

February 2026 Syllabus

Nutritional Therapy Practitioner Program

Program Unit	Date 2026-2027	Module	Assignment Due Dates
Onboarding	January 29th	Onboarding and Login Test (No live calls this week, onboarding information will be sent via email)	**ALL ASSIGNMENTS MUST BE SUBMITTED BY 5:00 PM PACIFIC ON THE SPECIFIED DATE. BE SURE TO CONVERT TO YOUR LOCAL TIME ZONE.
Unit 1	Feb 2-8	Welcome (WEL Week 1)	
	Feb 9-15	Food Relationships and Practices (FRP Week 1)	
	Feb 16-22	Food Relationships and Practices (FRP Week 2)	FRP Quiz is due February 27 th
	Feb 23-Mar 1	Anatomy and Physiology (A&P Week 1)	
	Mar 2-8	Anatomy and Physiology (A&P Week 2)	A&P Quiz is due March 13 th
	Mar 9-15	Basics of Nutrition (BON Week 1)	
	Mar 16-22	Basics of Nutrition (BON Week 2)	
	Mar 23-29	Basics of Nutrition (BON Week 3)	Unit 1 Assignment and BON Quiz are due April 3 rd

Unit 2	Mar 30-April 5	Nutrient Dense Diet (NDD Week 1)	
	April 6-12	Nutrient Dense Diet (NDD Week 2)	
	April 13-19	Nutrient Dense Diet (NDD Week 3)	NDD Quiz is due April 24 th
	April 20-26	Sleep (SLE Week 1)	
	April 27-May 3	Sleep (SLE Week 2)	SLE Quiz is due May 8 th
	May 4-10	Stress (STR Week 1)	
	May 11-17	Stress (STR Week 2)	Unit 2 Assignment and STR Quiz are due May 22 nd
Unit 3	May 18-24	Digestion (DIG Week 1)	
	May 25-31	Digestion (DIG Week 2)	
	June 1-7	Digestion (DIG Week 3)	
	June 8-14	Digestion (DIG Week 4)	
	June 15-21	Digestion: Biotransformation and elimination (DIG Week 5)	DIG Quiz is due June 26 th
	June 22-28	Blood Sugar Regulation (BSR Week 1)	
	June 29-July 5	Blood Sugar Regulation (BSR Week 2)	
	July 6-12	Blood Sugar Regulation (BSR Week 3)	
	July 13-19	Blood Sugar Regulation (BSR Week 4)	Unit 3 Quiz and BSR Assignment are due July 24 th

Unit 4	July 20-26	Case Study Intensive 1	
	July 27-Aug 2	Case Study Intensive 2	
	Students may work on the assessment throughout Unit 4	Practical Case Study Assessment	Complete Practical Case Study Assessment by August 7 th
	Aug 3-9	Break	
Unit 5	Aug 10-16	Introduction to Supplements (SUP Week 1)	
	Aug 17-23	Supplement Applications (SUP Week 2)	
	Aug 24-30	Supplement Considerations (SUP Week 3)	SUP Assignment is due August 31 st
Unit 6	Aug 31-Sept 6	Introduction to the Nutrition Analysis and Clinical Application Process (NACA Week 1)	
	Sept 7-13	Client Paperwork: A Deep Dive into the Initial Interview Form and Food & Mood Journal with Sam Cobb (NACA Week 2)	
	Sept 14-20	Client Paperwork: A Deep Dive into the NAQ V2 and Associated Forms with Sam Cobb (NACA Week 3) Introduction to Nutri-Q	Nutri-Q Access will be granted on 9/14 Student completed intake paperwork. Due 9/21

	Sept 21-27	Introduction to the Practitioner Forms (NACA Week 4) Forming Client Goals and Recommendations	Send Practice Client 1 their intake paperwork and request that it be completed by Oct. 4
Unit 7	Sept 28-Oct 4	Sam Cobb Assignment Review (NACA Week 5)	Sam Cobb completed paperwork assignment due 10/5 Your practice client needs to complete their intake paperwork this week!
	Oct 5-11	Case Study: A clinical walkthrough (NACA Week 6)	Annotate Practice Client 1's intake paperwork in preparation for the Initial Interview. Schedule your Initial Interview for the week of 10/12-18
	Oct 12-18	Practice Client 1: The Initial Interview, Draft Recommendation Plan, and Recommendations Visit (NACA Week 7)	Conduct your Initial Interview with Practice Client 1 this week and submit initial folder and draft recommendation plan due 10/19 Schedule their Recommendations for the week of 11/2-8
	Oct 19-25	Foundational Connections Part 1 (NACA Week 8)	
	Oct 26-Nov 1	Foundational Connections Part 2 (NACA Week 9)	
Unit 8	Nov 2-8	Continuing Sessions: Check-Ins and Follow-Ups (NACA Week 10)	Update the recommendation plan if needed, conduct a Recommendations

			Visit, and finalize the folder based on Clinical Mentor feedback.
	Nov 9-15	Supplement Support through the NTP Lens (NACA Week 11)	Check in with Client 1
	Nov 16-22	Addressing Common Client Concerns (NACA Week 12)	
	Nov 23-29	Break	
Unit 9	Nov 30-Dec 6	Case Study Review and Breakout sessions Introduction to the Capstone (NACA Week 13)	
	Dec 7-13	Evaluating Client Progress Sam Cobb's follow-up paperwork (NACA Week 14)	
	Dec 14-20	Practice Resources (NACA Week 15)	Send Follow-Up paperwork to Practice Client 1 with a due date of 1/4. Schedule your Follow-Up session for the week of 1/25-31
	Dec 21-27	Break	
	Dec 28-Jan 3	Break	
Unit 10	Jan 4-10	Spotlight on Lab Testing Part 1	Analyze and annotate Follow-Up paperwork, create a Clinical Presentation form, and draft updated recommendations to submit. Due 1/11
	Jan 11-17	Spotlight on Lab Testing Part 2	

Final Homework Deadline January 25th, 2027			
Unit 11	Jan 18-24	Capstone Presentations (NACA Week 16) NOTE: Students MUST attend ONE call during the two weeks of capstones to present their recommendations and rational.	Capstone recommendations and rationale Due 1/18
	Jan 25-31	Capstone Presentations (NACA Week 17) See note above regarding Capstone attendance which is mandatory for graduation.	Conduct a Follow-Up session with Practice Client 1: Update the recommendation plan if needed, conduct a Follow-Up Visit, and finalize the folder based on the clinical mentor's feedback.
	Feb 1-7	Graduation. Canvas access ends February 7th; Gradebook will be processed February 7th and the official graduation date will be February 12th. **Graduation call will be held on 2/1 at 5 pm Pacific.**	