

Diploma in Nutrition & Lifestyle Medicine Fees (20 - 23)

Level 4 - Level 6 module fees are guaranteed until 31st July 2023

| Level | Code | Modules | Brief description | Credits | Attendance learning | Online only |
|---|-------------|---|--|-------------------|---------------------|---------------|
| A one off Registration Fee: | | | | | 250.00 | 250.00 |
| Level 4 | 4BIO | Introduction to Biochemistry & Cytology | A foundation in organic & inorganic chemistry, biochemistry & cytology (online only) | 30-credits | £1,640 | £1,640 |
| | 4ASP | Academic Skills & Personal Development | This module will enable students to think about, and plan for, their own personal, academic & career development. Students will be instructed in the development of the necessary skills to succeed on the Diploma course | 15-credits | £1,040 | £820 |
| | 4ANP | Anatomy & Physiology | This module gives students a foundation in relation to the anatomy and physiology of the human body and all major body systems, providing students with an in-depth knowledge and understanding of the topic | 30-credits | £2,080 | £1,640 |
| | 4MAC | Macro- & Micronutrients | This module gives students a detailed understanding of macro- and micro-nutrients, their requirements, functions, interactions, safety & toxicity, and how dietary, lifestyle and environmental factors impact on their normal functions | 15-credits | £1,040 | £820 |
| TOTAL Level 4: | | | | 90 credits | £6,050 | £5,170 |
| (modules & credits are subject to University of Greenwich approval) | | | | | | |

| Level | Code | Modules | Brief description | Credits | Attendance learning | Online only |
|----------------|------|---|---|-------------------|---------------------|---------------|
| Level 5 | 5DMP | Dietary Analysis & Menu Planing | This module is designed to give students an understanding of the nutritional and therapeutic value of individual foods and dietary models in the maintenance of optimum health. Students also explore about the various methods used to evaluate dietary intake and common factors affecting food choice. | 15-credits | £1,040 | £820 |
| | 5FED | Food Production, Environmental Pollution & Detoxification | This module explores food production, processing and preservation methods and their effects on food quality and sustainability. This module also covers various sources of toxins, their impact on health, and nutritional protocols to support elimination and detoxification. | 15-credits | £1,040 | £820 |
| | 5NTL | Nutrition Through the Lifecycle | This module examines how the body's demand for nutrients changes across the many stages of life, as well as examining the common disorders affecting health through these various life stages. Key events during the lifecycle are also considered in-depth, including fertility, pregnancy, weaning, puberty, menopause and healthy ageing. | 15-credits | £1,040 | £820 |
| | 5NGH | Nutrition for Gastrointestinal Health | This module addresses the pathophysiology of common conditions affecting the digestive system and explores the burgeoning research surrounding the influence of the intestinal microbiome on health. The module applies a functional medicine approach, considering the influence of diet, lifestyle, environment and genetics in gastrointestinal health and disease and will guide students in the use and interpretation of relevant functional and biochemical tests. | 15-credits | £1,040 | £820 |
| | 5NMS | Nutrition for Musculoskeletal, Skin & Sensory Health | This module covers the aetiology and pathophysiology of common musculoskeletal, skin, eye, ear and nose diseases and disorders, as students will need to be familiar with these in preparation for their clinical practice. This will include a functional medicine and evidence-based approach to the prevention and nutritional management of gout, osteoarthritis, osteoporosis, acne and eczema (amongst others). | 15-credits | £1,040 | £820 |
| TOTAL : | | | | 75 credits | £5,200 | £4,100 |

(modules & credits are subject to University of Greenwich approval)

| Level | Code | Modules | Brief description | Credits | Attendance learning | Online only |
|---------|-------|---|---|------------|---------------------|-------------|
| Level 6 | 6CRU | Nutrition for Cardiovascular, Respiratory & Urinary Health | This module will explore the aetiology and pathophysiology of common diseases and disorders affecting the cardiovascular, respiratory and urinary systems. Students will apply a functional medicine and evidence-based approach, including relevant functional and biochemical testing, to the prevention and nutritional management of a range of cardiovascular diseases, including hypertension, dyslipidaemia and atherosclerosis. Respiratory and urinary disorders that are covered include asthma, sinusitis, urinary tract infections and kidney stones. | 15-credits | £1,040 | £820 |
| | 6NER | Nutrition for Endocrine, Reproductive & Nervous System Health | This module examines the aetiology and pathophysiology of common endocrine, reproductive and nervous system diseases and disorders. Students will acquire a detailed understanding of how to apply a functional medicine approach to thyroid and adrenal dysfunction, insulin resistance and metabolic syndrome, polycystic ovarian syndrome, endometriosis, benign prostatic hyperplasia and multiple sclerosis (amongst others). The use and interpretation of relevant functional and biochemical tests is a key feature of this module. | 15-credits | £1,040 | £820 |
| | 6-IMN | Inflammation, Immunity & Nutrition | This module applies a functional medicine approach, including the use and interpretation of functional and biochemical tests, to the management of common immune disorders, autoimmune diseases and cancers. Students will gain a detailed understanding of the aetiology and pathophysiology of these disorders, as well as exploring the role of chronic inflammation in disease. Additional topics include a variety of adverse reactions to food, their diagnosis and nutritional management. | 15-credits | £1,040 | £820 |

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| 6NPM | Nutrition for Optimal Physical & Mental Health | This module considers the role of nutrition and lifestyle in influencing and achieving optimal physical and mental function. There is a significant focus on obesity and its associated health consequences, including an in-depth exploration of factors influencing energy intake and energy expenditure, and students will also be introduced to the fundamental principles of sports nutrition. The aetiology for common mental health disorders and a functional medicine approach to their prevention and /or management will also be covered in-depth. | 15-credits | £1,040 | £820 |
| 6BSP | Business Skills & Professional Practice | This module support students' development as professional, self-reflecting individuals able to meet the demands of setting up, running and growing their own business. Additionally, students will also learn more about the legislative, and regulatory framework surrounding nutrition practice and the professional practice standards set by appropriate professional bodies | 15-credits | £1,040 | £820 |
| 6CNP | Clinical Practice | This module is focused on preparing students for their future career as a nutrition practitioner and provides the students with the opportunity to practice and perfect consultation skills in a safe and supportive environment. This module is designed to equip students with an understanding of how to effectively communicate with clients to understand their main health concerns. In addition to client-communication skills, students will also learn how to communicate effectively and professionally with the medical profession. Students are required to physically attend at least 1 weekend of clinical practice in London. | no credits | £1,500 | £1,500 |
| TOTAL Level 6: | | | 75 credits | £6,700 | £5,600 |

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| | | | | | |
|---|--|--|--|----------------|----------------|
| TOTAL (Attendance option learning) with Clinical Practice (240 credits): | | | | £17,950 | |
| TOTAL (Online only) with Clinical Practice (240 credits): | | | | | £14,870 |

NB: Candidates who are not seeking to qualify with a Diploma, can choose to buy individual modules (with or without assessment)

Methods of Payment:

- 1 Students are required to pay a one off Registration fee **of £250 on enrolment**
- 2 Student can pay fees **per module** (module fees must be paid in advance)
- 3 Students can pay fees for **all modules per level in advance**