with the CNELM Nutritional Therapy Practice Diploma (NTPD) leads to nutritional therapy practice.

We Offer Flexible Study Options

Both full and part-time study options are available, and our online video lecture facility enables students to access lectures from home and abroad as well as join webinars and tutorials in real time. The MSc and PG Dip in Personalised Nutrition are 100% distance learning as is the BSc (Hons) Nutritional Science. The CNELM NTPD course is blended learning providing opportunities for attendance at CNELM. MSc/PG Dip students living in easy reach of the Centre can attend a number of lectures as they are taught via webinar to those unable to attend. Advanced Learner Entry options are available for BSc applicants with prior qualifications.

We Teach a Functional Medicine & Evidence-Based Approach

CNELM has a deep commitment to the development of evidence-based nutritional research and all of our nutrition courses are taught from the Systems Biology approach inclusive of functional medicine and other emerging healthcare paradigms. The functional medicine model is a medical paradigm emanating from the Institute for Functional Medicine in the USA, which seeks to address the underlying causes of ill-health and aims to incorporate complexity, bio-individuality and clinical evidence to produce a paradigm shift in 21st century preventative healthcare. Please note that CNELM does not claim to be a provider of Functional Medicine courses. For more information on the functional model and functional medicine courses please visit the Institute for Functional Medicine website: www.functionalmedicine.org

We Are Contributing to the Body of Evidence to Support Personalised Nutrition Interventions

CNELM is pioneering new research models for personalised nutrition interventions using cutting edge computer science technology. We aim to support a revolution in healthcare that will integrate a personalised approach to nutrition into healthcare.

We Support & Engage Students Throughout Their Studies

Online forums, web conferencing, social media platforms and other tools are used to ensure that whether you attend classes at CNELM or study from home you can engage with your studies, peers and staff easily and effectively. We aim to help you feel included and supported throughout your studies with us. Professional Mentors and our Student Support Manager will be there to help you achieve your goals.

We Teach Undergraduate & Postgraduate Routes to Practice

If you wish to set up in private practice as a nutritional therapist, we teach both an undergraduate and a postgraduate route to practice which are accredited by the Nutritional Therapy Education Commission (NTEC) and thus meet the core curriculum for nutritional therapy and the National Occupational Standards set by Skills for Health (Sector Skills Council for Healthcare). This means that, upon graduation, you will be eligible to apply to register with the Complementary & Natural Healthcare Council (CNHC), the UK's voluntary regulator for complementary healthcare practitioners. The CNHC has also been approved as an Accredited Voluntary Register (AVR) by the Professional Standards Authority for Health & Social Care (PSA), an independent government-appointed body which oversees the work of the nine statutory medical, health and care regulators, including the General Medical Council.

Career Prospects

Most students choosing to study with us are looking to practice as a nutritional therapist. Increasingly, graduates are also looking for careers within the wider nutrition industry. CNELM teaches degree courses that are independent of practice outcomes but can be combined with the CNELM Nutritional Therapy Practice Diploma for those who wish to practice nutritional therapy widening more opportunities to work within governmental, non-governmental and other organisations as well as to practice. See Page 44 for more about what our graduates are doing.

Validation, Accreditation & Professional Membership

Validation by Middlesex University (MU)

CNELM is a collaborative partner of Middlesex University (MU) and the degree courses we teach are validated by MU. As a student on a validated programme, you will register as a student with us and be able to complete your programme at CNELM. You will graduate with a Middlesex University Award and be invited to a Graduation Ceremony at MU.



BSc Graduates are eligible for first-class, second-class and third-class honours, and MSc/PG Dip Graduates for distinction, merit or pass on the MSc programme.

Professional Accreditation – Nutritional Therapy

The Nutritional Therapy Education Commission (NTEC) is responsible for accrediting training courses in nutritional therapy. Accredited courses demonstrate having met the Core Curriculum and National Occupational Standards (NOS) for nutritional therapy. The NOS are developed and updated by Skills for Health (www.skillsforhealth.org.uk), which is the Sector Skills Council for the healthcare sector, licensed by the Secretary of State for Education and Skills. National Occupational Standards set for a profession are minimum standards. In context of the National Qualifications Framework the NOS are assessed at levels 4 and 5. CNELM's Nutritional Therapy Practice Diploma not only meets the minimum requirements of the NOS but also assesses practice at level 6 enabling students to demonstrate their clinical progression at this level.



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

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

Complementary & Natural Healthcare Council

Graduates of NTEC-accredited nutritional therapy courses are eligible to apply to register with the Complementary and Natural Healthcare Council (CNHC), which is the UK Voluntary Regulator for complementary healthcare practitioners. The CNHC is supported by the UK Department of Health and its key function is to enhance public protection. The CNHC 'quality mark' is recognised as the hallmark of quality for complementary healthcare and is the register to which GPs have been recommended by the UK Government to refer those who are seeking complementary healthcare services.



The CNHC register has also been approved as an Accredited Voluntary Register (AVR) by the Professional Standards Authority for Health and Social Care (PSA). PSA is the independent government-appointed body that oversees the work of the nine statutory medical, health and care regulators, including the General Medical Council (GMC).

- *Renewal of NTEC accreditation takes place every 2-3 years.*
- *NTEC accreditation applies to practice within the UK only; it is the responsibility of each student to identify the requirements for practice in their intended country of practice, and to comply with that country's regulations.*
- *Following accreditation, graduates will be eligible to apply to register with the Complementary & Natural Healthcare Council (CNHC). Entry to the CNHC register is the prerogative of the NTEC and not CNELM. False and/or fraudulent applications could lead to exclusion from the register.*
- *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.*

Professional Membership - BANT

If you are registered on a degree programme you will be required to apply for student membership of the British Association for Applied Nutrition and Nutritional Therapy (BANT) during your course of study at CNELM. BANT is the professional body for nutritional therapists in the UK. Its primary function is "to assist members in attaining the highest standards of integrity, knowledge, competence and professional practice." Upon qualification graduates of an NTEC accredited route to nutritional therapy practice will be able to apply for full membership of BANT. BANT requires full practising members to register with the CNHC.



Registration with the CNHC and membership of BANT is the prerogative of the CNHC and BANT, and not CNELM.

Middlesex University

Middlesex University (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. Further details can be found at: www.mdx.ac.uk/aboutus/Achievements/index.asp.



Although you will enrol with us at CNELM, you are also a student of Middlesex University (MU). Your degree programme of study is part of the School of Science & Technology. If you successfully complete the programme you will receive the Middlesex qualification related to your study and will be invited to attend a graduation ceremony at MU. You will be required to abide by MU Regulations which are available online at: <http://www.mdx.ac.uk/aboutus/Strategy/regulations/index.aspx>.

Sports Facilities

Students on validated collaborative programmes in the UK are entitled to use any of the facilities of the London Sport Institute at the University. The Institute boasts a number of excellent sports facilities on the campuses at Hendon and Trent Park as well as MU's own sports ground at Worlds End Lane in Winchmore Hill. Facilities include fitness centres, a sports hall, real tennis court and outdoor multi-use games areas, as well as AstroTurf pitches. Each year the service publishes a handbook which provides information on the activities on offer and this is available by calling +44 (0)208 411 4734. In addition, more information, including fee and subscription rates, can be found at: <http://unihub.mdx.ac.uk/> and on the Sports web site at www.mdx.ac.uk/campus/sport.

Students' Union and NUS Card

As a student on a validated collaborative programme, you are not entitled to join Middlesex University Students' Union (MUSU) and CNELM does not have its own Students' Union facility. However, you can apply for a National Union of Students (NUS) discount card called NUS Extra. The NUS Extra Card can be issued with the International Student Identity Card (ISIC) for a fee of £12 (2014 prices) + postage. You can apply for your NUS Extra Card online at: www.nusextra.co.uk.



Courses

The Centre has been teaching validated nutrition degree courses since 2003 and accredited postgraduate nutrition courses since 2006. All nutrition courses taught at CNELM leading to nutritional therapy practice are accredited by the Nutritional Therapy Education Commission (NTEC).

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.

This 100% distance learning programme can be studied full-time (3 years) or part-time over (4-6 years). 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 further their studies at postgraduate level with a view to pursuing academic careers in nutrition research, practice and education.

