

**INSTITUTE FOR INTEGRATIVE NUTRITION  
OFFICIAL TRANSCRIPT**

**STUDENT INFORMATION**

**NAME:** Karina Antonopoulos

**COURSE:** Health Coach Training Program

**DATE OF BIRTH:** 5/25/1987

**COURSE START DATE:** February 2010

**ADDRESS:** 559 Rose Blvd  
Baldwin, NY 11510

**COURSE STATUS:** Graduated

**HOME PHONE:**

**GRADUATION DATE:** July 2010

**EMAIL ADDRESS:** karina@synchronizewithin.com

**ACADEMIC RECORD**

**TESTING:**

TITLE	SCORE	PASS/FAIL
First Exam	95	PASS
Second Exam	95	PASS
Third Exam	95	PASS

<b>HEALTH HISTORIES</b>	6
<b>PRIVATE HEALTH COACHING SESSIONS</b>	7

**CURRICULUM:**

IIN-050 FUNDAMENTALS/WARM UP – 69 clock hours

This course will introduce the student to core IIN philosophies.

IIN-100 INTRODUCTION TO NUTRITION – 121 clock hours

This course will explain the general IIN philosophy and program design. Students will learn the objectives, assessment and how to successfully complete the program. Student will be introduced to basic nutrition and the IIN approach to understanding nutrition's role in human well-being.

IIN-200 POLITICS OF FOOD – 87 clock hours

This course will introduce students to food elements, food politics and food policy.

IIN-300 DIETARY THEORIES – 66 clock hours

This course will teach students dietary theories and trends.

IIN-400 COUNSELING – 68 clock hours

This course will teach students Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills.

IIN-500 HEALTH AND NUTRITION – 75 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills.

IIN-600 BLOOD AND NUTRITION – 62 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills.

IIN-700 FARMING AND PREVENTATIVE CARE – 68 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills.

IIN-800 PRIMARY FOODS – 65 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills.

IIN-900 INTEGRATIVE NUTRITION – 64 clock hours

Integrating various prior topics and expanding on health and wellness primary foods, and counseling skills.

IIN-1000 CREATING A SUCCESSFUL CAREER – 16 clock hours

Integrating various prior topics and expanding on health and wellness primary foods, and counseling skills.



Nora McCaffrey, Registrar  
Date Signed: 6/28/2021

\*This transcript is not valid without a signature



**NATIONAL COLLEGE CREDIT RECOMMENDATION SERVICE**  
University of the State of New York - Regents Research Fund

**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 with an instructor, and 24 hour access to on-line support as needed. Topics include health and wellness, various nutrition and diet theories (Ayurveda, Atkins, Macrobiotics, Veganism, etc.), communication skills, contemporary health issues, coaching, marketing, active listening, creating 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 Communication
- 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 PONSI) – [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/>.