INSTITUTE OF HEALTH SCIENCES

2010 Course Prospectus

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Welcome from the Institute of Health Sciences

Welcome to the Institute of Health Sciences and thank you for your interest in our courses. We hope that this prospectus will provide you with the information that you are looking for.

At IHS we understand that training is an investment in your future. As with any investment it is important to identify exactly what you hope to achieve and therefore which course will be most suitable for your future needs. At IHS the Institute staff will spend time discussing with you which of our courses best meets your requirements and interests to ensure you have all the information you need to make the best decision for you. We also recommend you attend one of our regular open evenings that are held throughout the academic year to find out more about the course structure, content and career opportunities and can also offer you the opportunity to experience lectures or workshops at IHS first hand to give you a taste of IHS student life.

We look forward to helping you take your first steps towards a new and exciting future!

The IHS Philosophy

At the Institute of Health Sciences, we believe that a healthy, nutritious diet and lifestyle is the key to long-lasting health and vitality, and that every individual should aim for optimum, not average, health. Unfortunately the standard Western diet and lifestyle combined with genetic predisposition mean that many of us suffer poor or substandard health for a large proportion of our lifetime. Some individuals may never have felt well! We believe that each individual is biochemically different therefore the same symptoms suffered by one person are unlikely to have the same root cause as these symptoms in someone else, and that different diseases may manifest as different symptoms from one individual to another.

Modern medicine is designed to help manage the symptoms of disease rather than to treat health issues at the root cause. It often seeks to apply the same treatment for common symptoms which is why it can be unsuccessful and can mean long-term reliance on pharmaceutical drugs. In Ireland the average person will take 11,000 pills in a lifetime. Nutritional therapy uses a Functional Medicine healthcare model that focuses on developing personalised health care treatment plans for each individual that address root causes of illness and can therefore offer long term and effective management and prevention of a range of common chronic conditions.

At IHS we believe that there is a distinct and very real need for nutritional experts who have been trained using the functional medicine model in Ireland and the West. We are committed to training our students to the highest standard so they are equipped to enter the healthcare arena and work with individuals to maximise their health potential.

The IHS Approach

The goal of IHS is to be a centre of excellence in Ireland for education and training in nutrition, diet and health and in the clinical practice of nutritional therapy. We are committed to furthering the standards of practice and training for nutritional therapy in Ireland and worldwide.

Both IHS directors are qualified nutritional therapists and accomplished lecturers so they are uniquely positioned to understand what it takes to design and deliver meaningful training in the broad field of nutritional therapy and the health sciences.

To achieve our goal we have developed comprehensive course material based on the very latest scientific research and have established a passionate lecturing team of experts in the fields of anatomy and physiology, nutritional therapy, nutritional science, naturopathy, Western herbs, research and development and nutrition clinical practice. IHS courses combine scientific theory and evidence-based research with a strong focus on practical therapeutic application in a supportive learning environment. This has helped us develop a reputation within the industry for providing high quality, innovative and relevant courses.

The Founders of the Institute of Health Sciences

Both founders of the Institute of Health Sciences, Suzanne Laurie and Anneliese Dressel, are passionate about improving educational training standards in nutritional therapy with the long-term goal of enhancing employment opportunities for graduates in healthcare in Ireland.

Our directors are also very focused on providing a supportive, challenging and dynamic learning experience for students whilst continuing to support and educate graduates once they qualify. We are a committed and successful team of educators and mentors who strive to provide the best possible environment for you to learn and develop therapeutic skills.

Suzanne Laurie BSc (Hons) Health Sciences: Nutritional Therapy
IHS Director of Studies

Suzanne Laurie graduated from the University of Westminster with a BSc in Health Sciences: Nutritional Therapy. For over 8 years she has worked as a therapist and lecturer in Nutritional Therapy at a number of institutes and universities in the UK and Ireland and has acted as the Course Director at IHS for the past 2 years.

Suzanne has contributed articles to magazines, including Natural Health and Wellbeing, My Weekly, Positive Health and Fushi.co.uk. She has been quoted in Cosmopolitan, The Irish Times and The Daily Mail. She also co-presents a twice monthly natural health show on a local radio show alongside a Functional Medicine doctor. Suzanne is involved producing a range of nutritional supplements for an international health products retailer, which are currently on sale in throughout Europe.
In 2008 Suzanne reached her goal of combining her passions for complementary therapies and teaching, with her desire to live and advocate a more natural and self-

sufficient way of living. She has therefore set up a health retreat, Finca Mariola, in rural Spain with her partner, Laurence Dann, where they deliver practical, hands-on courses in nutrition, and cooking for health.

Anneliese Dressel. BSc Nutrition., MSc Nutr, Dip. NT.
IHS Operations Director

Anneliese Dressel grew up in a family of cooks and chefs and has had a passion for food and nutrition from an early age. She graduated with a Bachelors of Science (Hons) in Nutrition and Masters Degree in Nutrition from University College Cork, Ireland.

Having worked for many years in business, Anneliese saw a wealth of new opportunities in Ireland for qualified nutritionists and decided to return to her preferred career. She upskilled with a Diploma in Nutritional Therapeutics and began practicing.

In 2008, Anneliese joined Suzanne Laurie in founding the Institute of Health Sciences to ensure that there was quality education and training available for others that wished to make a career in the nutrition and health arena.

Anneliese runs a busy private practice with clinics in Cork and Kerry, where she specialises in women's health and fertility. She presents a weekly diet and health slot with Cork 103FM and is a contributor on other radio stations such as Dunlin 4FM, Limerick FM, RTE's Ryan Tubridy show, and BBC Northern Ireland.

Anneliese is also a regular contributor of articles to magazines and newspapers including the Irish Independent, Irish Examiner Feel Good, Image, Naturally Good Health and Positive Health. Anneliese is a director of IHS and also lectures in Medical Sciences and Nutritional Therapy both academically and professionally. Anneliese also works with community groups to promote healthy diet and lifestyle.

Course Venue

IHS lectures take place in the purpose-built Education and Research Centre situated in the beautiful and peaceful grounds of Our Lady's Hospice, Harold's Cross, Dublin 6W. The Centre is only minutes from Dublin city centre and is also very accessible from all motorways entering Dublin. The Centre has ample free parking and is well serviced by numerous Dublin Bus routes passing the main gates, including: 16, 16A, 19A, 49A & 54A.

Students have access to the IHS library during their lecture weekends and are encouraged to borrow from the wide choice of nutrition and alternative healthcare books to supplement their reading during their studies. There is free tea and coffee facilities onsite as well as a microwave and fridge for those that wish to bring their own food during lecture weekend. The hospice canteen can provides access to soup and sandwiches and there are a number of cafés in the near vicinity of the centre.

The grounds of the hospice are very peaceful and provide an opportunity during lunch to sit in the rose garden or to take a relaxing walk around the gardens.

What is Nutritional Therapy?

Nutritional Therapy practically applies the latest theories and research in nutrition and health sciences to individuals seeking to manage chronic disease or promote optimum health. The focus is improving physiological function of a number of bodily systems, including the digestive, immune, endocrine and cardiovascular systems. Nutritional therapy can help alleviate and manage a wide range of conditions and can help improve the health outcomes of many individuals.

How does a Nutritional Therapist Work?

Nutritional therapists work with a variety of clients with chronic health problems and provide advice on disease prevention and control. They recognise that each person is an individual with a unique physiological make-up and unique dietary and nutritional requirements. They will therefore take a comprehensive case history from each client covering current and past health concerns, current and past diet and lifestyle and familial health.

Nutritional therapists may also use biochemical laboratory testing to help assess nutritional status, functional capacity and inherited strengths and weaknesses. Clients will then receive carefully compiled recommendations on diet and lifestyle Recommendations may also include guidance on supporting digestion and absorption, natural detoxification, managing stress and the avoidance of allergens or toxins.

Nutritional Therapy Consultations

The initial consultation may take 1 – 1 ½ hours, during which time a thorough case history is taken and the clients requirements discussed. The Nutritional Therapist will then produce individualised recommendations on diet, specific nutrients and lifestyle, very often providing meal ideas, recipes and practical tips for moving towards a healthier lifestyle. The therapist may also recommend laboratory tests or referral to other healthcare professionals.

In order to monitor progress and ensure the recommendations suit the client it may be necessary to return for a follow-up consultation which will usually last between 45 minutes and 1 hour. However the aim of a Nutritional Therapist is to give clients the knowledge and skills to manage their own health, so follow-ups are usually short term.

What is Dietary Coaching?

A dietary coach will advise clients in formulating healthy eating programmes for weight loss and to improve their general health and wellbeing. The goal of the coach is to offer the client strategies for personal change and to work towards a sustainable healthier future. A dietary coach will focus on putting together a healthy eating programme that will ensure their client is eating for optimal health and to minimise the impact of environmental influences e.g. stress, pollution, lifestyle and genetic influence. When preparing a diet plan for a client, a good dietary coach must take into account the food preferences, cooking skills, available time, exercise preferences of the individual.

A nutritional therapist or a dietary coach should educate and motivate clients towards personal change that will benefit their quality of life for the rest of their lives. This positive influence can then extend further than that single person as they will go on to instil healthy habits in their families and friends. A career in either field is very

rewarding as you truly make a life-changing difference in the lives of your clients and their extended families.

Would you feel rewarded by helping people to:

- Avoid their genetic destiny by minimising their risks of cancer, heart disease, stroke, diabetes, arthritis?
- Recover from illnesses such as chronic fatigue and go on to resume a normal life?
- Conceive naturally and birth a baby that goes on to become a healthy, intelligent adult?
- Avoid taking drugs for conditions such as high blood pressure, high cholesterol, and diabetes?
- Maintain a healthy weight and feel bursting with energy?
- Manage learning and behavioural disorders to maximise these children's potential?
- Deal with distressing digestive disorders such as Irritable Bowel Syndrome, Crohn's and Ulcerative Colitis?

If you answered yes to the above then a career in Nutritional Therapy or Dietary Coaching may well be for you!

What is Functional Medicine?

Functional Medicine is a model of medicine which was developed by a group of researchers and GPs in the USA in the 1990s. It is based on the principles of naturopathy but also solid scientific research. It is the model of healthcare that IHS believe best addresses the needs of the 21st century as it seeks to treat the whole person, not just an isolated set of symptoms. This is why ALL IHS courses are based on the principles and practice of Functional Medicine.

There is a sharp increase in the number of people who suffer from complex, chronic diseases. However the system of medicine practiced by most physicians is oriented toward acute care. They apply specific, prescribed treatments such as drugs or surgery that aim to treat the immediate problem or symptom. This approach lacks the tools for preventing and treating complex, chronic disease.

FM is focused on preventing many chronic diseases currently debilitating millions of people every year. It moves beyond the modern Western 'disease-centred' focus of medical practice back to a more traditional Eastern 'patient-centred' approach.

Functional medicine acknowledges that chronic disease is usually preceded by a long period of declining function in one or more bodily system. It maintains that to return a patient to health requires reversing, or substantially improving, the specific dysfunctions that have contributed to the disease state. These dysfunctions in every individual are a result of lifelong interactions between: Our environment, Our lifestyle, Genetic predispositions. Each patient is viewed as unique due to their individual mix of interactions and the affects they will have on their individual biochemical make-up.

Please note: whilst IHS embed the principles and research basis of the Functional Medicine model into all our courses and we do not train Functional Medicine practitioners, who utilise a number of different disciplines beyond nutritional therapy in their practices.

Career Opportunities

Nutritional therapists and dietary coaches are often self employed and work in private practice, either independently or as part of a complementary or integrated healthcare clinic. However many therapists also incorporate other skills obtained from earlier careers or studies into their careers.

Current opportunities in Ireland include:

- Private employment in nutritional therapy clinics
- Education of the public, media, students and other health professionals
- Employment with supplement companies as nutrition advisors, product developers or sales advisors
- Employment in retail outlets (pharmacies, health stores etc.) as product advisors and technical sales
- Contributing articles to industry, academic or general interest publications
- Contributing to radio and TV programmes
- Postgraduate research to Masters level (via distance learning) (Nutritional therapists only)
- Training health food traders and other groups in industry
- Cooking demonstrations and classes

What IHS Graduates are doing now…

Lynda McFarland graduated in February 2009 and set up her own nutritional therapy practice.

"Since graduation, I have been excitedly setting up my business as a nutritional therapist and wholefoods cookery instructor. I find healthy cookery is a fantastic way to teach people about the therapeutic benefits of whole foods as well as steer them away from tasteless processed foods! The consultations are going great – I'm operating from a medical centre, a sports centre and a room above a health store – all great locations for referrals.