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

Course Content Level 4 (Year 1)

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| Thinking Critically |
| 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 not only to scientists and researchers but also to the general public. During this short initial 10 credit 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 also begin to think critically and reflectively about your own personal study objectives and needs and begin to consider a range of career pathways. |
| Nutritional Biochemistry |
| Nutritional biochemistry underpins nutritional science. This 40 credit module provides good 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 |
| Improving the health of the general public is a global socio-economic concern. This 30 credit 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 |
| 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 20 credit 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 |
| This 20 credit 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, strength 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. |

Summary of Module Content

Level 5 (Year 2)

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| <p>Applied Pathophysiological Reasoning (APR)</p> <p>Building upon the breadth of knowledge and skill gained during level 4 this 40 credit module 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 GPs.</p> |
| <p>Food Science & Safety</p> <p>This 20 credit 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 will be reviewed. This module will also provide 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.</p> |
| <p>Research Methods</p> <p>Developing discerning research skills are essential for the nutrition scientist. This 20 credit 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.</p> |
| <p>Nutrition in Practice</p> <p>This module will explore how the nutrition profession has developed from its inception to date. 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 encourages you to consider business enterprise and engage in 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 your Professional Mentor individually and in groups.</p> |
| <p>Nutraceuticals & Pharmaceuticals</p> <p>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.</p> |

Summary of Module Content Level 6 (Year 3)

Summary of Module Content

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| Personalised Nutrition Interventions |
| 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. |
| Health Culture |
| This module aims to explore the changes in individual responsibility for health over the past century, the present and what the future might bring. In this context the module will explore inequalities in health care provision and the ability of individuals to assume such responsibility for their health. You will work with peers to analyse data, theorise and evaluate cultural drivers and barriers to change as well as critically and reflectively review your own leadership ideas and business practices to inform the design of engaging, ethical and sustainable change management interventions across a range of global community healthcare environments. |
| Research Project |
| 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 a piece of research independently or as part of a group all students are expected to produce their project written in the style, format and discipline compatible with published research and present their findings to their peers. |
| Contemporary Issues in Food and Nutrition |
| 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 |
| Nutrition Enterprise |
| 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 in the workplace. 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 the workplace and via formulation of a network of contacts and work opportunities to enhance career options. |

Entry Requirements

- 'A' levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), **OR** CNELM's Bioscience Entry modules: 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

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

Course Length, Study Options & Time Commitments

- 3 years full-time; 4-6 years part-time
- Distance Education
- All applicants agree a study plan prior to enrolment which can be adapted after starting the course.
- Entry points to the course are Jan, March and Sept with the main entry point being January.
- Each level of the course is based on 120 credits. For each 10 credits allow 100 hours of work all inclusive of lectures, tutorials, activities and self-directed study in preparation for submitting assignments. Modules vary from 10-40 credits.
- Total study hours per level is equivalent to 1200 hours which over 36 weeks equates to 33-35 hours per week. Terms are typically 12 weeks in length.
- Part-time students take modules with full-time students but take less modules per year.

Qualifications

- BSc (Hons) Nutritional Science awarded by Middlesex University
- Dietary Educator Certificate (separate application - see below) awarded by CNELM

CNELM Dietary Educator Certificate

The Dietary Educator course is accredited by the Federation of Holistic Therapists and successful graduates can apply for insurance to use this qualification.

This course can also be taken as a Standalone course for existing health care practitioners who wish to include dietary education in their practice.

Undergraduate students are eligible to apply for this award subject to successfully completing level 4 coursework to standards set internally and conducting a dietary educator consultation with a real client.

Postgraduate students are eligible to apply for this award subject to completing required coursework to standards set internally. Postgraduate students will have successfully completed Bioscience Entry modules (if needed), Personalised Nutrition Requirements, Foundation Coaching from the NTPD course plus completing a dietary educator consultation with a real client and creating educational literature.

This award enables a defined scope of practice to educate adults who are not diagnosed with chronic illnesses or taking complex medication to make informed choices about food and lifestyle; and to inform the public through talks and written literature about food.

BSc Course Fees

Tuition Fees are paid as an annual tuition fee and by monthly payments over the agreed full-time or part-time study period agreed. Annual fees are payable 4-6 weeks before the start of the students

| Option | Study Format | Total Tuition Fees | Payment Method and Breakdown |
|--------|---------------------|--------------------|--|
| (a) | Full-time (3 years) | £16,380 | Payable as £960 prior to the start of each academic year (3x). Then monthly fees of £375 per month over 36 months |
| (b) | Part-time (4 years) | £16,380 | Payable as £960 prior to the start of each academic year (4x). Then monthly fees of £261.25 per month over 48 months |
| (c) | Part-time (5 years) | £16,380 | Payable as £960 to the start of each academic year (5x). Then monthly fees of £193 per month over 60 months |
| (d) | Part-time (6 years) | £16,380 | Payable as £960 to the start of each academic year (6x). Then monthly fees of £147.50 per month over 72 months |

next year of study based on January, March or September entry to the programme.

Notes Regarding Fees

- Payments are made by Direct Debit for those students with UK bank accounts. Alternative arrangements (e.g. monthly direct bank transfer, card or cheque) can be exceptionally agreed on request. Students living overseas can pay by bank transfer or card if exceptionally agreed.
- Applicants can benefit from a 5% discount if fees are paid in full in advance of study each year.
- Whichever payment method is chosen, fees once paid are non-refundable; monthly fee payers must pay in full for a module once started; we aim to maintain fees agreed at interview for the upcoming start-date for up to 5 years but reserve the right to apply annual inflationary increases usually in January each year. See page 41-43 Applying and Funding
- CNELM is able to assist a limited number of students via its Bursary Scheme and Extended Payment Options. See page 41-43 Applying and Funding
- Some additional fees apply for those opting to take exams away from CNELM. (See page 40 for further details), for all students—annual student membership of BANT, essential texts and journal papers not available via online learning resources; software packages to support learning.



MSc/PG Dip in Personalised Nutrition

This innovative distance learning programme started in January 2013 and has attracted considerable interest from many health professionals including doctors, pharmacists, nurses, psychologists, practising nutritionists and nutritional and complementary therapists. Non-bioscience degree qualified applicants are also applying and registering for this course.

Course Overview

The MSc 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. Personalised nutrition underpins Functional Medicine (FM). The Institute for Functional Medicine founded in 1990 and led by bio-scientists and medical doctors has collaborated with CNELM to enable students on this course to access lectures from many IFM leaders in the field.

Applicants can enrol on the MSc or the Postgraduate Diploma (PG Dip). 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.

Course Content

- MSc students take 4 x 30 credit modules + the Research Dissertation (total 180 credits).
- Postgraduate Diploma (PG Dip) students take 4 x 30 credit modules (total 120 credits)

Some modules are mandatory, depending on which course of study you are taking, whether or not you have a nutrition background, and/or prior qualification and whether you wish to qualify as a nutritional therapist. Please note that those who wish to qualify as a nutritional therapist will need to take the CNELM Nutritional Therapy Practice Diploma in combination with the MSc or PG Dip in Personalised Nutrition.

| Module | Credits | MSc (180 credits) | PG Dip (120 credits) | PG Cert (60 credits) |
|--|---------|----------------------|-------------------------|-------------------------|
| Personalised Healthcare and Research Paradigms | 30 | M | M | |
| Research Dissertation | 60 | M | | |
| Personalised Nutrition Requirements | 30 | NN | NN | NN |
| Personalised Nutrition and & Chronic Illness | 30 | NN, P | NN, P | |
| Personalised Nutrition & Longevity | 30 | NN, P | NN, P | |
| Personalised Sports Nutrition | 30 | | | |

M: Mandatory

NN: Mandatory module for those without a nutrition background/prior nutrition qualification

P: Mandatory for those who are taking the MSc or PG Dip in combination with the CNELM Nutritional Therapy Practice Diploma as an accredited route to practice. Please note: PG Cert + CNELM Nutritional Therapy Practice Diploma is NOT an accredited route to practice.

Summary of MSc Module Content

| |
|--|
| <p>Personalised Healthcare & Research Paradigms</p> <p>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.</p> |
| <p>Personalised Nutrition Requirements</p> <p>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.</p> |
| <p>Personalised Nutrition & Chronic Illness</p> <p>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 matrix timeline 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.</p> |
| <p>Personalised Nutrition & Longevity</p> <p>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.</p> |
| <p>Personalised Sports Nutrition</p> <p>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.</p> |
| <p>Research Dissertation</p> <p>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.</p> |

Entry Requirements

- A first science degree is the primary entrance requirement, though applicants with other 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 short Bioscience Entry course (see Page 27).
- 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

NB: 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.

