

Nutrition & Health Coach

Nutritional Therapist



Professional Role Summary

The Nutrition & Health Coach educates, motivates and supports clients to embrace healthier choices and habits around food, exercise and stress management.

The Nutritional Therapist applies in-depth knowledge of nutrition and physiology in a personalised approach that assists clients to resolve chronic, often complex, conditions and guides them to improve health.



Teaching Programme

The course explores a wide range of key issues around health, food, nutrition and lifestyle. Students learn to apply powerful skills in communication and coaching to educate, guide and support clients towards their wellness-related goals.

Based on Functional Medicine principles, the course provides ample knowledge, resources and clinical training for graduates to address clients' complex health conditions and help them to maximize their ability to restore and maintain good health. Cooking Demonstrations (online and in person) are included as part of the course.

Learner assessments are based on a range of practical assignments that include in-depth case studies with 'real' volunteer clients. This provides the experience and confidence needed for Nutrition & Health Coach graduates to work safely and effectively with future clients.

During their final year, students complete extensive training and assessment in clinical practice, including functional testing. This takes place with 'real' clients in the IINH Nutritional Therapy Clinic, supervised by expert tutors.



Awards & Qualifications

BTEC Diploma in Professional Nutrition & Health Coaching.

Crossfield Institute Diploma in Nutritional Science and Therapeutics.

Pearson/BTEC qualifications are respected across the world. They are recognised by public and private sector employers, and higher learning institutes.

This award was developed by IINH with the expert assistance of of Crossfield Institute UK, a specialised, Ofqual regulated, awarding body



Further Learning

Nutrition & Health Coaching graduates may progress to the Nutritional Therapy programme - a further 3 years.

Nutritional Therapy graduates can progress to BSc (Hons) or MSc/DipPG/CertPG through our partnership programme with CNELM and the University of Middlesex.



Course Duration

10 months, part-time (including case study work)

3 years, part-time (including clinical practice)



Working

Nutrition & Health Coaches are qualified to offer practical nutrition and health education, guidance and motivation to individuals and groups.

Nutritional Therapists are qualified to investigate and help resolve complex chronic health conditions.



Course Dates

Nutrition & Health Coach

Next Dates:
11th September 2025



Time Commitment

Learning Hours: 600 estimated learning hrs

Weekly Time Commitment:
Between 8 and 12 hours a week



Awarding Bodies



Professional Bodies



Course Fees

Early Bird Offer

Check website for closing date. Claim the offer (no code required) and you will receive:

- A **15% discount** off the price of the course
- A **FREE specialised short course** (up to the value of €349)
- Your first **three months FREE** to our Alumni Hub upon graduation.
- Access to **pre-course materials** so you can get started on your learning journey ahead of September.
- Access to over **450 delicious recipes** developed by Maggie Lynch, Director of Cooking Studies (value €150)

Fees With Early Bird Applied

- **Euro Payment in Full** – €3825
- **Euro 4 Month Plan** – First Instalment €1,050 (followed by 3 x €925 monthly instalments)
- **GBP Payment in Full** – £3400
- **GBP 4 Month Plan** – First Instalment £920 (followed by 3 x £827 monthly instalments)

**Extended payment plans available*

Nutritional Therapist

Next Dates:
1st August 2025

Learning Hours: 1,650 estimated learning hrs

Weekly Time Commitment:
Approx. 15 hours per week



Ofqual regulated qualification – externally accredited through [Crossfields Institute](#).



Early Bird Offer

Check website for closing date. Claim the offer (no code required) you will receive:

- A **15% discount** off the first year fees
- A **year subscription** to [IH CAN magazine](#)
- **Early access** to the Fundamentals of Nutrition (self-guided) so that you can get started on your learning journey ahead of August.
- Access to over **450 delicious recipes** developed by Maggie Lynch, Director of Cooking Studies (value €150)

Fees With Early Bird Applied

- **Euro Year 1 Payment in Full** – €3,783
- **Euro Year 1 Standard Instalment Plan** – First Instalment €1,050 (followed by 3 x €911 monthly instalments)
- **GBP Year 1 Payment in Full** – £3,315
- **GBP Year 1 Standard Instalment Plan** – First Instalment £1,100 (followed by 3 x £738 monthly instalments)

- **Euro Year 2:** €4,450
- **GBP Year 2:** £3,900
- **Euro Year 3:** €3,000
- **GBP Year 3:** £2,600

**Extended payment plans available*