I have tried to be as proactive as possible in the community by giving talks to triathlon groups, parents of children with learning difficulties etc. as well as writing articles for the local newspapers on a regular basis.

What has really amazed me since graduation is the amount of scope in the field of nutrition, there really are endless opportunities. I found the course with IHS really fantastic, the tutors were first class and the material covered gives you great courage to practice confidently. I couldn't recommend it highly enough. Thank you to all the staff and lecturers for all your help and guidance."

Contact Lynda at T: 087 7927471 | E: info@lyndamcfarland.com | Website: www.lyndamcfarland.com

Catherine Kenneally graduated from the Cork class in February 2009 and set up her own practice in Waterford and Cork.

"The past six months of running my own nutritional therapy practice, NutritionWorks, in Waterford and Cork have been both exciting and rewarding. Despite the recession, I've been steadily building a client base and getting lots of referrals from previous patients.

I work part of the week from my home office in Waterford and the rest in a clinic in Cork. I've also been running nutrition workshops with the public and this has lead to other speaking engagements which is bringing me a lot of publicity.

I really like this mix of one to one consultations and public speaking events. Due to the economic times that we are in, you definitely have to work harder to get clients, but, as I've always felt, there is a huge demand out there for nutritional therapy. It's just about letting people know that it exists."

Contact Catherine at T: 086 0846815 | E: info@nutritionworksireland.com
Website: www.nutritionworksireland.com

"It was an immense privilege and a joy to be taught by IHS. With you teaching the day filled up to bursting point with fascinating, delightful knowledge. I loved every minute of it. Wishing you all the best and looking forward to the next module"
Year 1 Diploma Student (Qualified Homeopath)

Caroline Noonan graduated with IHS Therapy in 2010. Caroline is a holistic therapist with a busy private practice and the IHS module leader for distance learning courses.

"I always wanted a career in nutrition and alternative medicine. When I looked at different courses on offer I chose IHS because of the level of clinical practice training that they provided. For many other reasons, I am now so glad that I chose IHS. The level of student support was fantastic. Both directors, Suzanne and Anneliese were so accessible and always ready to help out with any queries or concerns. Regular tutorials, fantastic course material and access to some of the best lecturers in the industry made returning to study both manageable and fascinating.

I am now a graduate and my career has really taken off! I had been working as a holistic therapist and now can offer my clients nutrition consultations. I am amazed at how changing people's diets and working with natural supplements can bring a client back to health. It is so rewarding to make a difference to people's lives by helping them to feel well again and get the most out of life. I also am working with IHS as a module leader for the distance learning certificate courses. I get great satisfaction of helping other students to learn in an area that they are passionate

about and that also benefits their own health as well as their careers. I definitely made the right choice."

The IHS Team

At IHS we pride ourselves on the quality and experience of our teaching staff. All of the IHS team are experts in their fields and ALL those teaching subjects related to the practical application of Nutritional Therapy or Dietary Coaching have a number of years of current experience as a therapist.

"I have spent many years studying and have been a student in many schools and colleges and not just in Ireland. The IHS has one of the best student support services that I have experienced, and to a student who is studying something totally new and quite complex this is very reassuring. The level of knowledge of the lecturers is excellent, but just as important the lecturers are all first class teachers and can pass on their knowledge. The course material is extremely well laid out and everything on the syllabus was covered in detail. I can highly recommend IHS to anyone wishing to begin, or further a career in the health care industry."
IHS Student (TCM Practitioner & Lecturer) – Dublin

Suzanne Laurie. BSc (Hons) NT. Director of Studies & Lecturer.

Suzanne graduated from the University of Westminster with a BSc in Health Sciences: Nutritional Therapy. She has since worked as a therapist and lecturer in Nutritional Therapy at a number of eminent institutes and universities teaching to degree level and has acted as the Course Director at IHS.

Suzanne has contributed articles to magazines, including Natural Health and Wellbeing, My Weekly, Positive Health and Fushi.co.uk. She has been quoted in Cosmopolitan, The Irish Times and The Daily Mail. Suzanne is also involved producing a range of nutritional supplements for an international health products retailer, which are currently on sale in throughout Europe.

Suzanne Laurie is a fantastic lecturer and so enthusiastic about what she does, that instead of going home really tired after the weekend (as I thought I would be as had a hectic week at work!), I was buzzing with energy and even started my assignment! Really looking forward to the next module and after the weekend, definitely see that the area of naturopathy is where I will be taking my career. Thank you again for putting together such an excellent course".
Naturopathic Nutrition Certificate Student

Anneliese Dressel. BSc Nutr., MSc Nutr, Dip. NT. IHS Director & Lecturer

Anneliese graduated with a Bachelors and Masters degree in Nutrition from University College Cork. She later completed a diploma in Nutritional Therapeutics. Anneliese runs a busy private practice with clinics in Cork and Kerry, where she specialises in women's health and fertility.

Anneliese presents a weekly diet and health slot with Cork 103FM. She has contributed articles to magazines and newspapers including the Irish Independent, Irish Examiner, Image, Naturally Good Health and Positive Health. Anneliese is a director of IHS and also lectures in Medical Sciences and Nutritional Therapy both academically and professionally. Anneliese also works with community groups to promote healthy diet and lifestyle.

Stephanie Choularton. BSc ND MRN. Course Director.

Stephanie completed a degree in Biology before embarking upon a career in Natural Medicine. She graduated from Perth Academy of Natural Therapies, Australia, and is qualified in the fields of Nutrition, Herbal Medicine and Homoeopathy. Her continued desire for knowledge has led to post graduate training including Sports Nutrition & Homoeopathic Clinical Training. Stephanie is a Senior Lecturer Head and Senior Clinic Supervisor on the Naturopathy degree programme at Westminster University and is the Director of Herbal Medicine at IHS. She also acts as a Technical Consultant for health supplement distribution companies in the UK and The Netherlands and combines this with clinical practice.

Dr Frank Maher. BSc (Hons) Physiology, PhD Phys. Course Director Med. Sciences.

Dr. Frank Maher completed a degree in Physiology in University College Cork. He subsequently attended Trinity College Dublin where he worked on a research PhD in the Trinity College Institute of Neuroscience, Trinity College Dublin. For the duration of his time in Trinity, Dr. Maher was employed in the School of Nursing as tutor. He subsequently spent a year and a half engaged in post-doctoral research in the Department of Physiology, Trinity College Dublin where he worked in the field of MRI and the biochemical mechanisms of aging. He completed the Post Graduate Diploma in Education in Trinity College Dublin and teaches at Wellesley.

Joan Hanrahan. BSc (Hons) NT, MBANT, DipHM, MNIMH

Joan graduated from University of Westminster with a BSc in Nutritional Therapy and Post-graduate Diploma in Herbal Medicine. She is a member of the British Association of Nutritional Therapists, Nutritional Therapists of Ireland, National Institute of Medical Herbalists and Irish Medical Herbalists Organisation.

Joan now runs a busy Natural Health Practice in Dalkey, Co.

Dublin and has a particular interest in the areas of stress and adrenal fatigue and other chronic health problems. Joan, a keen gardener, is interested in growing her own food and using foods from the wild and enjoys sharing this interest with students.

Helen Corrigan. BA (Hons) Psych. MA (Hons) Health Promotion. Dip ION Nutr. Therapy

Helen holds a Diploma in Nutritional Therapy from the Institute of Optimum Nutrition, an honours psychology degree from Trinity College Dublin, and a first class Masters in health promotion from the National University of Ireland, Galway.

Helen has a busy nutritional therapy practice in Dublin city centre, as well as working as a lecturer and researcher. Helen has an extensive academic background, having previously worked as a health researcher and lecturer in a number of universities, as well as a number of years in health promotion practice. She is also a member of the Nutritional Therapists of Ireland (NTOI).

Grace Kinirons. BSc (Hons) NT, PG Cert Nut Med, mBANT, mNTOI

Grace Kinirons graduated from the University of Westminster, London with a BSc (Hons) in Nutritional Therapy and is now established as one of the most successful Nutritional Therapists in Ireland with a busy private practice in Bray Co. Wicklow. Grace lectures and gives talks on Nutritional Therapy to members of the medical profession, businesses and charitable organisations.

Grace also contributes to health articles for the RTE Guide, Image magazine and TV 3. Grace is a founder member of the Nutritional Therapists of Ireland (NTOI), the professional body representing Nutritional Therapists and is currently completing her Masters in Nutritional Medicine with the University of Surrey.

Sally Milne. BSc (Hons) Physiology, Dip. NT, mBANT, mNTOI

Sally graduated from University College, London with a BSC (Hons) in Physiology and has since qualified as a Nutritional Therapist. Sally is an experienced nutritional therapist and works in partnership with Marilyn Glenville with a busy practice in Dublin, Positive Nutrition.

Sally lectures in a number of colleges in physiology, biochemistry and nutritional therapy. Sally has always had a keen interest in the life-enhancing benefits of healthy eating, and continues to explore new recipes and cooking techniques to share with clients and students alike.

Lin Ducker. BSc (Hons) NT, mBANT

Lin Ducker has been a Nutritional Therapist for the last seven years obtaining a BSc (Hons) in Nutritional Therapy from Westminster University in September 2002. She also won the Nutri-Clinical Practice award in the same year. Lin then went into

private practice in Tunbridge Wells, Kent and also worked as a part- time clinical Supervisor in Nutritional Therapy at the Westminster University Poly Clinic.

Lin's special interests are Gut Ecology and the preparing of nutrient dense foods to optimise health. Lin also has a degree in Radiography and after working in the NHS in the UK and Switzerland she became a Clinical Tutor in Radiography at the Hong Kong Polytechnic University before returning to the UK to study Nutritional Therapy.

Caroline Noonan – Director of Distance Learning Studies. Dip. ITEC Complementary Therapies, Dip. NT, mNTOI.

Caroline Noonan graduated with a diploma in complementary therapies from Cork College of Commerce. She is passionate about alternative medicine and has worked as a practitioner for many years. Caroline also works as an educator, co-ordinating and teaching complementary therapies in two esteemed colleges in Cork. Caroline's role as an educator also has her working with inner city community groups promoting health and wellbeing.

Caroline has spent 10 years in the health food industry and is a senior advisor in one of Corks leading health shops. Having graduated with IHS and a diploma in nutritional therapy, Caroline now joins the IHS team as the invaluable IHS administrator and Director of Distance Learning courses.

Guest Lecturers

IHS is privileged to have a number of guest experts that lecture to our students throughout the course of their studies. Our guest lecturers are industry-renowned experts at the forefront of their specific disciplines.

Dr. Nigel Abraham. Scientific Director of Genova Diagnostics UK.
BSc., MSc., FIBMS

Dr. Nigel Abraham has more than 20 years experience as an assay development scientist, he has been involved in extensive research in the field of chemical mediators of allergic disease and salivary hormone diagnostics. He is a graduate in haematology from St. Georges Medical School London and went on to study immunology at the University of Surrey. He is a Fellow of the Institute of Biomedical Science and a chartered scientist.

As co-founder of IWDL Nigel has been a pioneer of functional laboratory testing in the United Kingdom. His is responsible for the provision of Genova Diagnostics health education program for the United Kingdom and Europe. He is a lecturer for many of the major education centres for nutritionists and complementary therapists as well as regularly holding seminars and presentations as part of continuing professional development for practitioners. He has been involved many research projects and has published a number of scientific papers as well as actively involved in the promotion of functional medicine to the media.

Dr. Gill Hart. Scientific Director of YorkTest Laboratories Ltd.
BSc (Hons), PhD, Cert Mgmt (Open), MIBMS

Dr Gill Hart is a PhD Biochemist with over twenty years experience in the development and validation of diagnostic tests. Gill started her career as a Senior Biochemist at the Hammersmith Hospital, and has subsequently worked for many different companies and clients within the diagnostics industry, and the related regulatory environment. Dr. Hart joined YorkTest in 2005, and has applied her scientific and regulatory knowledge to all YorkTest services; including putting in measures of 'self-regulation' in the under-regulated 'diagnostic testing services' industry.

Gill regularly gives talks and lectures on food intolerance at Universities and Colleges around the UK and for the Institute of Health Sciences. She also provides guidance for those choosing diagnostic tests with her 'What makes a good diagnostic test' checklist, and has written many articles. Gill is currently Scientific Director at YorkTest Laboratories Ltd.

Why Choose the Institute of Health Sciences?

Choosing a course is the first step to a new career or a new way of life so it is important that you choose the college that will provide you with the best training to suit your needs and will support you throughout your studies. At IHS we pride ourselves on the support that we offer our students throughout their time with us and also after they graduate.