Course Length, Study Options & Time Commitments

- MSc: 1 year full time; 1.5-3 years part-time
- PG Dip 10 months full time; 2 years part time (attendance, part-attendance or distance learning)
- **100% Distance learning:** All learning takes place via CNELM's online portal and online tutorials. For students in easy access to CNELM a number of lectures can be attended as they are delivered as online webinars to those unable to attend. This is described as Distance Learning with Optional Attendance.
- All applicants agree a study plan prior to enrolment which can be adapted after starting the course.
- Entry points are January, April and September with January being the main entry point. Applicants with a relevant nutrition background may also enter the programme in June.
- The MSc is 180 credits and the PG Dip is 120 credits. For each 30 credits allow 300 hours of work all inclusive of lectures, tutorials, activities and self-directed study in preparation for submitting assessments.
- MSc taken full time equates to 35-40 hours a week for up to 46 weeks over 12 months; and the PG Dip takes approx. 30-32 hours a week for up to 39 weeks over 10 months.

Qualifications

MSc or PG Diploma in Personalised Nutrition awarded by Middlesex University.

Please Note: The MSc and PG Dip Personalised Nutrition programme has been approved by MU to move towards revalidation in May 2018. Degree programmes are validated by MU for a period of six years. Applicants offered places on the MSc and PG Diploma starting from January 2019 is subject to revalidation of the programmes. Applicants who defer their start 2018 start date to 2019 is also subject to revalidation.

Course Fees (MSc)

| Option | Study Format | Total Tuition Fees | Payment Method and Breakdown |
|--------|---------------------|--------------------|---|
| (a) | Full-time (1 year) | £8,156 | Payable as £1,400 prior to the start of the course and each subsequent year (1x). Then monthly fees of £563 per month over 12 months |
| (b) | Part-time (2 years) | £9,556 | Payable as £1,400 prior to the start of the course and each subsequent year (2x). Then monthly fees of £281.50 per month over 24 months |
| (c) | Part-time (3 years) | £10,956 | Payable as £1,400 prior to the start of the course and each subsequent year (3x). Then monthly fees of £187.67 per month over 36 months |

Course Fees (PG Dip)

| Option | Study Format | Total Tuition Fees | Payment Method and Breakdown |
|--------|---------------------|--------------------|---|
| (a) | Full-time (1 year) | £5,904 | Payable as £1,400 prior to the start of the course and each subsequent year (1x). Then monthly fees of £375.33 per month over 12 months |
| (b) | Part-time (2 years) | £7,304 | Payable as £1,400 prior to the start of the course and each subsequent year (2x). Then monthly fees of £187.66 per month over 24 months |

Notes Regarding Fees

- Annual are fees are £1500 for General Practitioners to cover increased RSM membership fees.
- Applicants pay their first annual tuition fee 4-6 weeks prior to commencing study and 4-6 weeks before their next year of study starts. This is based on January, April, June and September entry points.
- Applicants can benefit from a 5% discount if fees are paid in full in advance of study.
- Payments are made by Direct Debit for those students with UK bank accounts. Alternative arrangements (e.g. monthly direct bank transfer, card or cheque) can be agreed on request.
- Whichever payment method is chosen, fees once paid are non-refundable; monthly fee payers must pay in full for a module once started; we aim to maintain fees agreed at interview for the upcoming start-date for up to 5 years but reserve the right to apply annual inflationary increases usually in January each year. See page 41-43 Applying and Funding
- CNELM is able to assist a limited number of students via its Bursary Scheme and Extended Payment Options. See page 41-43 Applying and Funding
- Some additional fees apply including student membership of both BANT and the IFM, essential texts and journal papers not available via online learning resources; software packages to support learning.

CNELM Nutritional Therapy Practice Diploma (NTPD)

Many people interested in nutrition wish to practice as a nutritional therapist. The Nutritional Therapy Practice Diploma (NTPD) is a CNELM qualification which can be combined with the BSc (Hons) Nutritional Science or the MSc or the PG Diploma in Personalised Nutrition as an NTEC accredited route to nutritional therapy practice. Please note the NTPD is **not** a standalone Diploma.



Course Overview

The Nutritional Therapy Practice Diploma (NTPD) in combination with the BSc Hons Nutritional Science or the MSc/PG Dip Personalised Nutrition meets the Core Curriculum and the National Occupational Standards for nutritional therapy enabling graduates of the combined courses to apply for membership with the professional body, the British Association for Applied Nutrition & Nutritional Therapy (BANT) and to register with the regulatory body, the Complementary & Natural Healthcare Council (CNHC). The BSc and the MSc/PG Dip can be taken as standalone courses, widening the career choice for applicants. 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. You can integrate the NTPD with either of the degree programmes or take the NTPD after completing a degree programme. BSc students will take Module 2 as part of Level 4 Dietary Education and Module 6 as part of their degree studies and do not have to take again as part of the NTPD. Some students and applicants wish to take the coaching modules only from the NTPD programme plus an additional coaching module called Why Weight Practitioner. See further details re: Nutrition Coach Diploma.

Course Content

| | |
|--|---|
| Module 1: Foundation Coaching FC 10 Credits | Module 2: Foundation Dietary Educator Practice FDEP 10 Credits |
| <p>This 5-day highly interactive module will teach you a range of coaching skills that should enable you to enhance outcomes with clients, peers and colleagues as well as in your personal study and personal lives. Concepts taught are based on Neuro-Linguistic Programming (NLP).</p> | <p>This module provides you with the opportunity to effectively demonstrate client work skills whilst informing & educating clients and the public about nutrition through food as it relates to health.</p> |
| Module 3: Advanced Coaching AC 20 Credits | Module 4: Intermediate Nutritional Therapy Practice INPT 20 Credits |
| <p>This 10-day module builds on the coaching skills taught in Mod 1. On successful completion of both Foundation & Advanced Coaching modules you will have the opportunity to undertake a 2-day Verification leading to an NLP Practitioner Certificate.*</p> <p><small>*Students who do not meet verification standards will not receive the NLP Practitioner Certificate but can still pass the module by meeting internal assessment requirements. It is the decision of the Lead Coach Trainer in collaboration with Quality Assurance whether a student is ready to be put forward for external verification.</small></p> | <p>This is the first of two modules specifically focused on the development of skills in nutrition practice. This module builds on the skills taught in Module 2 leading to the completion of a full nutritional therapy consultation with a real client.</p> |
| Module 5: Advanced Nutritional Therapy Practice ANTP 40 Credits | Module 6: Nutrition Enterprise NE 20 Credits |
| <p>Building on Module 4, this module refines your practitioner skills to a level ready for independent professional nutritional therapy practice through supervised clinical consultations with real clients.</p> | <p>This module covers the setting-up of a nutritional therapy practice and includes business planning, promotional literature and developing a personal portfolio. Undergraduate students take this module as part of the BSc Hons Nutritional Science.</p> |

Entry Requirements

Students must be enrolled on one of the following courses:

- BSc (Hons) Nutritional Science (BSc)
- MSc in Personalised Nutrition
- PG Dip (Postgraduate Diploma) in Personalised Nutrition
- Exceptionally students returning to practice or students transferring to complete clinical training with CNELM may be offered places on the NTPD programme.
- IELTS 7.0 or TOEFL equivalent if English is not your first language
- Completed a Confirmation Agreement that includes a Fitness to Study and Practice declaration

Course Length, Study Options & Time Commitments

- **Integrated (INT):** modules are taken at the same time as the BSc/MSc/PG Dip allowing you to combine theory with practice. Internal awards can be gained (e.g. Dietary Educator Certificate and NLP Practitioner Certificate) enabling you to commence work as you complete the courses.
- **Separated (SEP):** modules are taken upon completion of BSc/MSc/PG Dip enabling you to focus solely on your degree studies and then consider afterwards whether you wish to practice as a nutritional therapist.

There are advantages to both study options which are discussed with applicants at interview.

Minimum time for BSc students if taking the NTPD Integrated is 3.5 years and expect to study for up to 42 weeks each year. Minimum time for MSc students integrating with the NTPD is 2 years or 3x 46 weeks of the year, and for PG Dip students 21 months. Over 46 weeks of the year. Flexibility is required.

