

## **ANTI AGING COACH PRACTITIONER DIPLOMA PROGRAM SYLLABUS**

**Diploma Program Name:** Anti Aging Coach Practitioner

**Credit Hours:** 1000 hours

**Course Duration:** Students have 24 months to complete this program.

**Prerequisites:** Applicants must have a High School Diploma or equivalent.

Students who do not hold a High School Diploma or equivalent will be required to pass a basic entrance exam that will demonstrate their knowledge of English and basic Math skills.

**Program Description:** This program covers topics in the areas of life coaching methods, basic sciences in anatomy and chemistry, holistic nutrition, western and eastern traditional medicine practices, energy work, mind-body medicine, physical fitness and activities, personal and environmental detoxification, and other related topics that are known to have a positive benefit as we age, helping to retain youth and vitality and prevent the onset of age related conditions. Students are trained to become experts in various aspects of anti aging holistic health and able to offer clients a wide array of natural prevention and treatment options. This program instructs students in how to evaluate an individual's diet and lifestyle, and to utilize the latest advances in nutrition and anti aging holistic health care to offer positive lifestyle changes and a personalized meal plan and exercise program. Students will gain an advanced knowledge of anatomy, chemistry, vitamins, minerals, and herbs, and possess strong empathy for others. Emphasis is placed on recognizing that the whole person needs to be treated. Therefore, students become able to assess a client's emotional state, while helping to establish a positive balance between body, mind, and spirit. The program instills in students the understanding that the body has an innate healing ability and the practitioner's job lies in helping to establish the right environment for self-healing to take place.

### **Goals:**

1. Students will demonstrate an understanding anatomy, physiology and chemistry.
2. Students will show an increased knowledge of body toxicity.
3. Students will be able to describe the therapeutic process and application of detoxification.
4. Students will be able to identify anti aging dietary guidelines.
5. Students will recognize the vital role of rest, relaxation and sleep in overall health and wellness.
6. Students will be trained in and will list the specific hydration and nutritional needs of adults.
7. Students will comprehend the ways in which adult's nutritional needs can be met.
8. Students will be able to utilize medical terminology in their case study analyses.
9. Students will describe anti aging coaching techniques, methods, tools and resources.
10. Students will be able to suggest alternative energy medicine and mind/body therapies that will augment nutritional and lifestyle consultation.
11. Students will develop expertise in suggesting nutritional supplementation for prevention and healing of common aging related ailments.
12. Students will describe the benefits and process of weight loss through nutrition and physical activity.
13. Students will have an advanced understanding of physical fitness activities that slow down, reverse and prevent age related conditions.
14. Students will apply physical fitness principles to client education in case study analysis regarding the restoration and maintenance of optimal health as they age.

15. Students will be able to list preventative and restorative vitamins, minerals, enzymes, and other nutritional building blocks used in anti aging.
16. Students will develop the ability to recommend various orthomolecular anti aging nutritional supplements.
17. Students will be able to apply holistic nutritional principles in their client education activities.
18. Students will be able to evaluate a person's nutritional needs through a thorough nutritional assessment based on current age, health status, lifestyle and dietary habits.
19. Students will be knowledgeable and able to recommend energy medicine modalities, including vibrational homeopathic remedies, for each person's different needs.
20. Students will explore the ancient Indian Ayurvedic Medicine and Traditional Chinese Medicine systems.
21. Students will comprehend the uses of medicinal herbs in relation to age related disease and prevention of aging conditions.
22. Students will be trained in the usage of medicinal herbs to enhance health and strengthen the immune system.
23. Students will explore the differences in herbal remedies.
24. Students will comprehend that herbs, drugs, and vitamins interact within the body.
25. Students will explore the ways that herbal supplementation may affect the human body and its use of drugs and vitamins.
26. Students will understand how herbal supplements affect a person's nutrition.
27. Students will have an understanding of their legal obligations and jurisprudence surrounding their work as anti aging coaches.
28. Students will be able to develop consent, disclosure and disclaimer forms for use in their own practice.
29. Students will develop insights as to what is appropriate in anti aging holistic consultations, and what is legally and ethically inappropriate.
30. Students will be able to apply holistic coaching principles in their client education activities.
31. Students will be able to evaluate a person's holistic health needs through a thorough lifestyle assessment.
32. Students will be able to recognize that each person has different needs and to customize a unique holistic anti aging coaching health plan with each client, based on up-to-date scientific principles and practical skills.