When researching different training providers it can be difficult to ascertain who will best meet your education requirements. We have therefore put together a series of questions that will help you to determine which college and course is the best for you. Any training provider should be prepared to offer you as much information as possible regarding their courses, costs, course material, lecturing team and course recognition. At IHS we aim to offer total transparency to all potential students so that you can make an informed decision on the courses we offer:

1. **Course material - What is provided to assist me in my studies?** *It is important that you receive comprehensive and structured course material and supporting documents. Examples should be available to you from any prospective training provider.* IHS provides Student Handbooks, Study Skills Guides, Lecture Notes, Home Study Notes, Module information (including all learning outcomes a student is expected to meet) and relevant research papers as part of the course material. Our lecture notes are referenced so that it is easy for you to complete extended reading without having to search these resources yourself. You receive your course disc at the beginning of the academic year for Semester 1 and again in January for Semester 2 which includes all course notes plus assessment information to allow you to organise your study timetable in advance. We also provide all clinical practice paperwork and handbooks required for each year. We make available student research projects e.g. literature reviews, sample exam papers, sample assessments and collate assignments such as client fact sheets on different foods, supplements etc so all members of a class can benefit from each other's efforts. We also have an extensive library including books and industry journals and magazines onsite at the Education and Research Centre.

> "I really liked the presentation of the material. It reads clearly & logically, piece of information building on piece of information beautifully. I get the impression from your prospectus, that you have put thought into making the subject learnable, and that comes across in the home study and the 'test your knowledge questions'. The questions really open up the subject and make you curious about the reasons for things – it makes you engage. There are no gaps in the information."
> **Naturopathic Nutrition Student (Homeopath) – Cork**

2. **Standard of Course: Has the course material been externally validated?**
   It is important that you are confident of the quality of the course, course material and training provider when making a decision to study. External validation by a respected and independent body of experts can help ensure

*you make the right decision. Accreditation and validation should only be conducted by **independent** bodies with expertise in education and the nutrition industry. Your prospective training providers and their accreditation/validation partners should be transparent with the procedures used and any affiliations which may compromise their impartiality.*

In our drive to have the diploma in Nutritional Therapy accredited as a degree programme, IHS has had our course validated by an independent team of top UK and Irish academics in conjunction with the Institute of Technology Carlow. We are still working towards final accreditation with HETAC or alternatively a UK university and are committed to gaining a formal degree accreditation for the diploma course. Our certificate courses in Dietary Coaching and Anatomy and Physiology have been reviewed and accredited by ITEC.

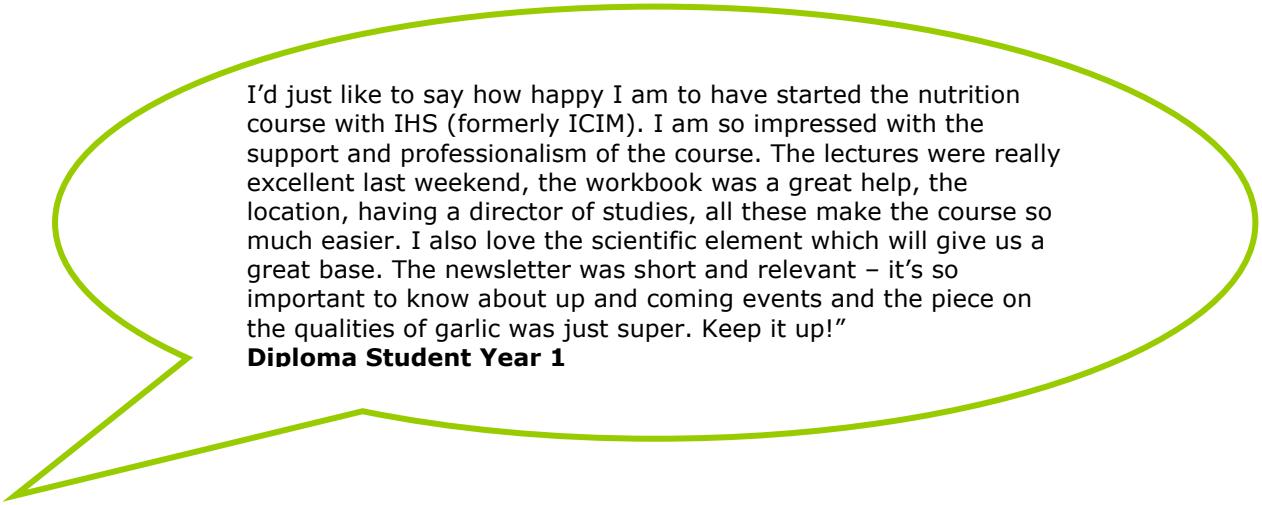
3. **Lecturing team – Who will be teaching me?**
*There should be a good variety of lecturers, with whom you will have **regular** contact throughout your chosen course, each expert in their own areas with good lecturing experience.* At IHS we have a passionate and committed team of educators, highly qualified and respected in their fields. We ensure that students have contact with the whole IHS team as each member has their own style of practice and teaching to help broaden our student's skills and knowledge. Before studying with IHS we are happy for you to speak to any member of our lecturing team so you can verify their experience and their regular and continued involvement with the college. At IHS we have a policy of only using lecturers and supervisors with several years of clinical experience to teach subjects related to the practice of nutrition. This ensures that ALL our teaching and clinical supervising team have valuable clinical experience which can be passed to IHS students.

4. **Student Support: How will I be supported in my studies?**
As a student you need to know that you will receive ongoing academic support and mentoring during your studies. Specific details of the support you will receive should be outlined by prospective training providers. IHS provides group tutorials at every lecture weekend, monthly online tutorials and assigned personal tutors for every student. Both directors, Suzanne and Anneliese, are directly involved in the day to day running of the college and in supporting students throughout their time with IHS. At least one of the directors attends each lecture weekend so as to be available to students for queries, concerns etc. Caroline Noonan, IHS Administrator, is also a recent graduate and gives exceptionally valuable support to students in terms of providing advice on assignments, clinics etc. IHS have a quarterly newsletter and a web blog that updates our students on latest developments in the arena of clinical nutrition, alternative medicine and nutritional therapy.

It is almost unbelievable that I have finally reached the end of 3rd year. The thought of having to take a clinic was daunting, however with the support of lecturers it was an enjoyable experience and has built my confidence in becoming a Nutritional Therapist. I would like to thank all who lectured me over the last three years – their level of knowledge and enthusiasm in imparting it has been superb and has made the course a pleasure to be involved in. Not only have I been academically enriched by the course but the relationships I have developed with my fellow students have been priceless. Thank you all for your support and encouragement over the course of my studies.
Nutritional Therapy Diploma Graduate 2009

5. **Clinical Practice: How many clinics hours are provided?**
Clinical practice should be an integral part of any practitioner training course you choose. Ask for details of the number of clinical hours included on any course you choose and the scope of clinical practice i.e. how exactly will they prepare you for practice. IHS believe that clinical practice is the most important element of training to become a nutritional therapist as we believe that the hands-on application of theory provides the best learning experience. We require our students to have 250 clinic hours by the end of their studies. These hours are reached by attending relevant lectures and clinical practice observation weekends, through in-class role plays, case study based assignments, video linked live cases and then through supervised clinical practice in Year 3 and 4. We begin our clinical practice for students in Year 1 which ensures that they are very familiar and competent with the practice of nutritional therapy by the time they have to take patients in Year 4.

6. **Student satisfaction: How do I know that you really are the best?**
The most direct way to learn about student satisfaction with a college is to talk to students that are studying with the college to determine how satisfied they are with the quality of service. We offer all prospective students the opportunity to come to a lecture and meet with our current students. We constantly monitor student satisfaction by conducting anonymous student satisfaction surveys. This ensures IHS maintains and constantly improves upon its high standards. Many of our graduates also agree to speak with prospective students to help advise them on our courses but also opportunities after graduation.



7. **Built-in Awards: Can I start to practice while I am studying?**
A good course will have appropriate awards built into the course throughout. The IHS diploma in Nutritional Therapy offers a number of built in awards. After Year 1 you will receive the IHS Certificate in Dietary Coaching and may complete an ITEC exam and case studies to receive an ITEC diploma in Nutrition for Complementary Therapists. During Year 2, you can complete an ITEC exam to gain an ITEC diploma in Anatomy & Physiology.

However, it is worth noting that if your ultimate goal is to become a Nutritional Therapist then you should always keep this in mind when choosing your Nutritional Therapy course. Any interim awards offered should not detract from the standard of education you will receive throughout your time at your chosen

college. At IHS we do not exclusively teach Dietary Coaching modules as year 1 of our diploma programme as our extensive experience teaching at different Nutritional Therapy training institutes has demonstrated that to understand the effects of nutritional elements on the body it is vital to study the workings of the human body (anatomy and physiology) alongside the nutritional science. We also believe that, by not introducing scientific subjects until year 2, students are not given the space and time required to build their knowledge in these areas prior to graduation.

Therefore, our course structure is based on the UK model where all accredited institutes teach the basic human sciences from year 1 onwards. Although IHS diploma students may gain their qualification in Dietary Coaching after year 1 (with the additional summer boot camp) we do not open the first year of our diploma to those solely wishing to qualify as a dietary coach without progressing their studies further. This is to avoid a situation whereby teaching needs to be pitched below the level appropriate to potential Nutritional Therapy students. Our main aim in all our courses is to meet the needs of ALL those enrolled on our courses.

8. **Course Recognition: Is this course recognised in Ireland?**
   *NTOI (Nutritional Therapists of Ireland) are the only **independent** professional body that represent nutritional therapists in Ireland. It is important that your qualification allows you to register with a body that is not directly affiliated with any training provider, as this ensures impartiality when setting standards within the industry.* The IHS Diploma in Nutritional Therapy is recognised by this body and on graduation you can become a member and gain your professional insurance to start practicing. Contact NTOI directly for their input on the different nutrition courses available in Ireland. www.ntoi.ie. The IHS diploma is written to the standards outlined in the Nutritional Therapy Council (UK) core curriculum.

9. **What are my career opportunities? What are the college graduates doing now?**
   It is important that you understand not only what career opportunities are open to you upon graduation but also how you may achieve your goals within your chosen field. At IHS we pride ourselves on qualifying competent and confident practitioners. IHS graduates have not only set up their own clinics, but also write for magazines and national media, work with community based projects, one graduate appears as an expert on the Afternoon Show, one graduate is on the board of NTOI, some of our graduates are working overseas to name a few!

10. **What support does the college offer graduates afterwards?**
    As many graduates will become either partially or solely self employed it is important to know that you still have a support system helping you achieve your career goals. IHS have a practitioner listing on our website and offer regular Continuous Professional Development courses. We provide all graduates with information on any upcoming jobs and provide them with material to run local talks and workshops on topical subjects to help build their profiles in their local communities. We send regular emails about upcoming events that may be of interest to them and run annual public seminars to promote the practice of nutritional therapy. All IHS students are given group email accounts with which they can communicate with their class and lecturers during their studies. These remain open after graduation to ensure graduates

can maintain contact with their peers and that IHS can easily inform them of industry news and events.

11. Costs of study: What do the course fees cover?

You should understand and be able to budget for all costs associated with a course prior to enrolment. Be sure to ask all prospective training providers about hidden costs associated with their courses so you do not get any nasty surprises once you commence your studies! IHS course fees are listed later in this prospectus. Our course fees include the cost of course materials, monthly classroom and online tutorials, assignment corrections, clinical practice, exam fees (except for repeats), personal tutor support and cooking days. There are no hidden costs. The only other cost to you will be your course books but IHS have chosen books that will be useful to you throughout your studies and later when you are practicing. We also have an extensive library so that you can borrow books throughout the academic year.

