



## **CI Level 4 (UK) Diploma in Nutrition and Lifestyle Coaching Unit Outline**

### **Unit 1: Introduction to Nutrition and Lifestyle Coaching (NLC)**

- Origins of nutrition and lifestyle coaching
- The role of a nutrition and lifestyle coach
- The concept of health and wellness
- Dietary trends
- Nutrition and lifestyle coaching and its potential effects on health
- Professional writing skills appropriate to nutrition and lifestyle coaching
- Research skills to support nutrition and lifestyle coaching

### **Unit 2: Food Groups**

- Composition and constituents of food groups
- The effects of different cooking methods on nutritional composition of food
- Fluids and Health
- Meal planning for individuals using a balance and variety of food groups

### **Unit 3: Macronutrients**

- The classification of macronutrients and their sub-categories
- The functions of macronutrients
- Dietary sources and quality of macronutrients and their sub-categories
- Macronutrient analysis
- Macronutrients in meal planning

### **Unit 4: Micronutrients and Phytonutrients**

- The role of micronutrients and phytonutrients in nutrition
- Dietary sources of micronutrients and phytonutrients
- Official and alternative recommendations for micronutrient and phytonutrient intake
- The potential effects of micronutrient and phytonutrient imbalances on health
- Analysing micronutrient and phytonutrient levels in the diet
- Micronutrients and phytonutrients in meal planning

### **Unit 5: Energy Balance**

- Calories and energy
- Energy production, storage and utilisation in the human body
- Factors that impact energy storage and utilisation
- Official and alternative recommendations for energy intake
- Analysing the macronutrient and calorie content of diets
- Macronutrient and calories in meal planning

**Unit 6: Farm to Fork: Food Production and Quality**

- The impact of farming practices on the nutritional quality of food
- Sustainability and food security
- Farming practices- organic, biodynamic, animal husbandry, soil quality
- Food processing and preservation and its effects on health
- Food labelling and legislation
- Supporting clients in understanding food labelling

**Unit 7: Optimising Nutrition in Practice**

- Nutrition and lifestyle factors affecting nutrient bioavailability
- Supporting optimum nutrition through food preparation, nutrition and lifestyle
- Supporting optimum nutrition with the use of supplements
- Safe boundaries for supplement use in NLC
- How to use supplements as part of a nutrition and lifestyle plan

**Unit 8: Nutrition for Wellness and Longevity**

- The concept of longevity
- Imbalances between degeneration and repair in the body and their impact on wellness and longevity
- Different dietary approaches and their potential impact on wellness and longevity
- Meal planning for longevity and wellness

**Unit 9: Lifestyle for Wellness and Longevity**

- Lifestyle and its effects on longevity (includes toxins, stress, sleep and movement)
- Factors affecting the quality of lifestyle elements
- Assessing the quality of lifestyle elements in individuals
- Lifestyle recommendations for longevity and wellness

**Unit 10: Personalised Nutrition and Lifestyle for Individuals**

- Individual considerations with nutrition and lifestyle recommendations (includes life stages, cultural, ethical and financial considerations)
- Formulating personalised diet and lifestyle recommendations with a focus on optimising nutrient content

**Unit 11: Nutrition and Lifestyle Coaching in Practice**

- The boundaries of NLC
- The role of NLC as ally, educator and expert
- Communication skills (includes active listening, effective questioning, summarising, reflection, sign posting, non-verbal communication, communicating boundaries, professionalism)
- The importance of reflective practice in NLC and beyond
- Supporting clients with long-term lifestyle change (includes establishing goals, focus points, SMART action steps, readiness for change, self-accountability and support, motivation to change, barriers to change)
- Planning nutrition and lifestyle coaching sessions
- Conducting nutrition and lifestyle coaching sessions

**Unit 12: Building a Successful NLC Career**

- Professional and legal requirements in NLC
- Professional opportunities for nutrition and lifestyle coaches
- Planning your nutrition and lifestyle coaching career