***Recommended Texts:***

***Wellness Coaching for Lasting Change***, by Michael Arloski, PhD PCC. A blend of wellness wisdom and proven training processes of the coaching profession, a coaching tool for behavioral change.

***The New Wellness Revolution, 2<sup>nd</sup> edition***, by Paul Zane Pilzer. Though millions of people have embraced wellness, the need for wellness has actually expanded due to declining health trends such as obesity in North America. Wellness and disease prevention are the only viable solutions.

***The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles***, Bruce H. Lipton PhD. A leading edge cell biologist explains the interaction between the mind and matter and how the science of Epigenetics is proving genetics and DNA do not control our fate as much as energetic messages such as our thoughts do.

***Alternative Medicine The Definitive Guide***, by The Burton Goldberg Group: Written by nearly 400 doctors, The Definitive Guide is known as the Bible of alternative medicine. Over 1,000 pages!

***The New Optimum Nutrition Bible***, by Patrick Holford: Discussions of antioxidants, phytochemicals, heart health, immune boosters, and more.

***The Anti-Aging Plan: The Nutrient-Rich, Low-Calorie Way of Eating for a Longer Life--The Only Diet Scientifically Proven to Extend Your Healthy Years***, by Roy L. Walford M.D. A gerontologist's perspective on the anti aging and longevity benefits of consuming a restricted calorie/high nutrient diet.

***The Thrive Diet***, by Brendan Brazier. Vegan professional Ironman and Triathlete shares his plant-based nutrition and fitness plan for a lean body, sharp mind and everlasting energy, staying healthy for life, reducing body fat, diminishing signs of aging, lowering cholesterol, improving mood, productivity and immunity. The author is the developer of VEGA supplement products.

***Take Control of Your Health***, by Dr. Joseph Mercola. A proven guide to peak wellness and ideal weight, Dr. Mercola provides nutritional and fitness recommendations based on extensive research to live longer and feel younger, while optimizing your fitness routines.

***Organon of Medicine, (5th & 6th Edition,)*** by William Boericke. This book provides explanations of the theory of homeopathic medicine, principles and their application in wellness management.

***The Herbal Medicine Maker's Handbook: A Home Manual***, by James Green: This guide to the kitchen pharmacy discusses the entire process of preparing herbal medicines at home.

***The A-Z Guide to Drug-Herb-Vitamin Interactions***, by Schuyler W. Lininger Jr., Steve Austin, Alan R. Gaby, Donald J. Brown, and Forrest Batz: helps you learn which drugs can deplete your body's essential nutrients.

***The One Earth Herbal Sourcebook: Everything You Need to Know About Chinese, Western, and Ayurvedic Herbal Treatments***, by Alan Keith Tillotson. An amazing resource for herbalists and laypersons.

***Medical Herbalism: The Science and Practice of Herbal Medicine***, by David Hoffmann, FNIMH, AHG: This text blends science with a very holistic approach to herbal healing. In addition to suggested herbs and dietary changes for various conditions, helpful rationale is given for why they work. This book is an herbal reference masterpiece that will aid the practitioner in choosing herbs that are both effective and safe.

***Planetary Herbology***, by Michael Tierra, CA, ND. A handbook and reference of over 400 western medicinal herbs cross referenced to the eastern TCM and Ayurvedic systems of herbal therapies.

***Law and Ethics In Coaching***, by Patrick Williams, Sharon Anderson et al. How to solve and avoid difficult problems in your practice. A collaboration of thirteen professional coaches sharing their broad experiences.

***Legal Guidelines for Unlicensed Practitioners***, by Lawrence Wilson, M.D.: How to practice holistic therapies or any unlicensed profession without legal problems. Includes disclaimer forms, disclosure and consent forms, discussion of how the US legal system works, history of occupational licensing laws, problems with occupational licensing the ninth amendment and much more.

***Essentials of Human Anatomy, 8<sup>th</sup> edition***. By Elaine N. Marieb. Includes a CD of animations, tutorials, chapter quizzes and coverage of seven major body systems.

***Chemistry The Easy Way, 4<sup>th</sup> Edition***, by Joseph A. Mascetta. A clear and easy approach to learning basic chemistry. Includes charts, graphs, lists and drawing as visual aids.