Additional Qualifications

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

- NLP Practitioner Certificate currently awarded by UKCPD subject to successful completion of ANLP verification
- Dietary Educator Certificate awarded by CNELM and accredited by the Federation of Holistic Therapists (FHT) (see Page 13)
- Nutrition Coach Diploma (see page 28)

Course Fees - Postgraduate + NTPD (INT or SEP)

| Course Combination | Study Format | Total Tuition Fees | Payment Method and Breakdown |
|--------------------------|---------------------|--------------------|---|
| MSc + NTPD INTEGRATED | Full-time (2 years) | £14,056 | Payable as £1,400 prior to the start of the course and each subsequent year (2x). Then fees of £469 per month over 24 months |
| MSc + NTPD INTEGRATED | Part-time (3 years) | £15,456 | Payable as £1,400 prior to the start of the course and each subsequent year (3x). Then fees of £312.67 per month over 36 months |
| PG Dip + NTPD INTEGRATED | Full-time (2 years) | £11,804 | Payable as £1,400 prior to the start of the course and each subsequent year (2x). Then fees of £375.17 per month over 24 months |
| PG Dip + NTPD INTEGRATED | Part-time (3 years) | £13,204 | Payable as £1,400 prior to the start of the course and each subsequent year (3x). Then fees of £250.12 per month over 36 months |

| Course Combination | Study Format | Total Tuition Fees | Payment Method and Breakdown |
|--------------------------|--------------------------|--------------------|--|
| BSc + NTPD INT or SEP | Full-time (3.5 years) | £21,960 | Payable as £960 prior to the start of the course and each subsequent year (4x). Then monthly fees of £453 per month over 40 months |
| BSc + NTPD INT or SEP | Part-time (4.5 years) | £21,960 | Payable as £960 prior to the start of the course and each subsequent year (5x). Then monthly fees of £330 per month over 52 months |
| BSc + NTPD INT or SEP | Part-time (5 years) | £21,960 | Payable as £960 prior to the start of the course and each subsequent year (5x). Then monthly fees of £286 per month over 60 months |
| BSc + NTPD INT or SEP | Part-time (6 years) | £21,960 | Payable as £960 prior to the start of the course and each subsequent year (6x). Then monthly fees of £225 per month over 72 months |

Course Fees - Undergraduate + NTPD (INT or SEP)

Notes Regarding Fees

- Payments are made by Direct Debit for those students with UK bank accounts. Alternative arrangements (e.g. monthly direct bank transfer, card or cheque) can be agreed on request.
- Applicants can benefit from a 5% discount if fees are paid in full in advance of study each year.
- Whichever payment method is chosen, fees once paid are non-refundable; monthly fee payers must pay in full for a module once started; we aim to maintain fees agreed at interview for the upcoming start-date for up to 5 years but reserve the right to apply annual inflationary increases usually in January each year. See page 41-43 Applying and Funding
- CNELM is able to assist a limited number of students via its Bursary Scheme and Extended Payment Options. See page 41-43 Applying and Funding
- Annual tuition fees are £1500 for General Practitioners to cover increased RSM membership fees.
- Some additional fees apply—see comments under BSc Hons Nutritional Science and MSc + PG Diploma Personalised Nutrition.

NB: Longer study and payment plans may be exceptionally agreed at interview so long as the fees for the degree component is finished prior to completion of the degree studies.

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 is it that 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 to help facilitate positive change in themselves and others. The first 5 days of your coaching training Foundation Coaching 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.

The next 10 days Advanced Coaching adds further skills as a non-directive facilitator, coach and change agent to your technical skills in nutrition. You are presented with a model and structure for working with clients in a way that assists the individual to develop their own resources and learning. You will be taught a range of powerful tools and skills to communicate, listen, raise awareness, intervene at a sometimes profound level of mind, ask questions and provide feedback in an efficient and effective way. We help you leave the course with useful coaching skills by training you in the important techniques used by life coaches so that you can help your clients achieve their potential and make sustainable lifestyle changes. You will have the option to be assessed by external verifiers enabling you, if successful, to register as a coach. Having the skills to facilitate changes in beliefs and lifestyle and to support your clients through change is fundamental to effective nutritional therapy practice.

Days 16-17 comprises if a 2-day external verification process which gives you the opportunity to obtain an NLP Practitioner certificate verified by the Association for Neuro-Linguistic Programming (ANLP). If you do not meet verification standards, you will not receive the NLP Practitioner Certificate, but you can still pass Foundation and Advanced Coaching by meeting internal assessment requirements.

Clinical Training

During your nutritional therapy programme at CNELM, you will have the opportunity to integrate more than 500 hours of clinical, practical and life coaching training inclusive of written clinical and coaching assessments. You will also be required to observe other nutritional therapists in practice. Students will see their own clients within the Nutritional Therapy Training Clinic, 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 possible for students that meet our stringent requirements.



We strongly believe in the dynamic interplay of theory and practice and for this reason, we offer an integrated study options as we consider that combining theory with practice assists learning. For those who prefer to learn theory first before applying it in practice, or for logistical reasons the Separated option is also available. We are committed to providing you with a 'safe' and enjoyable environment in which to develop your clinical skills so that you in turn can become a 'safe'

nutritional therapist and provide your clients with an environment in which they can explore their way forward to achieving their health goals.

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.

You will maintain a Clinic Log throughout your 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.

Blended Learning

The NTPD is a Blended Learning programme that requires both attendance and distance learning. Foundation and Advanced Coaching leading to an NLP Practitioner Certificate must be attended at CNELM or with another approved provider.

NLP Practitioner Certificated courses are internally recognised qualifications and available in many locations and countries. Students can take request to take this course locally.

NB: Students that complete this course elsewhere must complete CNELM assessments and are charged half the module fee for support, marking and assessment. This course if taken elsewhere must be approved by the CNELM Head of Coaching.

DEP, INTP, and ANTP are all modules that can be completed by Distance Learning, subject to meeting requirements for Virtual Supervision. Otherwise students must be supervised at CNELM, or another approved location. Supervision at CNELM would involve six to ten visits equivalent to one-two days. INTP will require online attendance by webinar while sessions are taught at CNELM – this usually requires 6 days of online attendance over the course of the module. Remaining clinical lectures for INTP and ANTP are accessible Distance Learning only. NE is available to all as a Distance Learning module.

Requirements for FDEP and NE are completed by undergraduate students as part of the BSc Hons Nutritional Science programme. Postgrad students take all six modules as part of the NTPD. A few other assignment variations occur between undergrads and postgrads on remaining modules to accommodate the differences in the BSc and MSc/PG Dip programmes. Hence, BSc students can complete the NTPD if integrating with their degree studies in an overall shorter period of time.

Bioscience Entry Course (Undergraduate)

Human Biology and Chemistry

Physiology and biochemistry underpin the science of nutritional therapy and nutritional science. Successfully completing our home-study entry courses in Human Biology and Chemistry meets the academic requirements for entry on to the BSc degree course for students without 'A' levels or equivalent qualifications in these subjects. Many students successfully complete our entry courses every year prior to entrance.

Course Overview

Our undergraduate Bioscience Entry Course is 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 degree programme in nutritional science. They are not complete 'A' levels. It is usually possible to take our entry courses as entrance to other health sciences courses. Applicants should check that the content of our courses meets the requirement with the training provider.

Both modules on this course are entirely home-study with tutor support.

Course Content – Human Biology

| | |
|------------------|---|
| Module 1 | The Cell, its structures and tissues plus an overview of the rest of the body systems |
| Module 2 | The Digestive System |
| Module 3 | The Liver |
| Module 4 | The Cardiovascular System and Blood |
| Module 5 | The Lymphatic and Immune Systems |
| Module 6 | The Urinary System |
| Module 7 | The Respiratory System |
| Module 8 | The Integumentary System [Skin] |
| Module 9 | The Musculo-Skeletal System |
| Module 10 | The Nervous System |
| Module 11 | The Endocrine System |
| Module 12 | The Reproductive System |

Course Content - Chemistry

| Module 1 | Module 2 | Module 3 |
|------------------------------------|--|--|
| Introduction | Reactivity and Reactions | Further Reactions in Organic Chemistry |
| Atomic Theory – inside the atom | Electronic Structure of Atoms – Advanced Concepts | Natural Organic Materials |
| Periodic Table of Elements | Focus on the p-block elements | Enzymes |
| Bonding – how compounds are formed | Organic Chemistry | Electrolytes and Buffers |
| Molecular Mass and Moles | Reactions in Organic chemistry – how covalent bonds are broken | Movement across Membranes |
| Electrolysis | | Free Radicals |
| Acids, Alkalis and pH | | |

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

Course Length & Study Options

- Each module of the course should take about 120 hours to complete. To facilitate a good underpinning learning experience we recommend that you spread the 120 hours of 3 months totalling to a 6 month course. The course can be completed more quickly as 120 hours a week over 12 weeks is 10 hours a week.
- Both modules are coursework assessed.
- Both Human Biology and Chemistry courses ideally should be completed prior to enrolling on the degree programme, however some modules on the degree course can be started while completing entry courses as they are not dependent on biology and chemistry.

