

# BRIGHTEN YOUR FUTURE

Let us at Aspect Academy open your eyes to future opportunities with our wide range of accredited and CPD courses.



ASPECT ACADEMY LIMITED



## LEVEL 3 DIPLOMA IN NUTRITIONAL THERAPY

12 Monthly Evening Classes

### Get in touch

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**This is a fully accredited and certificated Nutritional Therapy course.**

**This course is offered over 12 months of classes available during the daytime and evenings. We highly recommend that our students also study our anatomy and physiology course. In order to treat disease with nutrition, you must obtain a degree or higher level qualification. This course enables you to offer nutritional therapy to your clients following general government guidelines such as the Eatwell plate. This course also enables you to gain the knowledge you need to improve your own eating habits.**

**This is a CMA accredited course and is also approved by Balens insurance.**

**The cost of this course is £499. Guided Learning hours are 144 including 24 classroom hours.**

### **Level 3 Diploma in Nutritional Therapy**

**COST: £499**

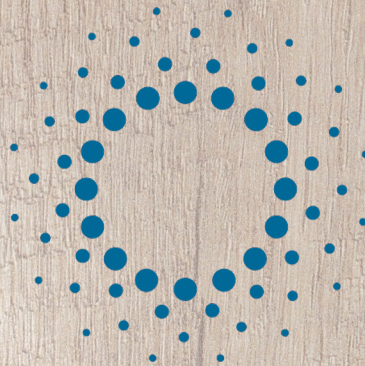
**DURATION: 12 monthly  
evening classes**

**ACCREDITATION: CMA,  
IPHM**

**ENTRY REQUIREMENTS:**

**None**

**HOME STUDY: 120 HOURS**



**Please note that clinical nutritional training is required to treat disease which is at degree level or higher. This course enables you to offer general nutrition advice to your clients. This course includes a student sign up to Nutrium for the duration of your studies. (worth £288). During your studies, you will be guided to make changes to your own diet through journals and analysing both macro and micro nutrient analysis. This course is equivalent to academic level 3. Upon successful completion you are able to use the initials Dip.NT (Diploma in Nutritional Therapy).**

#### **SUBJECTS INCLUDE:**

**Basic Body Systems**

**Macro nutrient**

**Fats**

**Carbohydrates**

**Proteins**

**Vitamins and Minerals**

**Weight Management**

**Disease**

**Special diets**

**Food disorders**

**Food allergies and intolerance**

**Metabolism**

**Supplements**