

COURSE OUTLINE

Diploma in Food, Nutrition & Dietetics



ADMISSION PARTNER :



+91-98361 43134

Course Curriculum

01. INTRODUCTION TO THE NUTRITION, DIETETICS & WELLNESS INDUSTRY

02. UNDERSTANDING THE EVIDENCE BASED METHODOLOGY FOR NUTRITION & WELLNESS

03. DEFINING HEALTH & VARIOUS ASSESSMENTS OF HEALTH

- BMI
- DEXA SCANNING
- HIP TO WAIST RATIO
- BODY FAT CALIPER AND MORE

04. HUMAN PHYSIOLOGY & NUTRITION

05. CONCEPTS OF NUTRIENTS, MACRO-NUTRIENTS, MICRO-NUTRIENTS & RNI

06. THE LAW OF ENERGY BALANCE

07. FUNDAMENTALS OF CARBOHYDRATES

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08. FUNDAMENTALS OF PROTEIN

09. FUNDAMENTALS OF FAT

10. ART OF CALCULATING CALORIES IN A MEAL

11. PREPARING A PLAN
ACCORDING TO TARGET CALORIES

12. METABOLISM

13. SUPPLEMENTATION - 1 -
FUNDAMENTAL SUPPLEMENTS FOR GENERAL
POPULATIONS & AIDS FOR WEIGHT LOSS

14. HYDRATION

15. HOW DO WE DECIDE TARGET CALORIES?

16. PREPARING PLAN FOR WEIGHT LOSS MANUALLY

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17. PREPARING A PLAN FOR WEIGHT LOSS THROUGH SOFTWARES

18. PREPARING A PLAN FOR WEIGHT GAIN

19. DIFFERENCE BETWEEN VEGETARIAN & NON-VEGETARIAN MEAL PLANNING

20. INDUSTRY LEVEL DIET PLAN PRESENTATION TECHNIQUES

21. OPTIMUM WELLNESS DIET PRESENTATION STYLE

22. THE ART OF COACHING, SELLING & MENTORING CLIENTS

23. MARKETING LECTURE 1 - CLIENT REVIEWS, SETTING UP TESTIMONIALS, OPTIMIZING INSTAGRAM, FUNDAMENTALS OF DESIGNING & HIRING(ENTREPRENEURSHIP)

24. MARKETING LECTURE 2 - PILLARS OF BEING A WELLNESS ENTREPRENEUR

Course Curriculum

25. COMMUNICATING WITH CLIENTS & PROFESSIONAL COMMUNICATION LECTURE - 1

26. COMMUNICATING WITH CLIENTS & PROFESSIONAL COMMUNICATION LECTURE - 2

27. MICRONUTRIENTS - 1 - FUNDAMENTALS

28. ADVANCED CONCEPTS OF MICRO-NUTRIENTS - 2

29. NUTRITION MYTHS

30. TYPES OF DIET

31. RESEARCH METHODOLOGIES - ADVANCED & LOGICAL FALLACIES

32. MACRO-NUTRIENTS - ADVANCED LECTURES ON PROTEIN, FAT, CARBOHYDRATE

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33. HORMONES

34. DIGESTIVE HEALTH ISSUES & NUTRITION INTERVENTIONS

35. VEGAN AND MACRO - FOCUSED PLANS

36. MACRO - FOCUSED PLAN - CASE STUDY

37. UNDERSTANDING INSULIN AND INSULIN RESISTANCE

38. NUTRITION PLANS FOR DIABETES

39. DIABETES - CASE STUDY

40. OBESITY, CVD AND HEART DISEASE

41. POLYCYSTIC OVARIAN SYNDROME (PCOS) - PART 1

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42. POLYCYSTIC OVARIAN SYNDROME (PCOS) - PART 2

43. HYPOTHYROIDISM AND HYPERTHYROIDISM

44. PCOS AND HYPOTHYROIDISM CASE STUDY

45. URIC ACID PLAN

46. INTRODUCTION TO SPORTS NUTRITION

47. NUTRITION PLANS FOR MUSCLE GAIN & BODYBUILDING

48. MUSCLE GAIN & BODYBUILDING GAIN - CASE STUDY

49. BONUS LECTURE - INTRODUCTION TO KIDS NUTRITION

50. BONUS LECTURE - INTRODUCTION TO PRE & POST NUTRITION

51. BONUS LECTURE - SUPPLEMENTATION - 2 - ADVANCED SPORTS SUPPLEMENTATIONS