NB: Entry courses must be passed in order to continue to progress with the degree programme so students combining entry modules with degree modules do so at their own risk.

Course Start Dates are: Mid January-Mid February; Mid April-Mid May; Mid July-Mid August and Mid October-Mid November

Course Fees

Human Biology

- £750 (Pay in 3 x sets of 4 units at £250 per set)
- £712.50 (Pay in full up front to benefit from a 5% discount)

Chemistry

- £750 (Pay one module at a time, at £250 per module)
- £712.50 (Pay in full up front to benefit from a 5% discount)

Combined Biology / Chemistry

- £1350 - if both courses are purchased at the same time, applicants can benefit from a 10% discount on the total cost.

Fees for both courses include textbooks and p&p within the UK and abroad.

Terms & Conditions

- Students on Bioscience Entry Courses have a maximum of one year to complete the courses and are charged £150 after their first year to retain student status.
- The annual tuition fee is included in the initial costs for the first year.
- The majority of students comfortably complete Bioscience Entry Courses within 6-12 months so do not incur further annual tuition fees.
- After two years students who have not completed the courses will automatically be deregistered.
- Should a student wish to re-commence studies they will be charged a re-joining fee which will be assessed on an individual basis. Students who combine bioscience entry studies with degree modules do so at their own risk. Successful completion of bioscience entry courses is required to continue to progress on the degree programme.
- Once paid, bioscience fees are non-refundable.*

* Part-refunds minus a 10% administrative fee will only be considered if the applicant demonstrates through repeated assessment that the level required to pass the course/s is, or has become unattainable. This outcome is unusual. Students are given several opportunities to demonstrate they have grasped a complex concept before a decision is reached to suspend studies.

Bioscience Entry Course (Postgraduate)

Course Overview

The Bioscience Entry course for postgraduates is designed to provide a strong underpinning for joining the MSc/Dip/Cert in Personalised Nutrition for applicants without a foundation in Human Biology, Chemistry, Physiology and Biochemistry.

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

1. Hold a first science degree that did not cover any or all of the four components of this course
2. Hold a first science degree in one or more of the four components but might require a refresher
3. Hold a first 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. Hold a first degree but not classified in the sciences
5. Nutritional therapy diploma 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.

NB: Each applicant applying for the MSc/Dip/Cert Personalised Nutrition course with a non-science degree or nutrition diploma will be considered on an individual application basis.

The 4 key Bioscience modules and their respective levels are

- Biology (Level 3)
- Chemistry (Level 3)
- Physiology (Level 4)
- Biochemistry (Level 4)

Bioscience Modules and Fees

Payment Options for Undergraduate and Postgraduate Bioscience Entry Courses

- Please see above for Terms & Conditions
- Most applicants pay fees in advance for Bioscience Courses.

| Module Options | Fee options | |
|--|-------------|--|
| Physiology Two Month Bridging Course Tailored to those with some background in human biology | £405 | |
| Human Biology and Physiology Three Month Bridging Course Tailored to those with no background in human biology | £595 | |
| Biochemistry Two Month Bridging Course Tailored to those with some background in chemistry | £405 | |
| Chemistry and Biochemistry Three Month Bridging Course Tailored to those with no background in chemistry | £595 | |
| Combined Physiology and Biochemistry Bridging Course Four Month Bridging Course | £595 | |
| Combined Human Biology, Physiology, Chemistry & Biochemistry Six Month Bridging course | £1080 | |
| Any mix of three of the above modules | £810 | |
| Research Methods Two Month Bridging Course* | £312 | |
| Applied Pathophysiological Reasoning Three Month Bridging Course* | £400 | |
| * Some applicants will be required to complete CNELM undergraduate level module Research Methods and/or APR independently, or in combination with, one or more of the above modules. | | |

- Monthly payments are possible. All applicants with UK Bank accounts can pay fees monthly by direct debit over an agreed period of time to reflect the course being taken. Alternative arrangements (e.g. monthly direct bank transfer, card or cheque) can be agreed on request.
- Whichever payment method is chosen all fees once paid are non-refundable; monthly fee payers must pay in full for a module once started; fees are subject to annual inflationary increases usually in January each year; any fees remaining would be charged at the increased tuition fee.



Nutrition Coach Diploma for Undergrads and Postgrads

The Nutrition Coach Diploma (NCD) is an internal CNELM Award aimed at those wanting to become a Nutrition Coach and focuses on working with people to improve their health through making positive diet and lifestyle changes. As a Nutrition Coach, you would also be eligible to practise as a Dietary Educator (see Page 12).

Course Overview

The modules outlined below that make up the NCD provide a robust nutritional science and nutrition education platform with which to develop a successful business as a Nutrition Coach. The dedicated coaching modules: NLP Practitioner and Why Weight, should provide you with powerful skills to help individuals make healthy and sustainable changes to their diet and lifestyle. The module Why Weight Practitioner focuses on the acquisition of key coaching skills to help individuals who are overweight at a much deeper level.

NB: This qualification does not enable nutritional therapy practice. However, you can apply to extend your studies following completion of this course, to register for one of our routes to practice that is accredited by the Nutritional Therapy Education Commission (NTEC).

* Indicates mandatory attendance. Why Weight Practitioner is taught only at CNELM

Some modules of the NCD have the same titles as modules on level 4 of the BSc (Hons) Nutritional Science programme and the CNELM Nutritional Therapy Practice Diploma (NTPD). Assessments are similar to students taking these modules on these programmes.

Undergrads

| Academic L4 Modules | Practice Development 1 | Practice Development 2 |
|--------------------------|---|--|
| Nutritional Biochemistry | Foundation and Advanced Coaching leading to NLP Practitioner Certification. | Why Weight Practitioner* 5-day course L5(7) see page 30 |
| Applied Physiology | Nutrition Enterprise L6 | |
| Thinking Critically | | |
| Public Health Nutrition | | |
| Dietary Education | | |

Postgrads

Take Biochemistry and Physiology modules as part of an entry requirement if required to join postgraduate modules. In combination with these entry modules postgrads take L7 Personalised Nutrition Requirements PNR, Foundation and Advanced Coaching Leading to NLP Practitioner Certification, Why Weight Practitioner and Nutrition Enterprise.

1. Undergrad students who complete level 4 modules as a CNELM registered student only, can apply to join the BSc programme as an Advanced Learner (see page 33). **Please note:** fees for taking level 4 modules are the same whether registered with CNELM only, or also with MU as part of the BSc award.
2. Students registered on the BSc programme can take the additional level 6 Nutrition Enterprise module early to gain this award along the way as this module is part of the BSc.
3. Students registered on the BSc programme + CNELM NTPD take Foundation & Advanced Coaching leading to NLP Practitioner Certification as part of the NTPD.
4. Postgrad students take PNR as part of the MSc or PG Diploma in Personalised Nutrition.
5. Students registered on the MSc/PG Dip in Personalised Nutrition must take Personalised Nutrition Requirements and the remaining modules as part of the NTPD.
6. Why Weight Practitioner is not part of the NTPD and both undergrad and postgrad students take Why Weight as an additional module; and are both additionally supervised undertaking a Dietary Educator Consultation with a real client.

Entry Requirements

- 'A' levels A-C or equivalent in Human Biology & Chemistry (or similar subjects), **OR** CNELM's Bioscience Entry modules: 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

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

Course Length & Study Options

- 18-24 months full-time
- 2-4 years part-time
- Full and part-time study options available
- All applicants agree a study plan prior to enrolment which can be adapted after starting the course.

