



**BRENTWOOD**  
OPEN LEARNING COLLEGE

**CERTIFICATE IN**

**DIET AND NUTRITION**

Web: [www.bolc.co.uk](http://www.bolc.co.uk)

Email: [admissions@bolc.co.uk](mailto:admissions@bolc.co.uk)

## Course Introduction:

Balanced diet is essential for healthy living. The course focuses on relating variety, balance and moderation to a healthy diet plan and explains how healthy balanced diet plans can be developed.

You will learn how nutrition plays different roles in human body and will learn about different food groups and their nutritional value. Moving on you will learn obesity by examining human energy balance, this will give you deep understanding of our body's metabolism. You will also learn about special dietary requirements, nutrition of groups with special dietary needs at different stages in their lives including; pregnancy, breast feeding, babies and children, young people and the elderly. The course also discusses in details the risk factors causing these diseases and the rationale for current dietary recommendations designed to prevent these diseases.

## Course Benefits

Accredited Course



Full Tutor Support



Delivered through distance learning



Self paced, no fixed schedules



Available to students any where in the world



Interest Free Fee Instalments



**Course Duration:** 200 Hours (Flexible)

**Entry Requirement:**

There is no particular entry requirement for this course.

**Course Accreditation:**

Certificate in Diet and Nutrition  
(Level 3)

**Awarding Body:** ABC Awards

**Fee Schedule:**

Total Fee: **£395** (Including Admission Fee)

Admission Fee: **£95**

**12 Monthly Instalments: £25 / Month**

There is **£80** discount if fee is paid in full.

**Discounted fee: £315**



## UNIT 1

### **An Overview of Nutrition**

What is Nutrition?  
What are Nutrients?  
Daily Energy Requirements  
What is BMI?

## UNIT 2

### **Dietary Nutrition**

Macro-nutrient  
Carbohydrates  
Proteins  
Fats  
Fiber  
Understanding Food Labels

## UNIT 3

### **The Balanced Diet**

Background for Balancing the Diet  
What Exactly the Balanced Diet?  
How Does a Diet Add Up?

## UNIT 4

### **Dietary Requirements**

Dietary Requirements  
Cardiovascular Disease  
Cancer  
Obesity  
Nutrition Requirement for Different People

## UNIT 5

### **Eating Disorders**

Common Eating Disorders  
Factors That Cause Eating Disorder  
Coping With Stress  
Anorexia  
Bulimia Nervosa  
Children and Eating Disorders

## UNIT 6

### **Weight Loss**

Developing Weight Loss Motivation  
How does Metabolism Work?  
Factors that affect the Speed of Metabolism  
Calorie Burning Facts  
Healthy Weight Loss Diets  
Maintaining a Healthy Weight

## UNIT 7

### **Weight Control**

What is Healthy Weight?  
Balanced Diet and Weight Control  
Adopting Active Life Styles  
Choosing Exercise

# Your Learning Experience - FAQs

## How is the course delivered?

Guided learning hours for the course are 200 to 250. The course is flexible you can work according to your own schedule. The course is assignment based after each course unit you will complete an assignment which you will submit to your tutor for marking. The tutor will mark the assignment and will upload feedback on the portal within 10 working days of the assignment being submitted. On successful completion of the unit you will move on to the next unit and this you will complete your course. There is no formal exam to take at the end.

## How will I study?

When you enrol on this course you are assigned a personal expert tutor, to guide and encourage you throughout your studies with the College. Your tutor will be available throughout your course to give you help with specific issues, and difficult topics. Relevant practical exercises and projects are introduced throughout the course aimed at applying the theory and skills learnt.

## What is so special about this course?

This is a unique course. We start from the very basics and give you all the essential knowledge required for working in the field successfully.

## What support do students get?

### Learning Material

All the core learning material will be provided to you from the college. You don't have to buy any text books. However we encourage our students to conduct their own further reading.

### Additional Supporting Material

Additional support material and useful links are available on the LMS (Learning Management System) for further reading.

### Tutor Support

When you enroll on any of our courses you are assigned a personal tutor to support you with your studies. You complete all this work under the supervision and guidance of your tutor who provides you feedback on your assignments and course work on regular basis throughout your course.

### Online Discussion Forum

Our online forums enable you to share ideas with other students and support each other throughout your studies. Tutor's regularly review the forums and reply to student's questions or concerns.

## Is the course accredited?

This course has been accredited under ABC Awards QLS (Quality License Scheme) by Brentwood Open Learning College. ABC Awards is a leading national Awarding Organisation, regulated by Ofqual, and the Welsh Government for their qualifications on the national framework i.e. the Qualifications and Curriculum Framework (QCF). It has a long established reputation for developing and awarding high quality vocational qualifications across a wide range of industries.

As a registered charity, ABC Awards combines 180 years of examination and assessment expertise but also implements a responsive, flexible and innovative approach to the needs of our customers.

## How much does it cost?

The full course fee is **£395**

There are two Options available for you.

### Option 1

When paying full fee in advance you will get **£80** fee discount and will pay **£315** for the complete course.

### Option:2

When paying in instalments you will pay **£395** for the complete course. This fee will be paid according the following schedule:

At the time of admission **£95**. Then **12** instalments of **£25** each.

**The fee covers complete cost of your course which includes: the cost of registration, course study material, tutor support and certification fee.**

## Payment Methods

We at BOLC offer you the variety of payment methods to make the payment process easily manageable. You can choose any of the following methods to pay your fee:

- ☞ **Credit or Debit Card**
- ☞ **PayPal**
- ☞ **Bank Transfer**

## Can I pay my fees in instalments?

Yes, you can pay your fee in up to 12 interest free monthly instalments. However there is special fee discount available for those paying in full at the time of admission.

## Career opportunities

Nutritional Therapists can work with:

- food manufacturers
- food retail chains
- research companies
- the media
- Community health organisations

With experience, and possibly more qualification you could progress to management and policy development.

## How to Apply?

### Online:

You can enroll online by completing the **Apply Online** form on [www.bolc.co.uk](http://www.bolc.co.uk)

**OR**

### Email:

You can contact us on [admissions@bolc.co.uk](mailto:admissions@bolc.co.uk) and we will send you all the course information along with the application form which you can fill in and return to us on the same email. After processing your application form we will send you an invoice for the payment of your fee along with guidance on making payment.



**Apply Now!**



# CONTACT US

**BRENTWOOD OPEN LEARNING COLLEGE**

**3 Oswin Road,**

**Brailsford Industrial Estate**

**Braunstone**

**Leicester, LE3 1HR, United Kingdom**

**Tel: +44 292 0026 229**

**Web: [www.bolc.co.uk](http://www.bolc.co.uk)**

**Email: [admissions@bolc.co.uk](mailto:admissions@bolc.co.uk)**