

**Institute for Integrative Nutrition**

245 Fifth Avenue, 7th Floor, New York, NY 10016  
www.integrativenutrition.com

**TRANSCRIPT OF STUDY**

**Student Name** Jess Toomey

**Student Address** 1420 57th Ave N, St. Petersburg, FL 33703, USA

**Student Phone** +12392407514

**Date Of Birth** 05/31/1981

**Program** Migrated HCTP 12-month **Hours**

**Start Date** 11/12/2018 **Graduation Date** 11/12/2019

**Status** GRADUATED

Exams	Score
Tests	100.0
Tests	100.0
Final Grade	100.0
* Score Range: 0 - 100% or N/A * Passing Score: 70% or higher * Students must attempt and pass at least 2 of the 4 exams offered * Final grade is an average of all exams	

Tests	2
Coaching Circles	4
Health Histories	6
* Students must pass at least 4 Coaching Circles	

Director's/Registrar's Signature:

Nora McCaffrey, Registrar

Date: 08/21/2023

\* This transcript is not valid without a signature



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**HEALTH COACH TRAINING PROGRAM (HCTP)**

**LOCATION:** Various, distance learning format

**LENGTH:** 360 hours lecture, plus 400 hours applied lab (40 weeks)

**DATES:** 2007 - Present

**OBJECTIVES:** Students will be able to analyze health histories, determine life and health goals, design action plans to achieve life and health goals, assess progress in goal achievement, create practical applications of health and wellness concepts, teach key Integrative Nutrition concepts such as primary food, secondary food, crowding out, mind-body connection, life balance and bio-individuality, and facilitate improvement in quality of life.

**INSTRUCTION:** This course is delivered in an instructor monitored, 40 module distance learning format and consists of study guides, required texts, supplemental reading, essay assignments, quizzes, homework, observation, on-the-job practice, required interaction (Ayurveda, Atkins, Macrobiotics, Veganism, etc.), communication skills, contemporary health issues, coaching, marketing, active listening, creation a vision and mission, sales cycle, and the relationship between nutrition and government, etc.

**CREDIT RECOMMENDATION** (In the lower division associate/baccalaureate degree category):

- 6 semester hours in Health and Nutrition
- 3 semester hours in Wellness
- 1 semester hour in Wellness Practicum
- 3 semester hours in Contemporary Health Issues
- 6 semester hours in Wellness Coaching
- 3 semester hours in Small Business Management
- 3 semester hours in Interpersonal Communications
- 4 semester hours in Coaching and Interviewing Practicum

\*This credit recommendation is based on an evaluation by the New York State Board of Regents National College Credit Recommendation Service (formerly National PONS) - [www.nationalccrs.org](http://www.nationalccrs.org). To verify the recommended credit indicated above, and read a description of the learning experience(s), consult the National CCRS Directory of college credit recommendations, CCRS Online, at <http://www.nationalccrs.org/ccr/>.