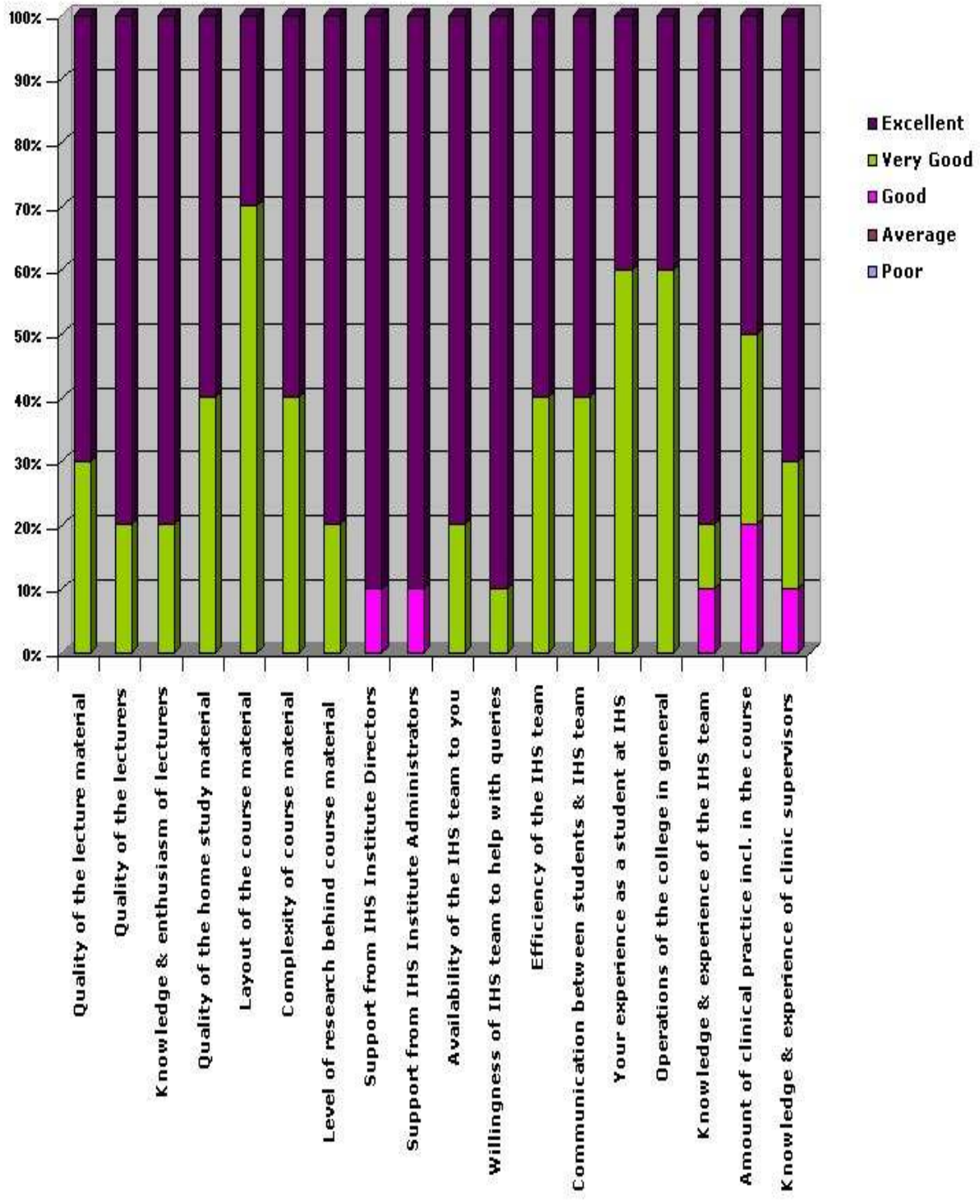
12. Study progression: What options are there for further study after this course?

As degree level programmes in nutritional therapy are not currently available in Ireland it is important to know your options in terms of upgrading your qualification to degree level and above should you wish to. It should be made clear to you by prospective training providers whether options available are exclusive to their students or available to graduates of all Nutritional Therapy diplomas. Any claims can be verified by contacting the relevant education providers. Nutritional therapy graduates from all Irish colleges, including IHS, can currently upgrade their qualifications to BSc and MSc level via distance learning modules from UK and other international training providers (specific details can be provided on request). This process currently involves students independently providing evidence of prior learning which exempts them from modules of their chosen degree programme. IHS are actively working with a UK training provider to formally map our course into their degree programme allowing graduates easier progression into degree level education whilst we work towards offering our own degree programme.

Student Testimonials

At IHS we pride ourselves on our student support service and the quality of our courses. We regularly poll our students to see what we could be doing better. This enables us to make improvements to the course material and process on a frequent basis.

Here are the results of the last student poll conducted in June 2010. Please also see below what some of our students have said about their learning experience with us.



"My time spent studying with IHS was both a very challenging and rewarding experience for me. Studying part-time while juggling work/life can be difficult at times and if it were not for the support and flexibility of the IHS directors and staff if may not have been possible. The strength of the NT diploma course lies in the quality of the lectures, relevant assignments / clinical practice, and experience of the lecturers. I would recommend IHS to anyone serious about a career in nutrition."
IHS Diploma Graduate, 2010

"I truly loved my time studying with IHS. I looked forward to every weekend with enthusiasm as I knew I would be discovering new and interesting information about health. I found the lecturers to be very informative and they all brought a different perspective on nutritional therapy and great insight into how they practise effectively. I loved meeting new people at college with a similar passion for helping people in a natural way. We also learnt so much from each other which was great. The support from the whole IHS team was outstanding and it was never trouble to ring the office and always received an excellent service. I am so delighted I studied with IHS and am now working as a nutritional therapist. I feel very confident with such a great platform behind me."
Alison Kingston, Cork Diploma Graduate 2010

"The quality of the lectures from day one were of a very high standard which gave me great confidence in the course and that it would prepare me to practice as a nutritional therapist. The lecturers and course material challenge you to draw your own conclusions rather than just learning material verbatim. The focus was always on how to apply this knowledge on a practical level and giving up to date referenced scientific studies to back everything up."
Aoife Cronin, Cork Diploma Graduate 2010

"The passion, support and knowledge demonstrated by the tutors for this subject is infectious, you seem to learn by osmosis!"
IHS Diploma Graduate 2010

"I found this course tough but very interesting and it has changed my life and the lives of my family more than i ever imagined. I don't regret doing this course and no mater what i choose to do with this knowledge I have it for life. I had no academic back round, and to have done this course and completed it has given me such a sense of achievement. I love the fact that I can make decisions about my health with confidence."
IHS Diploma Graduate 2010

"It's hard work, but worth the time and effort to become a competent practitioner."
Diploma Graduate 2010

"I really liked the presentation of the material. It reads clearly & logically, piece of information building on piece of information beautifully. I get the impression from your prospectus, that you have put thought into making the subject learnable, and that comes across in the home study and the 'test your knowledge questions'. The questions really open up the subject and make you curious about the reasons for things – it makes you engage. There are no gaps in the information."
Naturopathic Nutrition Student (Homeopath) – Cork

"It is almost unbelievable that I have finally reached the end of 3rd year. The thought of having to take a clinic was daunting, however with the support of lecturers it was an enjoyable experience and has built my confidence in becoming a Nutritional Therapist. I would like to thank all who lectured me over the last three years – their level of knowledge and enthusiasm in imparting it has been superb and has made the course a pleasure to be involved in. Not only have I been academically enriched by the course but the relationships I have developed with my fellow students have been priceless. Thank you all for your support and encouragement over the course of my studies."
Nutritional Therapy Diploma Graduate 2009

I'd just like to say how happy I am to have started the nutrition course with IHS. I am so impressed with the support and professionalism of the course. The lectures were really excellent last weekend, the workbook was a great help, the location, having a director of studies, all these make the course so much easier. I also love the scientific element which will give us a great base. The newsletter was short and relevant – it's so important to know about up and coming events and the piece on the qualities of garlic was just super. Keep it up!"
Diploma Student Year 1

"I have spent many years studying and have been a student in many schools and colleges and not just in Ireland. The IHS has one of the best student support services that I have experienced, and to a student who is studying something totally new and quite complex this is very reassuring. The level of knowledge of the lecturers is excellent, but just as important the lecturers are all first class teachers and can pass on their knowledge. The course material is extremely well laid out and everything on the syllabus was covered in detail. I can highly recommend IHS to anyone wishing to begin, or further a career in the health care industry."
Naturopathic Nutrition (TCM Practitioner & Lecturer) – Dublin

Suzanne Laurie is a fantastic lecturer and so enthusiastic about what she does, that instead of going home really tired after the weekend (as I thought I would be as had a hectic week at work!), I was buzzing with energy and even started my assignment! Really looking forward to the next module and after the weekend, definitely see that the area of naturopathy is where I will be taking my career. Thank you again for putting together such an excellent course."
Naturopathic Nutrition Student – Cork

"Just thought I'd drop you a quick mail to say the first days of the course went really well, the lecturer is fantastic, he makes the lectures so interesting and there is no chance for lack of concentration! Thank you for your assistance and to date I am delighted with my decision to study with IHS."
Medical Science Student (Diploma Year 1) – Dublin

Letter to one of our Lecturers
"It was an immense privilege and a joy to be taught by you. With you teaching the day filled up to bursting point with fascinating, delightful knowledge. I loved every minute of it. Wishing you all the best and looking forward to the next module."
Medical Science Student (Qualified Homeopath)

IHS Courses

IHS offer a range of diploma and certificate courses in nutrition and related health sciences relevant to the modern healthcare environment and suitable for both medical and complementary healthcare professionals or those with minimal or no medical background. We believe a true health practitioner is on a continuous journey of learning, and therefore aim to provide the highest quality, up-to-date, practical training for all those with an interest in nutrition and health.

Diploma in Nutritional Therapy

The IHS diploma in Nutritional Therapy is a 3½ year part time practitioner training course designed to produce confident, safe and effective practitioners of nutritional therapy. The course includes practical and interactive lectures alongside structured home study, tutorial support and clinical practice in order to build students academic and therapeutic skills. Our syllabus is written to cover the UK Nutritional Therapy Council's core curriculum for Nutritional Therapy and aims to uphold the UK's National Occupational Standards for the industry.

Industry Recognition

Students and graduates may register with The Nutritional Therapists of Ireland (NTOI), Ireland's only independent registering body for Nutritional Therapists, and The British Association of Nutritional Therapists (BANT).

Course Content

As with all other IHS courses the diploma in Nutritional Therapy is based on the principles and practice of Functional Medicine, which allows graduates of our programme to understand, utilise and educate others on the most up to date and relevant research in healthcare. The course includes study of the medical sciences (anatomy, physiology and pathology), human nutrition, nutritional therapy, functional medicine, practitioner development and research methods, all of which are taught from basic to advanced level over the course of the programme. There is a strong emphasis on clinical practice throughout the course which is conducted in an appropriate and supported clinical setting. All nutrition lecturers are practicing nutritional therapists and can therefore impart practical as well as academic insight.

The programme content has been specially designed and structured to enable participants to become professional, reflective practitioners with an integrated approach to the nutritional management of chronic disease. The overall aim is to provide an academic and professional qualification in Nutritional Therapy that will equip students with the knowledge, understanding and competencies required to provide comprehensive nutritional advice to individuals and groups in a range of healthcare settings either individually or in collaboration with other healthcare professionals.

IHS Diploma in Nutritional Therapy Outline

Modules	Year 1	Year 2	Year 3	Year 4
	Health, healthcare and nutritional therapy	**Pathophysiology**	**Practitioner development**	**Intensive Clinical Practice (4 month module**)
	Anatomy and physiology	**Nutritional therapeutics**	**Nutritional therapeutics 2**	
	The basics of nutrition	**Nutrition in society**	**Pharmacology and diagnostic tests**	
	Clinical Practice	**Clinical Practice**	**Advanced Clinical Practice**	

POSSIBLE EXIT AND STAND ALONE AWARDS

Year 1
IHS Certificate in Dietary Coaching
ITEC Diploma in Diet and Nutrition for Complementary Therapists

Year 2
IHS Certificate in Dietary Coaching
ITEC Diploma in Anatomy and Physiology (once physiology and pathology module complete)

Year 3
IHS Certificate in Advanced Therapeutics

Exit and Stand Alone Awards
Exit awards have been embedded into the IHS diploma in Nutritional Therapy to allow students to gain interim awards should they wish to begin practicing as a Dietary Coach whilst still working towards their Nutritional Therapy qualification or to defer studies until a later date. In Year 1, students will gain their Certificate in Dietary Coaching which will allow them to begin offering clients dietary advice. Also in Year 1, students have the option to gain the ITEC Diploma in Nutrition for Complementary Therapists. In Year 2, students can achieve the ITEC Diploma in Anatomy and Physiology. In Year 3, students gain a Certificate in Advanced Therapeutics.

Length of Course
The IHS diploma in Nutritional Therapy is a 3 and a half year programme. Whilst this is longer than other similar qualifications currently available in Ireland we feel that this is the minimum length of time required on a part time course to really cover the NTC core curriculum to the depth needed to produce truly confident and effective practitioners. Although IHS run clinical practice throughout our course we find that our intensive clinical practice module at the end of the course, after all theoretical lectures are complete, allows students adequate time to practice their skills in a supportive environment to help build confidence. Students work in small groups of 3 or 4 students with one clinic supervisor making this a hugely valuable practical learning experience.

Assessments
Students are assessed throughout the programme to ensure their knowledge and skills are at an appropriate level. None graded assessments are built into each module so that students can monitor their own progress, receive feedback and develop skills to help them complete graded modular assessments. Graded assessments include practical and relevant activities such as case studies, production of client fact sheets, presentations and role plays as well as exams, essays and reports. Comprehensive feedback is given on all student work to help ensure you gain the maximum benefit from all work completed at IHS.