Applicants living at a distance or overseas can request to take the NLP Practitioner course locally. CNELM's Coaching Team will confirm whether the course meets our requirements. Students taking this option must complete our assessments for the module and are charged half the module fee. *NB: Why Weight Practitioner can at this time only be attended at CNELM.*

Our supervisors in the UK can supervise dietary educator consultations 'virtually' subject to meeting our requirements for 'virtual' supervision.

Qualifications

- CNELM Nutrition Coach Diploma
- CNELM Dietary Educator Certificate (following successful completion of Level 4 modules and assessments)
- NLP Practitioner Certificate (subject to successful verification)

Accreditations and Professional Bodies

- Accredited by the Federation of Holistic Therapists (FHT) (Dietary Educator Certificate - DEC) enabling successful graduates within the UK to apply to register with the FHT.
- Graduates of the Nutrition Coach Diploma irrespective of location can apply to register with the ANLP (Association for Neuro-Linguistic Programming)
- UK Graduates of the DEC and the NCD can apply for insurance to practise through Balens Ltd; registration with professional associations is at the discretion of the association.

Course Fees Undergrads

| Course | Total Tuition Fees | Payment Method and Breakdown |
|---|--------------------|--|
| Nutrition Coach Diploma (Full-Time: 18-20 months) | £9,370 | Payable as £960 prior to the start of each academic year (2x). Then monthly fees of £372.50 per month over 20 months (full-time) <i>* Part-time payment schedules agreed individually</i> |

Course Fees Postgrads

- Fees for postgraduates vary depending upon whether biochemistry and/or physiology bioscience entry modules are required as part of the NCD. See page 27 for bioscience fees for biochemistry and physiology.
- The total fee without bioscience entry modules is £7311.00 payable as two times £1400 annual tuition fees and monthly fees at £225 for 20 months.

Notes Regarding Fees

- There are multiple entry points over the year. £1400 is payable prior to entry and prior to entry to the next year of study.
- Payments are made by Direct Debit for those students with UK bank accounts. Alternative arrangements (e.g. monthly direct bank transfer, card or cheque) can be agreed on request.
- Remaining tuition fees can be paid in full in advance of study to benefit from 5% discount and to avoid annual inflationary increases.
- Whichever payment method is chosen, fees once paid are non-refundable; monthly fee payers must pay in full for a module once started; we aim to maintain fees agreed at interview for the upcoming start-date for up to 5 years but reserve the right to apply annual inflationary increases usually in January each year. See page 40-41 Applying and Funding
- If studying part-time, further annual fees will be agreed to cover the remainder of the course.
- CNELM is able to assist a limited number of students via its Bursary Scheme and Extended Payment Options. See page 41-43 Applying and Funding
- Some additional administration fees apply for those opting to take exams away from CNELM. (See page 40 for further details).

Why Weight Practitioner

The Why Weight Practitioner is a 5-day intensive course which is included within the Nutrition Coach Diploma and is also open to existing NLP Practitioners who wish to build on their previous learning.

Course Overview

The 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

- This course teaches 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.
- It is a highly active and interactive experience with time to reflect on how learning can be applied.
- You will learn 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.
- The course builds on your existing NLP knowledge, and also offers something new, which will expand your confidence and ability to help others.

Master NLP Practitioner

Students who successfully complete this training can 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 Recognised Prior Learning (RPL) and will 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 <http://ukcpd.net>.

Course Dates 2018

In 2018 Why Weight will run from the 31st January to the 4th February. Dates for a second run of the module to be confirmed.

Course Fees: payable at the outset of the module or over three equal payments. Fees once paid are non-refundable. Once the course is started fees must be paid for in full.

- Why Weight With Written Assessment: £750
- Why Weight Without Written Assessment: £550

Entry Requirements

Students must have completed an NLP Practitioner programme or completed NLP Practitioner Days 1-5 and NLP Practitioner Days 6-17 at CNELM or equivalent.

Course Length & Study Options

- 5 days
- Mandatory attendance at CNELM



Short Nutrition Courses

Food for Health Certificate

The main aim of the Food for Health Certificate is to educate you about nutrition so you are able to meet your own nutritional needs and the needs of your family. If you are considering studying a degree in nutritional therapy, this course will give you the opportunity to see if studying nutrition is for you. It is a general interest course and you will not be required to do assignments or an examination.

Course Content

| | |
|--|---|
| Anatomy, physiology & function of the digestive system | Anti-Nutrients & environmental pollutants |
| Carbohydrates | Water & dehydration effects |
| Fats | Diet and Health Issues including: |
| Proteins | • Blood sugar imbalance and diabetes |
| Vitamins & Minerals | • Cardiovascular and cholesterol |
| Signs and symptoms of deficiency | • Gut dysfunction |
| Diets that meet nutrient requirements | • Allergies & intolerance |
| Free radicals and antioxidants | • Immune imbalances |
| Phytonutrients | • Hormone imbalances |
| Energy, calories and obesity | • Detoxification |
| Food processing, cooking and storage | • Anorexia, bulimia & obesity |
| Food hygiene | |

Entry Requirements

- No prior learning requirements
- Basic keyboard skills are essential as is access to a computer with good broadband internet connection with 'true' unlimited/unrestricted download.

Course Length & Study Options

- Minimum 10 weeks up to a maximum of 30 weeks
- Home study / online access.

Assessment Scheme

- Completion of a written question and answer paper at home—optional

Course Fee: £400 payable in advance of study. Fees once paid are non-refundable

Further information can be found on the CNELM website: www.cnelm.co.uk/courses/short-nutrition-courses/

Advanced Learner Entry

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

- Applicants who have completed a degree course and are seeking specific module exemptions based on a prior degree award, or other courses recognised within the academic framework as degree equivalent.
- Nutritional therapy diploma graduates of certificated courses that are not formally accredited from a University or other providers such as BTEC that are considered degree equivalent
- Applicants who have previously completed an NLP Practitioner (neuro-linguistic programming) course and hold an NLP Practitioner Certificate

BSc Hons Nutritional Science, Dietary Educator (DE) and Nutrition Coach Diploma (NCD)

Applicants wishing to join the BSc (Hons), CNELM's DE or NCD 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

MSc/PG Dip/Cert in Personalised Nutrition

Applicants wishing to join the MSc/PG Dip/Cert in Personalised Nutrition at an advanced stage must have completed, with assessment, prior CNELM postgraduate modules that were part of an MU accredited programme. Completion of these modules must be within the last 5 years and/or applicants can demonstrate continued use of the knowledge. No other advanced learner entry is permitted for this programme.

CNELM Nutritional Therapy Practice Diploma (NTPD)

Applicants wishing to join Foundation & Advanced Coaching from the NTPD at an advanced stage must have completed a prior NLP Practitioner certificated course within the last 5 years and/or demonstrate continued use of the qualification. Applicants exempted from attending this course must complete written and practical coaching assignments related to Foundation and Advanced Coaching and are charged one-third of the module fees for marking and assessment in order to demonstrate transferring knowledge and skills into Intermediate and Advanced Nutritional Therapy Practice from NTPD.

Postgraduate applicants wishing to join Nutrition Enterprise (business module), or must demonstrate through a Portfolio of Evidence claims for either the Nutrition Enterprise. Advanced Entry to clinical modules at advanced stage is unusual and would be considered on a per applicant basis.

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 degree courses we teach based on prior study at other institutions. Similarly the CNELM Verification Panel in collaboration with the External NTPD Verifier assesses Portfolios for NTPD modules. Portfolio development is a cost and time-effective way to benefit from your prior learning.

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. Guidance for completing Portfolios is available following interview.

Learning Resources & Information

Learning Resources

CNELM provides a well-stocked, focused health science and nutrition library; and enables a range of online learning resources.

Learning resources include but are not limited to the following:

Royal Society of Medicine (RSM)

When registered on a degree course and the NTPD at CNELM you will also be registered as members of the Royal Society of Medicine (RSM) which gives access to a wide range of online learning resources including journals, E-books, videos and search databases, as well as access to RSM library in London. You will also receive a monthly journal and invitations to attend RSM lectures at student prices.

Science Direct

You will have access to all Elsevier Life Science and Health Science journals and a range of e-books through Science Direct. This will significantly increase the amount of papers and e-books available to you.

