



**BRENTWOOD**  
OPEN LEARNING COLLEGE

**DIPLOMA 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:

**Diet & Nutrition Advisor course concentrates on the development of a diet that can improve physical performance. The course will give necessary skills required when advising people on their nutritional needs.**

The course also covers nutrients, digestive system, detoxification, food allergies and intolerances, diets for various populations, weight loss and control and other related topics. .

Course Benefits	BOLC Diploma
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	✓

“Whenever I contacted my tutor the response was always very swift. The course is very well structured and informative. I can make diet plans for weight loss and weight management. Will recommend it to anyone looking for an accredited online nutrition course.”

**Sunil Surana**



**Course Duration:** 1 Year (Flexible)

**Entry Requirement:**

There is no particular entry requirement for this course.

**Course Accreditation:**

Diploma in Diet and Nutrition  
(Level 4)

**Awarding Body:** ABC Awards

**Fee Schedule:**

Total Fee: **£560** (Including Admission Fee)

Admission Fee: **£104**

**12 Monthly Instalments: £38 / Month**

There is **£100** discount if fee is paid in full.

**Discounted fee: £460**

**ABC awards**  
Part of the emfec group

**Quality Licence  
Scheme**



## UNIT 1

### **IAn Overview of Nutrition**

This module defines nutrition and identifies the major nutrient classes and describes their function in the human body. It also describes the basic nutrition plan for health promotion and disease prevention. It teaches the concepts of -body mass index? ~the energy balance? and identifies the formula used to calculate BMI, relates BMI values to healthy, overweight and obese, defines obesity and explains the relationship between heredity and environment in promoting obesity.

## UNIT 2

### **Basics of Nutrition 1**

This module introduces macronutrients, classifies simples and complex nutrients according to food sources, and identifies the role/function that carbohydrates have in our body. It also identifies health benefits associated with dietary fibre. It also discusses the basic building block of a protein, the essential and non essential amino acids, and the potential hazards of consuming too much protein in diet. It explores different sources of protein and compares & provides examples of good and bad fats.

## UNIT 3

### **Basics of Nutrition 2**

This Module defines vitamins; differentiates between fat soluble and water soluble vitamins, lists several important food sources for each vitamin and explains that several vitamins can cause toxicity if excess consumption occurs. It also identifies specific vitamins that link to specific disorder/ deficiencies (for example, folate to neural tube defects). It also identifies the role/ functions of each of the major and trace minerals.

## UNIT 4

### **Digestion and Detoxification**

This module concentrates on exploring the key details about the digestive system; the major enzyme involved in the process of digestion and explains the relationship between stress and digestion. It discusses the causes, symptoms and dietary modifications for major digestive tract disorders (e.g. Heart burn, constipation) and tells us how a healthy digestive system can be maintained.

## UNIT 5

### **Eating Disorders**

This module defines eating disorders, describes factors that contribute to eating disorders, it identifies early warning signs of eating disorders and discusses symptoms associated with anorexia and bulimia. It relates these general symptoms to physical effects expressed by human body. It also identifies how binge eating disorder differs from bulimia and discusses several strategies/ recommendations that would reduce or prevent eating disorder.

## UNIT 6

### **Balancing the Diet**

Balanced diet is essential for healthy living. This module relates variety, balance and moderation to a healthy diet plan and explains how a healthy balanced diet plans can be developed.

## UNIT 7

### **Principles of Healthy Eating**

Recommended dietary intakes for a healthy balanced diet  
Choosing the right food  
Fats and sugars  
Caffeinated Drinks  
Different cooking methods

## UNIT 8

### **Nutrition and the Immune System**

This module discusses the relationship between nutrition and immunity. It also discusses food allergies and sensitivities, symptoms of food allergies and food intolerances, their causes, diagnosing food allergy and intolerance and preventing food allergy. It also discusses the ways by which immune system can be strengthened.

## UNIT 9

### **Diet and Disease**

This module demonstrates understanding of diseases such as cardiovascular disease, cancer, diabetes and celiac disease. It also discusses in details the risk factors causing these diseases and discusses the rationale for current dietary recommendations designed to prevent these diseases.

## UNIT 10

### **Women's Health**

This module gives an understanding of the main female hormones and discusses how imbalance in these hormones can cause problems like premenstrual syndrome (PMS), menopause, depression or migraine associated with a woman cycle and infertility. The module concentrates on the diet and nutritional requirements for women for avoiding these problems.

## UNIT 11

### **Nutritional Requirements for Different People**

This module discusses the diet and 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.

## UNIT 12

### **Weight Control Management**

This module discusses how healthy weight can be attained and maintained by people of different groups. The also gives an understanding of the basics of healthy weight and highlights the importance of healthy weight.

## UNIT 13

### **Weight Loss Management**

This module looks at the effects of weight loss on health and highlights the risks of rapid weight loss methods and discusses why people find it hard to lose weight and then to maintain that loss. It defines positive and negative energy balance and identifies several principles of sound weight loss.

## UNIT 14

### **Anti-ageing formulas**

This module discusses the healthy nutrition which can help in making people look younger in the long run and also discovers the healthy life style practices to maintain good health and healthy skin.

## UNIT 15

### **The Role of a Nutritionist**

This module emphasises the need for a sound unbiased dietary advise and hence the role and importance of a Nutritionist in a society. It also explores the stages involved in the implementation of dietary advice and the consultation process.

# 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 **£560**

There are two Options available for you.

### Option 1

When paying full fee in advance you will get **£100** fee discount and will pay **£460** for the complete course.

### Option:2

When paying in instalments you will pay **£560** for the complete course. This fee will be paid according the following schedule:

At the time of admission **£104**. Then **12** instalments of **£38** 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



**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)**