Lecture weekends and attendance
The IHS academic year runs from late September until late May every year. The diploma involves 10 attendance weekends throughout the year (approximately once per month). IHS also recommend students timetable in approximately 10-15 study hours per month to cover their formal home study material, access other relevant resources and complete assignments. This may increase at intervals throughout the course.

IHS monitors student attendance and suggest a minimum of 80% attendance. However if attendance is not possible students may study material from home with a short tutorial to help focus your attention on the most pertinent areas of the course material. We do recommend students attend as many weekends as possible as all lecturers impart valuable clinical anecdotes and answer many queries during lectures.

Student support
As a diploma student you will be assigned a personal tutor in year 1 to guide and mentor you through the programme. Monthly inclass and online tutorials are also provided to ensure you keep on top of your studies. Either Anneliese and Suzanne (or both) are in attendance at all lecture weekends throughout the year to answer questions, discuss problems or offer additional tutorials to students. We also ensure each year group nominates a class representative who can communicate group questions, problems or suggestions to the directors or lecturers. At IHS we pride ourselves on the level of support offered to students and are always open to further suggestions for developing pastoral care.

Commitment
Embarking on any higher education training is a big commitment and at IHS we understand that many of our students have very full lives outside of their chosen course. We have always prided ourselves on the support we offer students during their time at IHS and can often help you to manage your time and study to make it work within your lifestyle. Should study become too much at any point during the course then the IHS team will endeavor to help reschedule assessments, defer modules etc. However it is important to understand that, prior to committing to this programme, it is a practitioner training course and that students will therefore need to demonstrate a minimum level of academic and practical knowledge in order to be graduated and thereby deemed to be safe to practice. To get the best out of the programme it is important to give time and energy to your studies. Please speak to us prior to enrolling if you are concerned about time commitments in any way.

Deferrals
Sometimes hectic schedules or unexpected life events can mean that it becomes difficult to continue your chosen course. As such, IHS students may defer their studies part way through the diploma course for up to 2 years at the discretion on

the institute directors. Deferral part way through a semester or academic year may necessitate repeating part of the year and all deferrals incur an administration fee. As IHS up date course material on a regular basis any deferrals over 2 years will necessitate the repeating of modules.

Entry requirements
This is a lifelong learning course and students are accepted on to this course through a combination of academic qualifications and relevant life experience.
(i) Normal minimum entry requirements:
The minimum entry standard that an applicant should obtain in the Leaving Certificate is a Grade C3, or better, in two higher level papers, together with a Grade D3 at ordinary level or better in four other subjects. A pass in either Irish or English must be included. A pass in at least one science subject is advantageous. Overseas equivalents are also considered.
(ii) Prior Learning and Prior Experiential Learning:
For entry to the programme applicants with Prior Learning and Experiential Prior Learning will be considered.

All applicants will be interviewed to determine their suitability for the course.

Acknowledgement of prior learning
Students with a prior science (anatomy and physiology) or nutrition background may be eligible to fast track into year 2 of the diploma programme, or may be exempt from individual modules. Evidence of prior learning will be required for exemptions and fast tracking applications to be considered. IHS may require students to sit our anatomy, physiology and pathology examinations to demonstrate their knowledge prior to exemptions being granted.

Students who have obtained an un-accredited qualification in Nutritional Therapy, or have partially completed a Nutritional Therapy programme with another institution will also be eligible for entry onto the diploma programme. These students will be assessed in terms of modules completed in prior studies and will complete all outstanding modules in the diploma programme.

For more details on the IHS Diploma in Nutritional Therapy please contact the office.

Distance Learning Certificate Courses

IHS offer a variety of innovative, academically accredited and industry recognised distance learning courses in the field of Nutrition, Diet and Health. Our range of courses are designed to offer something for anyone with an enthusiasm for nutrition, from those simply wishing to explore a personal interest to those pursuing a new career in the industry. All courses are written by a team of healthcare experts, committed to improving standards of nutrition education in Ireland.

At IHS we provide the highest quality course material to all students ensuring that they can fully immerse themselves in our interactive learning material. Comprehensive student support and practical relevant assessments ensure that you will enjoy a comprehensive learning experience whilst ensuring you are gaining the knowledge you require. There are options in many courses to opt for taught modules that involve practical workshops, cooking demonstrations and field trips to ensure students leave with practical skills as well as a wealth of new knowledge.

Entry requirements

IHS does not have any formal entry requirements for our distance learning courses. Anybody with a passion for food, nutrition and health is very welcome. However, all IHS distance learning courses require dedication and commitment.

Students wishing to complete the ITEC exam and case studies at the end of the Dietary Coaching Certificate courses (Nutrition and Health, and Sports Nutrition) in order to apply for the ITEC Diploma in Diet and Health for Complementary Therapists should hold a certificate in another complementary therapy.

Course format

The format of all IHS distance learning certificate courses are modular allowing you to direct the progress of your learning. Structured home study allows you to complete each module in the comfort of your own home, at your own pace. Mutually agreed goals and milestones ensure that you will remain focused while still allowing you flexibility.

Course material

Comprehensive course material is supplied to all distance learning students on a module by module basis. This includes all course notes, details of assessments and recommendations for additional reading. At the beginning of each course students also receive supporting documents to help enhance their study experience including the IHS distance learning handbook, course handbook and study skills guide.

Assessments

All our distance learning courses contain assessments attached to each module. These assessments are both graded and ungraded. Ungraded assessments are in form of multiple choice questions (allowing students to assess their own understanding), and short answer questions, which are submitted for review and feedback from your personal tutor. Students are also required to submit a graded assignment with each module. These are all relevant and practical activities such as assessing diets, producing fact sheets, producing diet plans and case studies which will help build your practical skills as well as your theoretical knowledge base.

Student support
As a student you will be assigned a personal tutor to guide and mentor you through the programme. Regular online tutorials are provided so that you receive the support that you need throughout the course and comprehensive feedback is given on your progress.

Progression onto other courses
The majority of the IHS certificates in distance learning are a combination of core modules focusing on the fundamentals of nutrition and health. Therefore those who complete either individual distance learning modules, or one of our 3 module certificate courses will have already completed key modules from our 5 module dietary coaching courses. Topping up to dietary coaching level is therefore easily achieved simply by completing the necessary top up modules. Some students may also wish to use their certificate qualifications to fast track into our Diploma in Nutritional Therapy. IHS have a formal fast tracking procedure in place that allows dietary coaching students to complete bridging modules and assignments to allow them progression onto year 2 of our diploma course. Please contact the office for further details.

Try Before You Buy
At IHS we understand that committing to any course is a big undertaking and that distance learning does not work for everyone. Therefore we allow all potential distance learning students the chance to sample a module of the course free of charge. Once this is completed and should you wish to continue with your studies then you simply pay for the course at that point. If you decide you do not wish to continue with the course you may simply stop at this point with no charges incurred.

Certificate in Dietary Coaching: Nutrition and Health

This ITEC accredited distance learning course is designed to instruct students in the principles of healthy eating taking into context the current Western diet, lifestyle and health issues. The course offers strategies for personal change but also develops skills for coaching others towards a sustainable healthier future. It is ideal for individuals who wish to gain a practical knowledge of diet and nutrition in order to advise clients in formulating healthy eating programmes for weight loss and to improve general health and wellbeing. It is also prefect for those wishing to improve their knowledge of diet and nutrition in order to benefit their own health and that of their families.

Certificate in Dietary Coaching: Nutrition and Health Course Outline

Module	Module Content
MODULE 1 PART 1 The Western Diet and Lifestyle and Health	The typical Irish diet and lifestyle Food processing/manufacturing methods The effects of refined foods on health Medical conditions associated with modern diet and lifestyle
MODULE 1 PART 2 Understanding the Human Body and Health	The nutrition requirements of different systems of the body Digestion: Bowel flora and health, The effects of poor digestion on health, Supporting digestion Key factors in disease progression in the West: Immune dysfunction, Free radical damage, Stress, Toxicity
MODULE 2 PART 1 Micronutrients and Health	Vitamins, minerals and phytonutrients
MODULE 2 PART 2 Macronutrients and Health	Protein, carbohydrates and fats
MODULE 3 PART 1 Food groups and Health	Different food groups Common food allergies and intolerances and how to avoid them Healthy alternatives to common foods: adding variety to the diet Food additives and preservatives Natural food toxins and non food based toxins
MODULE 3 PART 2 Meal Planning for Health	Planning dietary and lifestyle programmes Novel foods and how to use them Maximising the nutrient content of food groups Healthy eating on a budget Growing your own: Vegetables, Herbs, Fruit Nutrition for different life stages
MODULE 4 PART 1 Weight Loss and Detoxification	Overweight and obesity Barriers to weight loss Common toxins and their affects on health Detoxification and cleansing Acid and alkaline balance in the body
MODULE 4 PART 2 Managing Health with Nutrition	Different ways of eating and their affects on health: e.g. Macrobiotics, Vegetarianism and veganism, The Mediterranean diet, The Eastern approach to diet The affects of diet on common disorders
MODULE 5 PART 1 Supplements and Herbs	The key bodies governing food and supplements in Ireland The concepts and importance of: Organic, GM, Sustainability, Local/food miles, Seasonality Basic supplements for dietary coaching Introduction to herbs used for common health disorders Using herbs in cooking, teas etc, over the counter remedies
MODULE 5 PART 2 Dietary Coaching **IN CLASS**	Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills Food labelling Cooking demonstration

Additional Add On Modules – Optional

Additional modules can be completed as add-ons to your Certificate in Dietary Coaching: Nutrition and Health if you wish to study some more specialized topics. Current add-on options include:

- Sports Nutrition
- Western Herbs

Accreditation
The IHS certificate in Dietary Coaching: Nutrition and Health is accredited by ITEC. Students who complete the course and who hold a certificate in another complementary therapy may sit and ITEC exam in order to receive their diploma in Diet and Health for Complementary Therapists.

Length of course
As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 1 year. To avoid having to repeat modules all students must complete the course within 3 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Please note: Those students who feel they may wish to progress to the IHS Diploma in Nutritional Therapy but are unsure when enrolling may complete the first year of the diploma course. At the end of the year they may choose to leave with an IHS Certificate in Dietary Coaching or they may continue on with the diploma. Students who complete the certificate by distance learning will need to complete some bridging modules should they wish to continue with the Diploma in Nutritional Therapy as the first year of the diploma contains additional material to the Dietary Coaching Certificate. You are welcome to discuss your options with any member of the IHS team.

Certificate in Dietary Coaching: Sports Nutrition

This ITEC accredited distance learning course is designed to impart the very latest cutting edge research on performance nutrition (based on the functional medicine model) to sports and fitness professionals/enthusiasts. The focus of the course is using diet and nutrition to maximise physical performance, weight loss, muscle building, endurance and general health. We examine the problems with current sports nutrition approaches, overweight issues and ill-health in the context of the modern Western diet and examine common barriers to fitness and peak performance.

The course offers strategies for personal change but also develops skills for coaching others towards a sustainable healthier future using food, nutrients, supplements and herbs to support performance and optimum health. Students are given practical knowledge on diet and nutrition in order to advise clients in formulating healthy eating programmes with a focus on maximizing physical performance. This course is ideal for professionals who wish to add another dimension to physical fitness training advice.

Certificate in Dietary Coaching: Sports Nutrition Course Outline

Module	Module Content
MODULE 1 PART 1 The Western Diet and Lifestyle and Health	The typical Irish diet and lifestyle Food processing/manufacturing methods The effects of refined foods on health Medical conditions associated with modern diet and lifestyle
MODULE 1 PART 2 Understanding the Human Body and Health	The nutrition requirements of different systems of the body Digestion: Bowel flora and health, The effects of poor digestion on health, Supporting digestion Key factors in disease progression in the West: Immune dysfunction, Free radical damage, Stress, Toxicity
MODULE 2 PART 1 Micronutrients and Health	Vitamins, minerals and phytonutrients
MODULE 2 PART 2 Macronutrients and Health	Protein, carbohydrates and fats
MODULE 3 PART 1 Food groups and Health	Different food groups Common food allergies and intolerances and how to avoid them Healthy alternatives to common foods: adding variety to the diet Food additives and preservatives Natural food toxins and non food based toxins
MODULE 3 PART 2 Meal Planning for Health	Planning dietary and lifestyle programmes Novel foods and how to use them Maximising the nutrient content of food groups Healthy eating on a budget Growing your own: Vegetables, Herbs, Fruit Nutrition for different life stages
MODULE 4 PART 1 Weight Loss and Detoxification	Overweight and obesity Barriers to weight loss Common toxins and their affects on health Detoxification and cleansing Acid and alkaline balance in the body
MODULE 4 PART 2 Nutrition for Optimum Performance	Nutritional requirements of sports enthusiasts and athletes Strength & endurance athletes Nutrition for sports related conditions Nutrition for increasing energy Nutrition for vegan and vegetarian athletes
MODULE 5 PART 1 Supplements and Herbs	The key bodies governing food and supplements in Ireland The concepts and importance of: Organic, GM, Sustainability, Local/food miles, Seasonality Basic supplements for dietary coaching Introduction to herbs used for common health disorders Using herbs in cooking, teas etc, over the counter remedies
MODULE 5 PART 2 Dietary Coaching **IN CLASS**	Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills Food labelling Cooking demonstration

Additional Add On Modules – Optional

Additional modules can be completed as add-ons to your Certificate in Dietary Coaching: Nutrition and Health if you wish to study some more specialized topics. Current add-on options include:

- Managing Health with Nutrition
- Western Herbs

Accreditation
The IHS certificate in Dietary Coaching: Sports Nutrition is accredited by ITEC. Students who complete the course and who hold a certificate in another complementary therapy may sit and ITEC exam in order to receive their diploma in Diet and Health for Complementary Therapists.