Natural Standard & Natural Medicines Comprehensive Database

As part of your student membership of BANT you will be given access to the Natural Medicines Database which provides you with evidence-based answers on natural medicines for effectiveness, safety, adverse reactions and drug interactions. You will not be able to access this database unless you are a registered student with BANT. All students will also have access to the Natural Standard Database, an international research collaboration that provides high quality, evidence-based information about complementary and alternative medicine. Students independently register for student membership with BANT and provide proof of membership to CNELM.

The Health Food Manufacturers' Association HFMA

CNELM is currently the only academic institution that is a member of the HFMA. The HFMA works effectively to represent the interests of the UK natural health products industry at all levels of the legislative, regulatory and Parliamentary process. The HFMA supplies sound information and advice to members, promotes positive communications and public relations, training and education and the highest quality standards of products and services. You will have online access to their resources.

Product Company Literature

You will receive high quality company literature from several laboratories and supplement companies, free of charge, during your training. You will also be able to access other learning resources direct from several companies' websites, via your student login.

NB: CNELM is independent of any commercial interest from any company.

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.

Minimum Requirements

To fully access the CNELM e-learning facilities, you must use the criteria below. Please note that full access to e-learning sessions may not be possible from an iPad /Tablet and will require access to a computer, e.g. download and printing of handouts/documents.

PC (Vista, XP, Windows 7 or 8) OR Apple Mac (OS 10.7 (Lion) or above):

- Internet Browser: Google Chrome (v22.0 or later).
This browser is available free of charge at www.google.com/chrome

iPAD (iOSS or later):

- Internet Browser: Safari.
This browser is an integral part of iOSS and should stay automatically up-to-date. To check, go to Settings/General/Software Update - this triggers your iPad to check for software and update itself.

You may also need:

- Microsoft Word - 2007 or later (PC) or 2008 or later (Mac). Educational versions are available at significantly reduced prices. Please visit: www.software4students.co.uk for further details.
- Adobe Reader for PDF access. Available for free at <http://get.adobe.com/reader/>. Please note that there is a compatibility issue between Adobe Reader and other PDF readers. CNELM therefore strongly recommends that you use Adobe Reader for your e-learning PDF viewing.
- A good quality microphone and headset is required for adequate sound quality, as some assessments are conducted using web-conferencing software.
- You may also find publishing software e.g. Microsoft Publisher useful, since some learning activities and assignments may require production of leaflets and fact sheets, although these can be produced in Word.
- Broadband access: you will need a good connection speed (4 megabits per second (Mbps) or above) with 'true' unlimited/unrestricted download. You can check your current connection speed at the following website: www.broadbandspeedtest.co.uk

Applicants can request further details regarding IT Essentials and Requirements.

Please note that it is the responsibility of students to ensure they are able to upgrade and maintain their IT resources that are outside of the minimum specification as CNELM is unable to offer technical support for browser/operating system combinations other than those specified. 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.

Student Support & Engagement

Student Support

CNELM prides itself on its pastoral care and its one-to-one relationships with students. External Examiners and the NTEC Accrediting Panel commend CNELM on the support offered to students.

There is an established network and platform of support and each student registered on a degree course or working towards a degree qualification, will have access to our Student Support Manager who is able to offer pastoral support and to direct you to the appropriate member of staff for subject advice and educational guidance. The Student Support Manager works with you in a confidential manner and in compliance with legislation.

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.

Module Leaders are there to support you when studying a specific module of the course and Heads of each Level will be there to help you achieve the overall level outcomes and to redesign study plans if needed. The Programme Leader will be there to discuss any queries or concerns you may have at overall programme level.

Clinic Supervisors supervise consultations and provide comprehensive feedback to enable students enrolled on courses leading to practice to reflect and progress towards becoming a competent nutritional therapist. You will be able to contact the Centre's administrative staff for day-to-day queries and for IT support. For students on validated degree programmes you will have access to CNELM's Link Tutor and the University Link Tutor.

Inclusivity Support Service

We aim to provide an inclusive teaching and learning environment and to see all our staff and students as individuals. 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 or later in your studies if applicable will be asked to complete an assessment form to help us together with you to identify an appropriate level of support. Your permission would be sought to communicate your 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.

You will be asked to indicate whether you have any specific support needs for learning at interview and to confirm by signing a Confirmation Agreement that includes needs for support prior to starting a programme with us. If your health changes after starting a programme it is important to inform us at the earliest opportunity. 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.

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.

Student Engagement

Whether studying at a distance or attending coaching and clinical modules 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 and that will feed into level 6 Nutrition Enterprise. You will be invited to contribute to the monthly 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 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 all 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. You elect Student Representatives who attend a range of deliberative meetings to help ensure your voice is heard.

Research Objectives

Over the next decade, CNELM is aims to build upon our research objectives with the aim to engage postdoctoral, PhD and MSc researchers focused on developing the theory and practice of evidence-based personalised nutrition. To achieve this, our objective is to build bridges between academic communities: bringing together researchers in computer science and systems biology with practitioners in nutrition and functional medicine.

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 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 combing 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

Undergraduate and postgraduate students engage in individual and group research projects that systematically review the literature around nutritional interventions and mechanism 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).



General Information

At CNELM we offer a number of study options to assist in accommodating students' work/family commitments and geographical location:

- Full-time and part-time study options
- Students may switch from full-time to part-time, or vice-versa, if required
- Degree programmes—Distance Learning and Distance Learning with some Attendance options (postgrads only)
- If students need to take time out during their studies, this is also possible subject to prior agreement with the Centre. If this period exceeds one year, students may be required to re-take certain components of the course as a refresher.

Academic Year and Online Attendance Times

At CNELM, our academic year runs from January to December. Other start times are possible over the year and this is agreed at interview.

Online webinars will usually take place between 10am and 5pm Monday to Friday. You will mostly be allocated two specific days of the week on enrolment when online attendance will occur and is usually either Mondays and Tuesdays or Thursdays and Fridays. If you are unable to attend an online webinar you will invariably be able to access a recording within 48 hours of the event.

There are usually two opportunities to attend the same Tutorial to cover time zones and personal commitments; attendance is mandatory unless exceptionally agreed.

MSc/PG Dip students can opt at interview or after enrolling on the Distance Learning programme to register for Distance Learning with some Attendance Options. This enables students living within travelling distance to the Centre to attend webinars at CNELM as they are delivered live to those joining online. All students have access to the recorded webinars after the event. Attendance is subject to viability re: student numbers.

Other Attendance Requirements

The 17-day NLP Practitioner course (Foundation Coaching + Advanced Coaching + 2-day Verification) requires full attendance either at CNELM or with another provider - if the latter, the course must be approved by the Module Leader for Coaching. This course is delivered 2-3 times a year subject to need and is taught Mon-Friday and one option that is inclusive of weekends.

The Dietary Educator Certificated is available for Distance Learning only. Students may opt or be required to attend the Centre for supervision of a consultation with a real client. Otherwise students can be supervised virtually.

Nutrition Coach Diploma: Dietary Educator Certificated outcomes online as above; NLP Practitioner course taken at CNELM or with another provider as detailed above; Why Weight attendance only at CNELM.

Bioscience Entry Courses: Chemistry, Human Biology, Mats, Biochemistry and Physiology online only.

Food for Health: Online only

Examinations

Students registered on the Undergraduate 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. In total there are 5 exams set over the duration of the programme. If you are unable to attend CNELM to take an exam you can apply to take your exams at an Approved Centre. If you live overseas a full explanation of how you can take exams and how this applies in different time-zones is normally given during interview. You will incur additional fees to cover administration and approval of your application to take an exam away from CNELM. To give you some idea, the total additional cost assuming all 6 exams are taken at an approved Centre is in the region of £550 (exclusive of charges made by Approved Centres that will have their own rates). Fees for taking exams away from CNELM are paid prior to taking the exam and are not included in your course fees. There is no charge for taking an exam on a scheduled exam date at CNELM.

External Review

External Examiners are employed by Middlesex University to review and comment on assessed coursework for students on validated degree programmes. CNELM employs an External Verifier to review coursework for students enrolled on the CNELM Nutritional Therapy Practice Diploma. The NTEC reviews courses leading to practice every two to three years. To find out more about the importance of external review and external examiner/s and independent assessors, please visit: www.cnelm.co.uk.

Feedback, Complaints and Appeals

Your feedback is encouraged. Formal policies are in place for you to provide us with your constructive feedback and to make an appeal or pursue a complaint.

