

**INSTITUTE FOR INTEGRATIVE NUTRITION  
UNOFFICIAL TRANSCRIPT**

**STUDENT INFORMATION**

**NAME:** David Smith

**COURSE:** Health Coach Training Program

**DATE OF BIRTH:** [REDACTED]

**COURSE START DATE:** 09/18/2017

**ADDRESS:** [REDACTED]

**COURSE STATUS:** Graduated

**HOME PHONE:** (202) 505-3645

**GRADUATION DATE:** 09/11/2018

**EMAIL ADDRESS:** david@DBSmith.co

**ACADEMIC RECORD**

**TESTING:**

TITLE	SCORE	PASS/FAIL	HEALTH HISTORIES	6
First Quarter Exam		PASS	HEALTH COACHING SESSIONS	5
Second Quarter Exam		PASS		
Third Quarter Exam		PASS		
Final Quarter Exam		PASS		

**CURRICULUM:**

IIN-050 FUNDAMENTALS/WARM UP – 69 clock hours

This course will introduce the student to core IIN philosophies

IIN-100 INTRODUCTION TO NUTRITION – 121 clock hours

This course will explain the general IIN philosophy and program design. Students will learn the objectives, assessment and how to successfully complete the program. Student will be introduced to basic nutrition and the IIN approach to understanding nutrition's role in human well-being

IIN-200 POLITICS OF FOOD – 87 clock hours

This course will introduce students to food elements, food politics and food policy

IIN-300 DIETARY THEORIES – 66 clock hours

This course will teach students dietary theories and trends

IIN-400 COUNSELING – 68 clock hours

This course will teach students Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills

IIN-500 HEALTH AND NUTRITION – 75 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills

IIN-600 BLOOD AND NUTRITION – 62 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills

IIN-700 FARMING AND PREVENTATIVE CARE – 68 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills

IIN-800 PRIMARY FOODS – 65 clock hours

This course will teach students additional Expanding Health and Nutrition Information, Dietary Theories, Primary foods, and Counseling Skills

IIN-900 INTEGRATIVE NUTRITION – 64 clock hours

Integrating various prior topics and expanding on health and wellness primary foods, and counseling skills

IIN-1000 CREATING A SUCCESSFUL CAREER – 16 clock hours

Integrating various prior topics and expanding on health and wellness primary foods, and counseling skills

STUDENT COPY

Date: 06/27/2022

\*This transcript is not valid without a signature



**NATIONAL COLLEGE CREDIT RECOMMENDATION SERVICE**  
University of the State of New York - Regents Research Fund

**HEALTH COACH TRAINING PROGRAM (HCTP)**

**LOCATION:** Various, distance learning format

**LENGTH:** 360 hours lecture, plus 400 hours applied lab (40 weeks)

**DATES:** 2007 – Present

**OBJECTIVES:** Students will be able to analyze health histories, determine life and health goals, design action plans to achieve life and health goals, assess progress in goal achievement, create practical applications of health and wellness concepts, teach key Integrative Nutrition concepts such as primary food, secondary food, crowding out, mind-body connection, life balance and bio-individuality, and facilitate improvement in quality of life.

**INSTRUCTION:** This course is delivered in an instructor monitored, 40 module distance learning format and consists of study guides, required texts, supplemental reading, essay assignments, quizzes, homework, observation, on-the-job practice, required interaction with an instructor, and 24 hour access to on-line support as needed. Topics include health and wellness, various nutrition and diet theories (Ayurveda, Atkins, Macrobiotics, Veganism, etc.), communication skills, contemporary health issues, coaching, marketing, active listening, creating a vision and mission, sales cycle, and the relationship between nutrition and government, etc.

**CREDIT RECOMMENDATION** (In the lower division associate/baccalaureate degree category):

- 6 semester hours in Health and Nutrition
- 3 semester hours in Wellness
- 1 semester hour in Wellness Practicum
- 3 semester hours in Contemporary Health Issues
- 6 semester hours in Wellness Coaching
- 3 semester hours in Small Business Management
- 3 semester hours in Interpersonal Communication
- 4 semester hours in Coaching and Interviewing Practicum

\*This credit recommendation is based on an evaluation by the New York State Board of Regents National College Credit Recommendation Service (formerly National PONSIS) – [www.nationalccrs.org](http://www.nationalccrs.org). To verify the recommended credit indicated above, and read a description of the learning experience(s), consult the National CCRS Directory of college credit recommendations, CCRS Online, at <http://www.nationalccrs.org/ccr/>.