Length of course
As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 1 year. To avoid having to repeat modules all students must complete the course within 3 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Certificate in Diet and Health

This distance learning course is an introduction to the practice of using diet, food and nutrition to promote optimal health and examines the impact of the modern-day diet on health whilst exploring how farming and processing practices affect the quality of our food. The main focus of this course is on the practical use of food to promote optimum health for yourself and for your family.

The course covers an array of vital nutritional topics with a focus on the following therapeutic areas: the importance of digestive health and how problems here can lead to a variety of health conditions, nutrition for common chronic health conditions, meal planning and maximising the nutrient content of foods; functions of essential nutrients and their deficiency and toxicity symptoms.

Certificate in Diet and Health Course Outline

Module	Module Content
MODULE 1 PART 1 The Western Diet and Lifestyle and Health	The typical Irish diet and lifestyle Food processing/manufacturing methods The effects of refined foods on health Medical conditions associated with modern diet and lifestyle
MODULE 1 PART 2 Understanding the Human Body and Health	The nutrition requirements of different systems of the body Digestion: Bowel flora and health, The effects of poor digestion on health, Supporting digestion Key factors in disease progression in the West: Immune dysfunction, Free radical damage, Stress, Toxicity
MODULE 2 PART 1 Micronutrients and Health	Vitamins, minerals and phytonutrients
MODULE 2 PART 2 Macronutrients and Health	Protein, carbohydrates and fats
MODULE 3 PART 1 Food groups and Health	Different food groups Common food allergies and intolerances and how to avoid them Healthy alternatives to common foods: adding variety to the diet Food additives and preservatives Natural food toxins and non food based toxins
MODULE 3 PART 2 Meal Planning for Health	Planning dietary and lifestyle programmes Novel foods and how to use them | Growing your own: Veg, Herbs, Fruit Maximising the nutrient content of food groups Healthy eating on a budget Nutrition for different life stages

Additional Add On Modules – Optional
All graduates of the certificate in Diet and Health can complete 2 additional modules to gain the IHS Certificate in Dietary Coaching: Nutrition and Health or Sports Nutrition. Additional individual modules may also be completed if you wish to study some more specialized topics. Current add-on options include:

- Weight Loss and Detoxification
- Supplements and Herbs
- Western Herbs

Length of course
As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 6 months. To avoid having to repeat modules all students must complete the course within 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Certificate in Naturopathic Nutrition

This distance learning course was initially designed for qualified healthcare practitioners and therapists with the purpose of ensuring any nutritional advice being given to their clients is based on up to date research and is safe and effective. It is a perfect adjunct to any therapy and will enhance your own health as well as your current or future practice. It is however open to anyone with an enthusiasm the subject and a basic understanding of anatomy and physiology (this can be obtained through a short IHS add on module).

The course imparts students with an understanding of nutritional biochemistry whilst focusing on the practical use of food and supplements to promote optimum health based on the functional medicine model. It covers an array of vital nutritional topics with a focus on the following therapeutic areas: nutrition for common chronic health conditions, meal planning and maximising the nutrient content of foods; toxicity and detoxification; weight loss, functions of essential nutrients and their deficiency and toxicity symptoms.

I absolutely loved the certificate in naturopathic nutrition. It inspired me to make changes in my own life to benefit my health and that of my families. My clients also love the nutritional advice that I can now give them as part of my service. I have had some great results with the detoxification programme. Thanks to all the staff at IHS. The lectures were fascinating - I never wanted them to be finished! All of the lecturers were inspirational – they all know so much. I made some good contacts on the course as well. I will definitely be back to do another course with IHS. Thanks to you sincerely.
Naturopathic Student, Massage Therapist, Galway

Certificate in Naturopathic Nutrition Course Outline

Module	Module Content
MODULE 1 PART 1 Micronutrients and Health	Vitamins, minerals and phytonutrients
MODULE 1 PART 2 Macronutrients and Health	Protein, carbohydrates and fats
MODULE 2 PART 1 Food groups and Health	Different food groups Common food allergies and intolerances and how to avoid them Healthy alternatives to common foods: adding variety to the diet Food additives and preservatives Natural food toxins and non food based toxins
MODULE 2 PART 2 Meal Planning for Health	Planning dietary and lifestyle programmes Novel foods and how to use them Maximising the nutrient content of food groups Healthy eating on a budget Growing your own: Vegetables, Herbs, Fruit Nutrition for different life stages
MODULE 3 PART 1 Weight Loss and Detoxification	Overweight and obesity Barriers to weight loss Common toxins and their affects on health Detoxification and cleansing Acid and alkaline balance in the body
MODULE 3 PART 2 Managing Health with Nutrition	Different ways of eating and their affects on health: e.g. Macrobiotics, Vegetarianism and veganism, The Mediterranean diet, The Eastern approach to diet The affects of diet on common disorders

Additional Add On Modules – Optional

All graduates of the certificate in Naturopathic Nutrition can complete 2 additional modules to gain the IHS Certificate in Dietary Coaching: Nutrition and Health or Sports Nutrition. Additional individual modules may also be completed if you wish to study some more specialized topics. Current add-on options include:

- Managing Health with Nutrition
- Western Herbs

Accreditation

Graduates of the certificate in Naturopathic Nutrition whom already have a recognised CAM therapy can apply to ARCHTI for membership. This course has also been awarded continuous development points by the following professional organisations:

- Irish Assoc. for Craniosacral Therapy (IACST) – 100 CPD Points
- National Register of Reflexologists – 100 CPD Points

Length of course

As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 6 months. To avoid having to repeat modules all students must complete the course within 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Certificate in Performance Nutrition

This distance learning course is ideal for fitness professionals who wish to add another dimension to physical fitness training advice. It is designed with the purpose of ensuring any nutritional advice being given to their clients is based on the most up to date research to help maximize their client's performance even further. It is a perfect adjunct to any sports related career and will enhance your own health as well as your current or future clients. It is however open to anyone with an enthusiasm the subject and a basic understanding of anatomy and physiology (this can be obtained through a short IHS add on module).

It is designed to impart the very latest cutting edge research on performance nutrition (based on the functional medicine model). The focus of the course is using diet and nutrition to maximise physical performance, weight loss, muscle building, endurance and general health. We examine the problems with current sports nutrition approaches, overweight issues and ill-health in the context of the modern Western diet and examine common barriers to fitness and peak performance. Students are given practical knowledge on formulating healthy eating programmes using food, nutrients, supplements and herbs with a focus on maximizing physical performance and maintaining optimum health.

Certificate in Performance Nutrition Course Outline

Module	Module Content
MODULE 1 PART 1 Micronutrients and Health	Vitamins, minerals and phytonutrients
MODULE 1 PART 2 Macronutrients and Health	Protein, carbohydrates and fats
MODULE 2 PART 1 Food groups and Health	Different food groups Common food allergies and intolerances and how to avoid them Healthy alternatives to common foods: adding variety to the diet Food additives and preservatives Natural food toxins and non food based toxins
MODULE 2 PART 2 Meal Planning for Health	Planning dietary and lifestyle programmes Novel foods and how to use them Maximising the nutrient content of food groups Healthy eating on a budget Growing your own: Vegetables, Herbs, Fruit Nutrition for different life stages
MODULE 3 PART 1 Weight Loss and Detoxification	Overweight and obesity Barriers to weight loss Common toxins and their affects on health Detoxification and cleansing Acid and alkaline balance in the body
MODULE 3 PART 2 Nutrition for Optimum Performance	Nutritional requirements of sports enthusiasts and athletes Strength & endurance athletes Nutrition for sports related conditions Nutrition for increasing energy Nutrition for vegan and vegetarian athletes

Additional Add On Modules – Optional
All graduates of the Certificate in Sports Nutrition can complete 2 additional modules to gain the IHS Certificate in Dietary Coaching: Sports Nutrition. Additional individual modules may also be completed if you wish to study some more specialized topics. Current add-on options include:

- Managing Health with Nutrition
- Western Herbs

Length of course
As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 6 months. To avoid having to repeat modules all students must complete the course within 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Additional In-class Lecture Weekends

At IHS we aim to give every student as much flexibility in their studies as possible. To that end there are a number of lecture weekends (running for students on the IHS Diploma in Nutritional Therapy) during the 2010-11 academic year that students enrolled on the certificate courses above may wish to attend at a small extra cost to their course. This allows every student to benefit from face to face time with experienced clinicians and other students whilst still maintaining the flexibility of learning offered by distance learning programmes. The following table details which lecture weekends are suitable for certificate students but please contact the office to discuss this further.

	WEEKEND	Lecture & Home Study Content	
		Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
SEMESTER 1	**YEAR 1 HEALTH, HEALTHCARE AND NUTRITIONAL THERAPY** 2nd & 3rd October	The history of healthcare The concept of health: Factors affecting health & healthcare The modern Western diet and lifestyle Different ways of eating and their affects on health Medical conditions associated with modern diet and lifestyle Key factors in disease progression in the West Different healthcare models: Orthodox, functional medicine, CAM The fundamentals of being an Nutritional Therapist The importance of research in healthcare The importance of reflection in independent learning and in healthcare practice	
	YEAR 1 THE BASICS OF NUTRITION PART 2 11th & 12th December	Carbohydrates Lipids Overweight and obesity Anorexia nervosa and bulimia Adverse effects of malnutrition	
	YEAR 1 THE BASICS OF NUTRITION PART 3 8th & 9th January	Minerals (macro and micro) Vitamins The Phytonutrients Nutritional supplements How to use basic supplements for therapeutic gain, Basic vitamin and mineral formulations, Single supplements, Nutrient complexes	

SEMESTER 2	**YEAR 1** **THE BASICS OF NUTRITION PART 4** 2nd & 3rd April	Food Groups Healthy alternatives to common foods: adding variety to the diet Common anti nutrients and natural toxins Non food based toxins: smoking, cooking and storage vessels, medication Reducing toxins in the diet and lifestyle – basic introduction Acid and alkine balance in the body The nutrition requirements of different systems of the body (brief introduction) The affects of poor digestion and absorption on health Bowel flora and health Supporting digestion
	YEAR 1 AND 2 **NUTIRITON IN SOCIETY PART 1** 21st and 22nd May Venue for cooking demo: TBC **NB: Saturday afternoon only**	Cooking demonstration (Saturday afternoon) The effects of cooking on food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Healthy eating on a budget Sunday and home study: Food labelling Basic novel foods and how to use them Growing your own: Vegetables, herbs, fruit Whole food initiatives: The slow food movement, GIY (Grow it yourself) Introduction to herbs used for common health disorders Food - from farm to fork (Ireland): Regulatory bodies, State departments and agencies, Traceability, Implications on our industry Food processing/manufacturing methods EU food regulation Organic food
	YEAR 1 AND 2 **NUTRITION IN SOCIETY PART 2** 18th and 19th June	The physiology of and nutrition for different groups of the population: Possible physiological, metabolic and endocrine changes Vulnerable groups The affects of diet on common disorders Using questionnaires for Dietary Coaching Producing diet plans and fact sheets Case studies Counselling skills

Please note: these are topics that are already covered in the distance learning material supplied to certificate course students. Material from some weekends may not be relevant to all certificate courses so please call the office to discuss your options.

Certificate in Western Herbs

This distance learning course teaches the safe and effective use of basic Western Herbs to those who are already working in healthcare. It includes information on the principles of herbal medicine, the actions of a number of medicinal and culinary herbs and possible interactions between different herbs and prescription medication commonly used by the general public.