Applicants following an offer of a place on most courses are provided with a link to all the Centres Policies and Procedures. Applicants can request a link prior to interview.



Applying & Funding

Applications & Interviews

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, or via telephone / Skype.

Students interviewed via telephone for a course leading to nutritional therapy practice within the UK borders will have their place finally secured when they first attend the Centre, which must take place prior to commencing supervised nutritional therapy practice.

Following a successful interview, you will 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 <http://cnelm.co.uk/wp-content/uploads/2014/12/PROSPECTUS.pdf> and can also be requested in advance from info@cnelm.co.uk.

Alongside your offer letter you will receive other documentation including 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 Fitness to Practice if undertaking a course of study leading to nutritional therapy practice.

We recommend that you complete the Application form before interview and send to info@cnelm.co.uk. 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.

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 would not be refunded.

NB: 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 Admissions & Enrolment Policy prior to, or following, interview.

Open Days

Attend one of our Open Days, at the Centre or join Online. Open Days are offered at regular intervals throughout the year, to find out which course is right for you. Open days enable you to find out more about the courses we offer, see 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: <http://cnelm.co.uk/news-events/open-days/>. To book a place on one of our Open Days, simply email your request to info@cnelm.co.uk.

Equal Opportunities

The Centre is committed to promoting Equal Opportunities in all its dealings with students, staff and members of the public and is central to our aim to honour inclusivity and diversity. At CNELM we believe everyone deserves the opportunity to be treated with respect and have access to our Services (academic, coaching and clinical) regardless of race, ethnicity, nationality, disability, medical condition, medical background, gender, sexual orientation, marital status, parental status, religion,

cultural background, social background or age. For us at CNELM this means no staff member, student or client will be discriminated against on the basis of any of the above in respect of appointments, promotions, admissions, marking, and access to services. CNELM also opposes any conduct or activity by any individuals as members of the Centre which is contrary to its policy of promoting equal opportunities or which is likely to bring the Centre into disrepute in relation to equal opportunities issues.

Self-Funding & Finance Plans

Students at CNELM self-fund their studies. Fees for all courses are expressed in this Prospectus.

The majority of the tuition fees are paid monthly over an agreed study period initially agreed at interview. Students changing their study plan after starting the course can request to change monthly payments in accordance with a revised study plan. Annual tuition fees are payable in advance of each year for students registered on a degree programme with or without the [CNELM Nutritional Therapy Practice Diploma \(NTPD\)](#). The year start is based on the month start of the year you joined a course requiring annual tuition fees.

CNELM aims to maintain the fees agreed with you at the start of your programme for 5 years but reserves the right to apply annual inflationary increases.

For some courses, fees can be paid in full in advance to benefit from 5% discount and to avoid potential annual inflationary increases in annual and monthly fees.*

NB: Whichever payment option is chosen CNELM implements a No-Refund Policy. Applicants can request a copy of this policy from: info@cnelm.co.uk*

** The exception to this rule is 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 applicant demonstrates through repeated assessment that the level required to pass the course/s is, or has become, unattainable. This outcome is unusual.

As a private higher education provider not in receipt of government subsidy and grants, CNELM has limited capacity to support students financially during their studies on a higher education programme. The two schemes CNELM has available to help a limited number of students are:

- Bursary Support
- Extended Payment Plans

Applicants can request details of our Bursary Scheme and Extended Payment Plans prior to interview. Visit our website <http://cnelm.co.uk/student-finance/> to find out more about Bursary Support and other considerations for Funding.

Bursary Support and Extended Payment Plans apply to the BSc (Hons) Nutritional Science, MSc and PG Diploma in Personalised Nutrition, and the CNELM Nutritional Therapy Practice Diploma courses only.

CNELM aims to be fair, supportive and transparent in all its dealings with students. Students agree 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.

After Graduation

Career Opportunities

Most undergraduate and postgraduate students currently studying with us are enrolled on courses leading to independent 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 Awards: Dietary Educator Certificate and the Nutrition Coach Diploma and the externally verified NLP Practitioner Certificate. Using these awards as you progress through your chosen course of study helps you transition more readily to full nutritional therapy practice.

Analysis of graduate surveys indicates that our graduates are mostly offering one-to-one nutritional therapy services and 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 continue their education to Masters and some to Doctorates.

Not all graduates wish to practice and the BSc (Hons) Nutritional Science and can be taken independently of the Nutritional Therapy Practice Diploma. The BSc undergraduate programme is designed to place graduates with a variety of career outcomes:

1. To consider a practice career and follow-on with the CNELM Nutritional Therapy Practice Diploma
2. Industry and Research Careers as indicated above Working for Governmental and Non-Governmental Organisations
3. Community Project Work and Campaigning for Change

You will be joining the field of nutrition practice and/or the nutrition industry at exciting and rewarding times. With the global burden of disease continuing to increase, 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. Your services are needed. You **can** help to make a difference.

Become an Alumni

After graduating you can continue to benefit from your relationship with CNELM as an Alumni Member. Our attractive low-cost Alumni Membership has several benefits:

- Helps you to keep in touch with other graduates, exchange experiences and ideas.
- Continued access to a range of undergraduate or postgraduate lectures and learning resources.
- Discounts on course fees on a selection of courses taught at CNELM and CPD events.
- Support to maintain requirements for Continuing Professional Development.

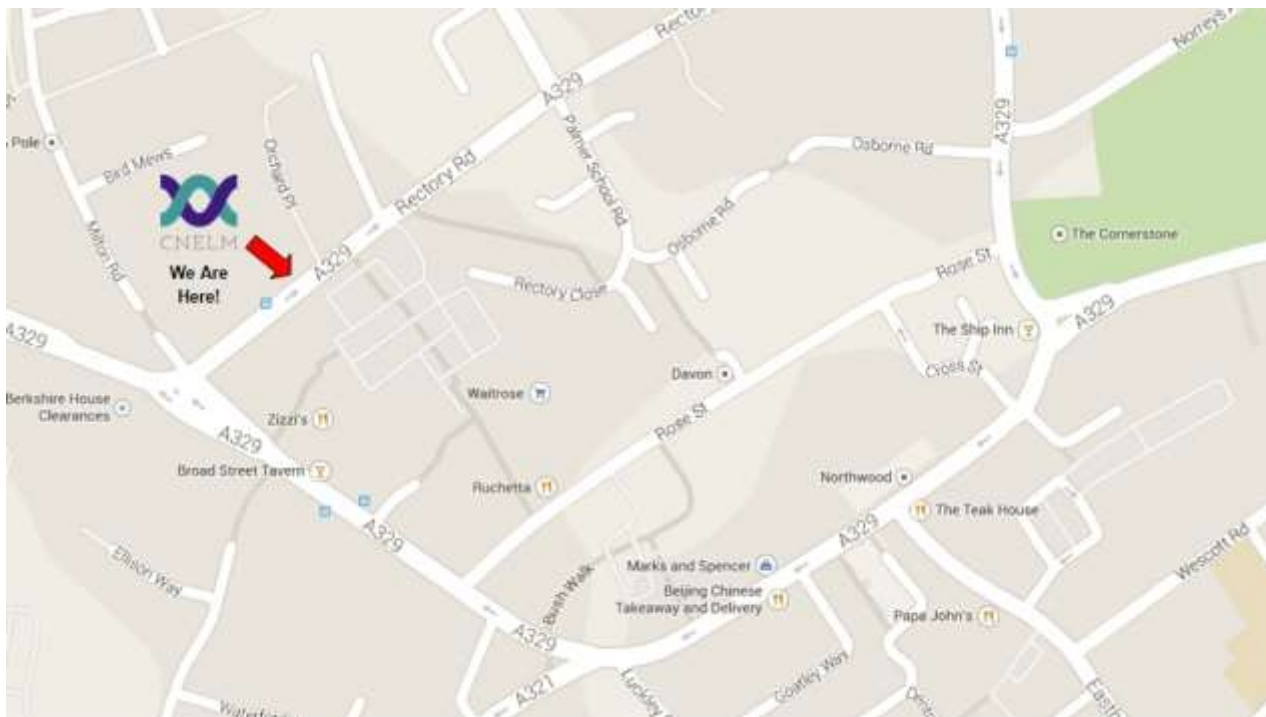


How to Find Us

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.



Centre for Nutrition Education & Lifestyle Management

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