

INSTITUTE FOR INTEGRATIVE NUTRITION

UNOFFICIAL TRANSCRIPT

STUDENT INFORMATION

NAME: Almarie Fernandez

COURSE: Health Coach Training Program

DATE OF BIRTH: 5/24/1982

COURSE START DATE: March 2013

ADDRESS: 1085 Commonwealth Ave # 144
Boston, MA 2215

COURSE STATUS: Graduated Successfully

HOME PHONE: (617) 990-2886

GRADUATION DATE: February 17, 2014

EMAIL ADDRESS: almarie.fernandez1@gmail.com

ACADEMIC RECORD

TESTING:

TITLE	SCORE	PASS/FAIL
First Quarter Exam	100	PASS
Second Quarter Exam	95	PASS
Third Quarter Exam	87	PASS
Final Quarter Exam	87	PASS

HEALTH HISTORIES	6
HEALTH COACHING SESSIONS	12

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.

STUDENT COPY

Date: 11/16/2018

*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 PONS) – 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/>.