After completing this course, students should have enough information to confidently offer recommendations for herbs as an adjunct to their existing practice. It will not provide the depth of knowledge required to achieve full practitioner status. Although IHS is happy to open this course to non practitioners, a certified knowledge of Anatomy & Physiology is required. Each non-standard applicant will be interviewed to determine their suitability for the course.

Certificate in Western Herbs Course Outline

Module	Content
MODULE 1 An Introduction to Western Herbal Medicine	Introduction; history of herbal medicine Use of herbs in different cultures Forms of herbs – methods of administration Basic plant anatomy and physiology Basic plant biochemistry Actions of herbs Safety issues in Western herbal medicine
MODULE 2 Materia Medica	Herbs commonly used in WHM Herbs will be studied in systems, and study will include: Latin and common names, active constituents, actions, uses in WHM, dosage levels, contraindications, adverse effects & safety in pregnancy
MODULE 3 Therapeutics	Combining herbs together to form basic formulas that can be used for common conditions (conditions will be studied according to systems in the body) and study will include: herbal philosophies with regards to treating systems in the body; treatment strategies for common conditions; basic pathology for each condition addressed

Additional Add On Modules – Optional

Additional individual modules may also be completed if you wish to study some more specialized topics. Current add-on options include:

- Managing Health with Nutrition
- Detoxification and weight loss
- Sports nutrition

Accreditation

This course has been awarded continuous development points by the following professional organisations:

- Nutritional Therapists of Ireland (NTOI) – 15 hours CPD
- Irish Assoc. for Craniosacral Therapy (IACST) – 100 CPD Points
- National Register of Reflexologists – 100 CPD Points

Length of course

As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 6 months. To avoid having to repeat modules all students must complete the course within 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Foundation in Human Sciences

At IHS we find that many students wishing to embark on a course in nutrition, whether for professional or personal gain, have little or no science background. We have therefore developed a foundation course in basic sciences for those who feel they would benefit from an introduction to the human sciences prior to embarking on a certificate or diploma course wither with IHS or another college. IHS may request that potential diploma students with no science background complete this course (or another similar course) prior to enrolment on the diploma in Nutritional Therapy.

This course is designed to introduce the basic concepts and principles of those science subjects relevant to those wishing to work in the healthcare industry or simply wishing to gain a better understanding of how the human body works.

Module	Content
MODULE 1 PART 1 **Introduction to Human Sciences**	Biohemistry, chemistry, human biology, anatomy and physiology, pathophysiology How they relate to nutritional therapy
MODULE 1 PART 2 **The basics units of life**	Energy production and transfer Atoms, molecules and compounds The periodic table Bonds | Water
MODULE 2 PART 1 **Building blocks of the body**	The cell Tissues
MODULE 2 PART 2 **How the human body works**	Metabolism Homeostasis Transport Control and transport systems in the body

Additional Add On Modules – Optional

This course may be used as a foundation to move onto any of the other IHS courses outlined in this prospectus.

Length of course

As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 3 months. To avoid having to repeat modules all students must complete the course within 1 year as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Certificate in Anatomy and Physiology

This ITEC accredited distance learning certificate course forms part of the IHS diploma in Nutritional Therapy but may also be completed as a stand alone qualification for those interested in gaining a solid background in the study of anatomy and physiology prior to furthering their studies in the health sciences. This course takes a comprehensive look at all systems of the body, how they function and related pathologies from a health sciences perspective. Please note: students on the IHS certificate in Anatomy and Physiology have the option to attend a number of relevant in-class lectures and boot camps throughout the 2010-11 academic year at a small extra cost (please see tables below).

Students with no science background may choose to complete the IHS Foundation course in Basic Sciences (see separate module outline) prior to embarking on the Certificate in Anatomy and Physiology. Please contact the IHS office to discuss your requirements.

Module	Module Content
ANATOMY AND PHYSIOLOGY PART 1 **NB: some topics from module 1 part 1 may be covered at in class lectures and boot camps**	**Cells:** : Structure and function of the major components of the cell **Tissues:** Epithelial and connective tissue **Basic biochemistry:** Atoms, molecules, compounds, Protons, electrons, Bonds **Water:** Chemical structure and biological properties, Buffering **How the human body works:** homeostasis, control systems, transport systems **Building Blocks of Life:** Polymers (proteins, carbohydrates, lipids, nucleotides) **Introduction to energy production:** cellular respiration: Processes involved in producing and using energy in the body, importance of metabolic reactions **Enzymes:** Definition and mechanism of action, Factors regulating enzyme function, Coenzymes and cofactors, Competitive and non-competitive inhibition **Musculoskeletal System:** Bones: Axial and Appendicular Skeleton, The major bones of the body, The anatomy and histology of compact and spongy bone, The process of ossification, Bone growth, Classification of joints, Calcium homeostasis**.** Muscles: Skeletal, cardiac and smooth muscle, Neuromuscular junctions and skeletal muscle contraction **Digestive System:** Gross anatomy, Physiological functions, The accessory organs, The digestion of carbohydrates, proteins and fats, Enzymes and their action in digestion, Hormones and their action in digestion **Urinary system:** The gross anatomical and histological structure of the kidney, ureters, bladder, and urethra, The blood supply to the kidney, The structure of the nephron and its related functions, The basic process of urine formation **Electrolyte balance:** "Fluid balance," "electrolyte balance," and "acid-base balance", The compositions of intracellular and extracellular fluids and how this balance is maintained, The hormones, compensatory and buffering systems that play important roles in regulating fluid and electrolyte balance **Cardiovascular system:** The anatomy and physiology of the heart, The anatomical and histological structure and function of blood vessels, Homeostasis of blood pressure, Systole, diastole, cardiac cycle, heart sounds, The conduction system of the heart, Cardiac output, stroke volume, heart rate (and factors influencing these) **Blood:** The key functions of the blood, The composition of blood and its components, Different blood groups and typing **The skin:** The structure and functions of skin **The special senses:** The sensory organs, Their structure and functions, Their pathways to the brain

ANATOMY AND PHYSIOLOGY PART 2 **NB: some topics from module 1 part 2 may be covered at in class boot camps**	**Lymphatic System:** Functions and anatomical organization, The structure and function of the lymph vessels (lymph capillaries, lymphatics, lymph ducts), The structure and function of lymph nodes, thymus, tonsils, spleen and Peyers patches **The Immune System:** Non-specific and specific defences, The components of the immune system, The different stages of inflammation, Humoral immunity and cell-mediated immunity, Hypersensitivity reactions, The Healing Process and Scar Formation **Reproductive system:** The anatomy and functions of the male reproductive organs, Spermatogenesis, spermiogenesis, The anatomy and functions of the female reproductive tract, The menstrual cycle, The process of fertilization, implantation, embryonic development, birth, lactation, The menopause **Genetics:** Genotypes, phenotypes, genes, inheritance, mutations **Endocrine System:** Intercellular communication, Paracrine and autocrine systems, Hormones, Endocrine organs and glands, Receptors, Target cells **The nervous system:** The functions of the nervous system, The structures of the nerve cell, Classifications of the nervous system, The names and functions of the cranial nerves 1 to 12, The autonomic nervous system, Neuroglial cells and functions, The blood-brain barrier, The function of the different lobes of the brain, The structure and functions of the spinal chord and meninges, The physiology of the nerve impulse, The structure and physiology of the synapse **Respiratory System:** The anatomical components and functions of respiratory system, The mechanics of breathing, Respiratory Rate, Respiratory Volumes, Gas Exchange, The oxygen Haemoglobin Saturation Curve, The control of Respiration
PATHO-PHYSIOLOGY **NB: some topics from module 1 part 2 may be covered at in class boot camps**	Pathologies of: The immune system, digestive system, cardiovascular system, urinary system, lymphatic system, skin, respiratory system, the special sense organs, endocrine system, nervous system and musculoskeletal system. Relevant orthodox treatments for the above, plus supporting information on prognosis, related pathologies and prevalence/epidemiology **Material may be studied alongside the relevant systems identified in the Anatomy and Physiology module**

IHS runs a number of lecture weekends and 'boot camps' relevant to all anatomy and physiology students during the academic year from Sept -May. If you wish to attend any of the lectures or boot camps below then please contact the IHS office. We recommend that any students attending the boot camps study all material relating to the topics covered prior to the weekend to ensure they get the most from it.

WEEKEND	**Lecture & Home Study Content**	
	Saturday (9.00am-6.00pm) *** 9.00am-10.00am – tutorial**	**Sunday (9.30am-4.30pm)**
PATHO-PHYSIOLOGY PART 1 2nd & 3rd October	Immunology: Non-specific and specific defences, The components of the immune system, The different stages of inflammation, Humoral immunity and cell-mediated immunity, Hypersensitivity and allergic reactions, IgE, IgG and cellular mediated reactions, The role of GALT and IgA in intolerance reactions, The Healing Process and Scar Formation Disorders and diseases of the immune system and digestive system Reproductive system: The anatomy and functions of the male reproductive organs, Spermatogenesis, spermiogenesis, The anatomy and functions of the female reproductive tract, The menstrual cycle, The process of fertilization, implantation, embryonic development, birth, lactation, The menopause Diseases and disorders associated with the reproductive system	

ANATOMY & PHYSIOLOGY PART 1 30th & 31st October	An introduction to A and P Cells: Structure and function of the major components of the cell Tissues: Epithelial and connective tissue Basic biochemistry: Atoms, molecules and compounds, Protons and electrons, Bonds Water: Chemical structure and biological properties, Buffering How the human body works: homeostasis, control systems, transport systems Building Blocks of Life: Polymers (proteins, carbohydrates, lipids, nucleotides) Introduction to energy production: cellular respiration: Processes involved in producing and using energy in the body, The importance of metabolic reactions Enzymes: Definition and mechanism of action, Factors regulating enzyme function, Coenzymes and cofactors, Competitive and non-competitive inhibition
PATHO-PHYSIOLOGY PART 2 11th & 12th December	Endocrine System: Intercellular communication, Paracrine and autocrine systems, Hormones, Endocrine organs and glands, Receptors, Target cells The nervous system: The functions of the nervous system, The structures of the nerve cell, Classifications of the nervous system, The names and functions of the cranial nerves 1 to 12, The autonomic nervous system, Neuroglial cells and functions, The blood-brain barrier , The function of the different lobes of the brain, The structure and functions of the spinal chord and meninges, The physiology of the nerve impulse, The structure and physiology of the synapse Diseases and disorders associated with the endocrine system, nervous system and musculoskeletal system
ANATOMY & PHYSIOLOGY PART 2 5th & 6th February	Anatomy and Physiology boot camp (Module 1 material)
PATHO-PHYSIOLOGY PART 2 2nd & 3rd April	Pathophysiology boot camp
ANATOMY & PHYSIOLOGY PART 3 7th and 8th May	Anatomy and Physiology boot camp (Module 2 material) Revision for exam

Additional Add On Modules – Optional
This course may be used as a foundation to move onto any of the other IHS courses outlined in this prospectus.

Accreditation
The IHS certificate in Anatomy and Physiology is accredited by ITEC.

Length of course
As this course is a distance learning programme, you may study at your own pace. However at IHS we recommend that most students aim to complete the course in 6 months to 1 year. To avoid having to repeat modules all students must complete the course within 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Continual Professional Development Courses

IHS is committed to improving standards in the practice of Nutritional Therapy and Complementary Therapies in Ireland. We have therefore developed a series of courses and 'master classes' based on the principles of functional medicine, and the latest research and advancements in healthcare practice. The courses and classes use case studies, research, functional medicine principles and practice techniques and discussion to encourage sharing of best practice within the modern healthcare arena. All students receive comprehensive lecture material.

Certificate in Advanced Practitioner Training

With the help of leading experts in the UK, IHS has embedded the principles of functional medicine into all its courses. Therefore all students training on the IHS diploma in Nutritional Therapy use the functional medicine model throughout their clinical practice. This model allows students to apply the latest theories and most relevant methods of interpretation and analysis to all clients, maximising their clinical results and allowing them to communicate effectively and confidently with other healthcare professionals.

IHS has developed the Certificate in Advanced Practitioner Training to allow Nutritional Therapists not trained in the Functional Medicine model to advance their clinical skills and increase their confidence in practice. All lectures and clinical practice weekends are taught by experienced clinicians from both the UK and Ireland who are adept at applying the principles of functional medicine to the practice of Nutritional Therapy. The course consists of 3 lecture weekends, covering the 6 key biochemical imbalances identified by the Functional Medicine model, and 3 clinical practice weekends where students can put their theoretical knowledge into practice by working through case studies.