**Syllabus:** 5 Modules, 21 lessons with 21 self-review quizzes, 1 final examination

**Module 1- Introduction and Coaching**

Lesson 11 - Introduction to Anti Aging Coaching

Lesson 12 - Coaching Overview

Lesson 13 - The Aging Process in Men's Health

Lesson 14 - The Aging Process in Women's Health

Lesson 15 - Anti Aging Coach Business Tips

**Module 2 - Basic Science**

Lesson 21 - Anatomy & Physiology

Lesson 22 - Chemistry & Biochemistry

Lesson 23 - DNA vs Lifestyle Choices

Lesson 24 - Quantum Detoxification – We are what we think

**Module 3- Diet, Nutrition, Herbs**

Lesson 31 – The Anti Aging Diet

Lesson 32 – Nutritional Supplements

Lesson 33 – Herbal Remedies

Lesson 34 – Drug-Herb-Vitamin Interactions

**Module 4- Activity**

Lesson 41 – Rest, Relaxation and Sleep

Lesson 42 – Physical Fitness for Strength and Endurance

Lesson 43 – Physical Fitness for Toning, Calming, Flexibility and Balance

Lesson 44 – Activities for Beginners Physical Fitness

**Module 5- Cleansing and Body Work/Energy Medicine**

Lesson 51- Toxicity and Detoxification

Lesson 52- Body Work and Energy Medicine Modalities

Lesson 53- Eastern Traditions – Ayurveda and TCM

Lesson 54- Restorative and Preventative Hair and Skin Care

# Final Examination

## List of Assignments

1. Final Examination
2. Book Report on Physical Fitness and Anti Aging
3. Anatomy & Physiology Essay
4. Essay on Coaching Methods
5. Thesis on Anti Aging Prevention Lifestyle
6. Case Studies
7. Client Handout
8. Online Forum Participation

**Self-Review Quizzes:** Each lesson contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book, require no grading by instructor, and do not need to be submitted with the final examination.

1. **Final Examination:** Students can use self-review quizzes as references. The final examination must be completed and submitted in order to obtain a grade and course credit.
2. **Book Report:** Students must select and read a book (minimum 250 pages) that relates to the topic of physical fitness and exercise for Anti Aging, then write a 500 word book report on the subject and how it may benefit a future coaching practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable. Please use Times New Roman in font size 12.
3. **Anatomy and Physiology Essay:** 250 words on each of ten Systems of the Body: HEENT, Neurological, Respiratory, Cardiovascular, Digestive, Genito-Urinary-Reproductive, Musculo-Skeletal, Lymphatic, Endocrine and Integumentary.
4. **Essay:** 1500 words on holistic Anti Aging Coaching techniques, methods, skills, tools, resources. Your essay should be typed with 1" margins or neatly handwritten, and must be completed and submitted with the final examination to receive program credit. Please use Times New Roman in font size 12. A bibliography which indicates resources and references used should be evident.
5. **Thesis:** 1500 words on the anti aging preventative lifestyle. Your thesis should be typed with 1" margins or neatly handwritten, and must be completed and submitted with the final examination to receive program credit. A bibliography which indicates resources and references used should be evident.
6. **Case Studies:** Students must complete 10 case studies as instructed by course materials and on VICNW case study forms provided in your program materials. These case studies are to be completed on 10 different people the student knows; All 10 case studies must be completed and submitted with the final examination to receive credit.
7. **Client Handout:** Students will prepare a client handout of a minimum of 250 words. The client handout will include the Topic Title, Description, and suggestions for further reading. The topic may be on any aspect of Anti Aging Coaching from your AACP lesson materials.

**8. Online Forum Participation:** Students are required to exhibit regular participation in relevant online forum discussions. To receive full credit, students must log in a minimum of 10 posts in the online forum (located at [www.vicnw.com](http://www.vicnw.com) in the Student Services area). Posts should be appropriate and thoughtful and should pertain to subjects related to holistic health and healing.

**Grading:** Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 1100. To pass the program, a student must receive at least a “B” grade (80% of possible points). Point breakdown is as follows:

Final Examination – 150 points  
Book Report – 50 points  
Anatomy & Physiology Essay Assignment – 100 points  
1500 Word Coaching Essay – 100 points  
1500 Word Anti Aging Thesis – 100 points  
Case Studies – 500 points  
Client Handout - 50 bonus points.  
Online Forum Participation – 50 points

Total Points 1100

A = 90 – 100%  
B = 80 – 89%  
C = 70 – 79%  
D = 60 – 69%  
F = 0 – 59%