Certificate in Advanced Clinical Training Course Outline

MODULE 1	Lecture & Home Study Content	
	Saturday (9.00am-6.00pm)	Sunday (9.30am-4.30pm)
LECTURE W/E 1 MODULE 1 PART 1 NUTRITIONAL THERAPEUTICS 30th & 31st October	Key functional medicine imbalances: Immune and inflammatory, Digestive and absorptive, Microbiological Bowel flora: Dietary and lifestyle effects on bowel flora composition, Bowel flora supplementation Th1-Th2 imbalances and associated conditions, Nutrition and inflammation, Nutrition and intolerances/allergies Supporting and modulating the immune system and digestive system with diet and nutrients	
LECTURE W/E 2 MODULE 1 PART 2 NUTRITIONAL THERAPEUTICS 20th & 21st November	Key functional medicine imbalances: Detoxification and biotransformation, Oxidation reduction imbalances Detoxification and toxic elimination: Phase 1 and 2 detoxification pathways, Problems with imbalances in the detoxification pathways, Foods and nutrients that support phase 1 and 2 detoxification, Limiting toxic intake through diet and lifestyle, Acid and alkaline diets	
LECTURE W/E3 MODULE 1 PART 3 NUTRITIONAL THERAPEUTICS 8th & 9th January	Key functional medicine imbalances: Structural + hormonal and neurotransmitter The physiological effects of chronic stress, The HPA axis and general adaptation syndrome, The effects of stress on general health and different systems of the body Therapeutics for the nervous and endocrine systems: Blood sugar regulation, Basic dietary and lifestyle management for stress, thyroid conditions, infertility and reproductive hormone imbalances Foods and nutrients for supporting the musculoskeletal system	

****Please note: The above lecture weekends may also be completed as home study**

MODULE 2	Weekend Content	
	Saturday (9.00am-6.00pm)	Sunday (9.30am-4.30pm)
CLINICAL PRACTICE W/E1 MODULE 2 PART 1 5th & 6th February	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	
CLINICAL PRACTICE W/E 2 MODULE 2 PART 2 16th & 17th April	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	
CLINICAL PRACTICE W/E 3 MODULE 2 PART 3 7th and 8th May	Classroom based case studies and group activities. Case study materials will be provided in advance of the weekend.	

Entry Requirements
Those wishing to complete the IHS Certificate in Advanced Clinical Training should hold a Diploma in Nutritional Therapy or relevant clinical qualification in the field of nutrition and healthcare. Other applicants will be considered on an individual basis.

Assessment
Due to the clinical nature of this course students will be assessed using case studies after each module.

Accreditation
This course has been awarded continuous development points by the following professional organisations:

- Nutritional Therapists of Ireland (NTOI)

Length of course
This course 1 academic year in duration if taken as 2 taught modules. However module 1 may be completed as distance learning making the duration of the course flexible. Students may also decide to complete either module 1 or 2 as an individual module. To avoid having to repeat modules all students must complete the full course in 2 years as IHS upgrade material on a regular basis to ensure all students graduate with the most up to date knowledge possible.

Master classes

IHS run half or full day master classes based on nutritional therapeutics most academic years (please see website or contact the office for more information). Each master class covers the Functional Medicine approach to a specific system, disease state or collection of disorders. Each class covers the anatomy and physiology of relevant systems, aetiology of the topic, signs and symptoms of common illness, diagnostics tests, dietary and supplementary protocols. The goal of the master classes is to empower clinicians to use the latest evidence and recent guidelines in practice to improve confidence which in turn will help to increase their business.

Entry Requirements
Those wishing to complete IHS master classes should hold a Diploma in Nutritional Therapy or relevant clinical qualification in the field of healthcare. Other applicants will be considered on an individual basis.

Progression onto other courses
IHS Nutritional Therapy graduates wishing to upgrade their qualification to BSc (Hons) or MSc level may currently do so at UK institutes. Both the Centre for Nutrition Education and Lifestyle Management and The University of Worcester offer part time blended learning modules which allow Irish students to study large parts of these modules by distance learning. Applications are currently considered on an individual basis, however IHS is working with a UK institution to map its course into their own allowing for easier progression for IHS students.

Certificate and dietary coaching students are welcome to upgrade to the IHS diploma in Nutritional Therapy. Dietary coaching graduates have the option to complete 2 bridging modules (in Anatomy and Physiology, and the Principles of Healthcare) via distance learning in order to fast track onto year 2 of the diploma course – allowing them to complete both qualifications in 3 ½ years.

Course Fees

IHS is committed to keeping our course fees as low and competitive as feasible. IHS will endeavour not to apply any increase to your course fees during the duration of your studies. However, economic and other circumstances may result in an increase in fees which will be at the discretion of the Institute. It should be noted that this has not happened to date.

Diploma in Nutritional Therapy		
Year	**Enrolment Fee**	**Course Fees**
Year 1 Deposit of €300 required to secure place	€200 **Fee waived if enrolled before May 31st	€3,300 **Payable in two equal instalments prior to start of each semester
Year 2	n/a	€3,300 **Payable in two equal instalments prior to start of each semester
Year 3	n/a	€3,300 **Payable in two equal instalments prior to start of each semester
Year 4 **Clinical Practice**	n/a	€1,650 **Payable in full prior to start of term
**** A monthly payment plan is available at the discretion of the college. There is a charge of €200 per annum for this facility.**		

Distance Learning Certificate Courses		
Course	**Total Cost**	**Per Module Cost**
Certificate in Dietary Coaching Nutrition & Health	€1,500	€350 distance learning €450 taught module
Certificate in Dietary Coaching Sports Nutrition	€1,500	€350 distance learning €450 taught module

Distance Learning Certificate Courses		
Course	**Total Cost**	**Per Module Cost**
Certificate in Naturopathic Nutrition	€900	€350
Certificate in Nutrition & Health	€900	€350
Certificate in Performance Nutrition	€900	€350
Certificate in Western Herbs	€900	€350

Other Courses		
Course	**Total Cost**	**Per Module Cost**
Foundation in Human Sciences	€600	€350
Certificate in Anatomy & Physiology **Fees are refunded if continuing onto the Diploma in Nutritional Therapy	€1000	n/a
Certificate in Advanced Practitioner Training	€1000	€550

How to Get Started

- Call our office to speak to one of our staff about the different courses on offer. Training is an investment in your future. As with any investment it is important to identify what you want to gain and which course will provide it for you. The Institute staff will spend time speaking with you to ensure you have all the information you need to make the right decision.

- Come to one of our regular Open Evenings throughout the academic year. You will have the opportunity to meet with the IHS directors and have all of your questions answered.

- Attend our annual Taster Day. This informal event is structured to give you an understanding of the approach that we take and the healthcare model that we use in training our students.

- Take an appointment at one of our student clinics. Experience what it is like to work as a nutritional therapist from a client perspective. Clinics are held regularly from September to January annually. Call the office for an appointment.

- You can attend a Cookery Workshop

- Attend a lecture weekend or a clinical practice weekend. Experience first-hand how our lectures and clinical practice weekends

- Sample our course material. IHS will provide you with a sample of our lecture material to review at your leisure.

- Speak with an IHS student or graduate.

- Before embarking on the Diploma in Nutritional Therapy, take one of our certificate courses in nutrition

- For certificate courses, we offer you the opportunity to try a module first for free. Ensure that the course is right for you before you commit.

- You can apply for Acknowledgement of Prior Learning (APEL)

- Complete our Foundation course in Human Sciences to develop a basic understanding of the science before embarking on our Diploma course.

Frequently Asked Questions

Q. **What are the entry requirements?**
A. The entry requirements vary for each course. Each application will be considered individually to take lifetime learning into account and to ensure that IHS is providing equal opportunity to everyone.

Q. What is the legislation for practitioners of Nutritional Therapy?
A. Nutritional Therapy as a profession is currently not statutory regulated which means that it is not regulated by governments. However, this may be set to change with the professional body that represents nutritional therapists in the UK applying to the British government to become statutory regulated in October 2009 (BANT British Association of Nutritional Therapists). In Ireland the professional body that represents Nutritional Therapists is NTOI – Nutritional Therapists of Ireland. It is likely that Ireland will follow the lead of the UK nutritional therapists and seek statutory regulation at some time in the future.

Q. What is the legislation for practitioners of natural medicine?
A. CAM is currently undergoing a process of voluntary regulation. The Federal Register of Complementary & Integrated Medicine (FRICAM) has been formed as the central register for CAM practitioners. FRICAM will be responsible for education and training, accreditation, continuing professional development and regulation of practitioners.

Q. Who performs accreditation?
A. The regulatory body specific to the modality. Please contact the Administration Office for information on the relevant regulatory body.

Q. Will I be able to practice?
A. Yes. As a graduate of an IHS diploma course you will have successfully completed an accredited course. You will be able to join NTOI as a full member. It is through the association that you will get the insurance required to practice.

Q. Where and when are the courses held?
A. IHS operates out of Dublin from the Education and Research Centre in Our Lady's Hospice in Harold's Cross. Please apply to the Institute for details on course availability and start dates.

Q. What is the enrolment fee?
A. The enrolment fee is a single non-refundable payment of €200, paid to secure a place on a specific course. It is a part of the course fees and is payable only in the first year on the Diploma course only. There is no enrolment fee on the certificate courses. The enrolment fee is waived for students that enrol before the closing date of May 31st.

Q. Can I do more than one course at a time?
A. You can as long as both you and your course advisor consider it possible. It is usually much better to learn one subject well and then learn another one well, than it is to try and learn several subjects at once.

Q. Are there any grants available?
A. There may be some assistance from social welfare services for those already in receipt of benefits. IHS does have a monthly payment plan to make the longer courses more accessible.

Q. Do I need to buy books?
A. You will usually have to buy a book or a number of books, depending on the course. These will continue to be useful reference books. The booklists are available for each course and course year. IHS recommends that you buy the books listed on the essential reading lists. We have a library available to our students that will contain all of the books on the recommended reading lists so we advise that you take a book on loan before deciding to buy it.

Q. What happens if I have to stop the course part way through?
A. If you have to stop a course part way through, the Institute will hold your place open for up to two years at the discretion of the Institute Director. You are obliged to continue payments for the semester started. IHS can no longer guarantee an immediate place, you may have to wait for a place to become available.

Q. What are the career opportunities?
A. There is an ever increasing demand and need for effective Nutritional Therapists in today's society. As a graduate of a NINS Diploma course you will be well placed for jobs within the healthcare, health & beauty and sports & leisure industries. For those who wish to set up in private practice, IHS will support you with all the advice and guidelines required in launching your practice. Current opportunities in Ireland include:

- Education of the public, media, students and other health professionals
- Employment with supplement companies as nutrition advisors, product developers or sales advisors
- Contributing articles to industry, academic or general interest publications
- Contributing to radio and TV programmes
- Postgraduate research to Masters level (via distance learning)
- Training health food traders and other groups in industry
- Cooking demonstrations and classes

Take a look at our Graduates page to see the job opportunities taken up by some of our graduates: www.instituteofhealthsciences.com/graduateopportunities/

Q. What is a Nutritional Therapist and is it different to a Dietician?
A. For a concise definition of a Nutritional Therapist follow this link "The Definition of a Nutritional Therapist". To then understand the difference between a Nutritional Therapist and a Dietician follow this link for "The Definition of a Dietician".

Equal Opportunities Statement

The Institute recognises that discrimination is unacceptable and aims to ensure no applicant, employee or student is discriminated against either directly or indirectly on the grounds of gender, marital status, family status, sexual orientation, religious belief, age, disability, or race. The IHS Equal Opportunities policy is implemented in accordance with the appropriate statutory requirements and full account is taken of all available guidance and in particular any relevant Codes of Practice.

The Future

At IHS we are committed to advancing and improving the current training standards for Nutritional Therapy and related healthcare subjects in Ireland. We are therefore working closely with a number of bodies both in Ireland and the UK to further develop our courses, push for better industry regulation, increase the profile of Nutritional Therapy and improve the standard and diversity of training available to Irish students wishing to carve out a career in this fascinating and rewarding healthcare area.

Both institute directors are completely committed to bringing degree level Nutritional Therapy qualifications to Ireland and are actively exploring avenues for achieving this goal in the near future. We aim to put Ireland at the forefront of Nutritional Therapy training and give Irish students access to this high quality and innovative training without them having to travel to or study with foreign institutes.

Nutritional Therapy is one of the cornerstones of Functional Medicine and is therefore a necessary and potentially lifesaving modality in an integrated healthcare system. At IHS we aim to train our graduates to a standard of excellence that allows them to work within this healthcare environment. We are also committed to giving the Irish population access to information regarding alternative healthcare approaches through education seminars, workshops, articles and IHS student clinic consultations.