

HOLISTIC CHEF FOR ANIMALS COURSE OUTLINE

Certificate Program Name: Holistic Chef for Animals

Credit Hours: 500 hours

Course Duration: Students have 12 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 educates students about the importance of proper animal nutrition and holistic health including proper animal food preparation, alternative healing methods for animals, and other subjects detailed below. This program is divided into 16 comprehensive lessons, covering every aspect of holistic nutrition and preparation for animals. Students will gain hands-on experience by completing 5 animal specific cuisine creations.

Recommended Texts:

The Ultimate Pet Food Guide by Liz Palika, provides a comprehensive approach to feeding cats and dogs by highlighting their nutritional requirements, explaining how food affects a pet's health and behavior, and discussing the pros and cons of commercial, raw, and home-cooked foods among other pet food topics.

The Nature of Animal Healing by Martin Goldstein, D.V.M., provides an extensive discussion of the alternative therapies used to heal cats and dogs, the nature of disease, and how to prevent illness.

Natural Nutrition for Cats by Kymythy R. Scultze, C.N., C.N.C., provides valuable research and information on the nutritional requirements for cats and how to meet those requirements.

Pet Food Nation by Joan Weiskopf, M.S. Veterinary Clinical Nutritionist, provides a clear discussion of why one should transition from a commercial food to a healthier, whole food diet along with basic recipes for cats and dogs.

The Healthy Bird Cookbook by Robin Deutsch, provides a thorough section on avian nutrition that clearly explains the roles of pellets and seeds, the food groups, vitamins, minerals, and amino acids in a bird's diet. The second half provides detailed recipes along with cooking tips and safety suggestions.

A Healthy Horse The Natural Way by Catherine Bird provides in-depth guidance in caring for horses holistically. Individual approaches are discussed, as well as ways to blend approaches for developing a comprehensive wellness plan.

Animal Healing-a DVD featuring Margrit Coates, the world's leading animal healer, explains the methods used in healing animals.

Natural Pet Care-a DVD featuring Gary Null interviewing holistic animal care experts about the causes of diseases in animals, natural remedies, healthy pet food, and animal vaccines.

Music for Pets-a CD providing relaxing and healing music for animals.

Laminated Animal Remedy Set - 15 charts

Holistic Care For Birds by David McCluggage, D.V.M., and Pamela Leis Higdon provides in-depth information of avian nutrition, by discussing variations in general diet recommendation by type of bird, the energetics of food, juicing for birds, among other topics pertinent to avian nutrition, and holistic avian health care.

The Holistic Animal Handbook by Kate Solisti-Mattelon and Patrice Mattelon provides tools to help animals lead healthier, happier lives. Some of the tools include recipes for cats and dogs, breed-specific dietary guidelines, information on Bach Flower Remedies with easy-to-understand charts, insight into how animals relate to humans and information on communicating with companion animals.

Instruction sequence:

Module 1

- I. Animal Anatomy and Physiology
- II. Common Animal Ailments and Toxicity
- III. The Influence of Nutrition on Animal Behavior
- IV. Canine and Feline Dietary Guidelines and Water
- V. Satisfying Less Common Companion Animals' Dietary Needs

Module 2

- VI. Essentials of Holistic Cooking: Sanitation, Preparation, and Legal Practices
- VII. Nutritionally Balanced for Canines Cuisine
- VIII. Nutritionally Balanced Cuisine for Felines
- XI. Nutritionally Balanced Cuisine for Birds
- X. Nutritionally Balanced Cuisine for Horses and Pigs
- XI. Nutritionally Balanced Cuisine for Selected Rodents and Rabbits

Module 3

- XII. Holistic Health and Veterinary Medicine
- XIII. Alternative Therapies for Animals Utilizing Energy
- XIV. Alternative Therapies for Animals Utilizing Flowers, Grass, Bark, or Herbs
- XV. Alternative Therapies for Animals Utilizing Nutrition and Bodywork
- XVI. Alternative Therapies for Animals Utilizing the Principle of Resonance

Module 4

Assignment Guide
Final Examination

Method of instruction: Lectures via written lessons, forum interaction, and student lounge virtual sessions.

Process for evaluation: The student will assess his or her level of understanding by taking self review tests included with each lesson. The instructor will determine the level of understanding that the student has regarding holistic animal meal preparation and education via review of the student's final exam, cuisine creations, and related assignments.

Anticipated student learning outcomes:

1. Students will demonstrate an advanced understanding of canine and feline anatomy and physiology.
2. Students will demonstrate an advanced understands of selected animals' digestive systems and functions
3. Students will show an increased knowledge of animal body toxicity.
4. Student will be able to identify the main sources of animal body toxicity.
5. Students will be able to identify dietary guidelines for canines, felines, horses, birds, pigs, rabbit, and selected rodents.
6. Students will recognize the vital role of pure water in overall animal health and wellness.
7. Students will be able to identify common ailments that can result from a poor diet.
8. Students will describe alternative healing methods.
9. Students will have advanced comprehension of heart disease, cancer, and diabetes, and know how to help the healing process through nutrition.
10. Students will describe the process of weight loss.
11. Students will be able to list whole food sources of vitamins, minerals, enzymes, and other nutritional building blocks.
12. Students will have an understanding of their legal obligations and jurisprudence surrounding their work as a holistic chef for animals.
13. Students will be able to develop guidelines for sanitary preparation of animal food for commercial and personal uses.
14. Student will be able to create and teach others to prepare cuisine for canines, felines, horses, birds, pigs, rabbit, and selected rodents
15. Students will be able to apply holistic nutritional principles in their animal guardian's education activities.
16. Students will be able to evaluate an animal's nutritional needs through a thorough nutritional assessment based on current lifestyle and eating habits.
17. Students will be able to recognize that each animal has different nutritional needs and to customize a unique plan for each animal, based on up-to-date scientific principles and practical skills.

HOLISTIC CHEF FOR ANIMALS COURSE SYLLABUS

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The Healthy Bird Cookbook by Robin Deutsch, provides a thorough section on avian nutrition that clearly explains the roles of pellets and seeds, the food groups, vitamins, minerals, and amino acids in a bird's diet. The second half provides detailed recipes along with cooking tips and safety suggestions.

Complete Holistic Care and Healing for Horses by Mary L. Brennan, D.V.M., provides in-depth coverage of alternative therapies, conventional methods, selecting the right feed, food allergies, and special dietary considerations for horses.

Animal Healing-a DVD featuring Margrit Coates, the world's leading animal healer, explains the methods used in healing animals.

Natural Pet Care-a DVD featuring Gary Null interviewing holistic animal care experts about the causes of diseases in animals, natural remedies, healthy pet food, and animal vaccines.

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Syllabus: 4 Modules, 16 lessons with 16 self-review quizzes, 1 final examination

Module 1

Lesson 11 – Animal Anatomy and Physiology

Lesson 12 – Common Animal Ailments and Toxicity

Lesson 13 – The Influence of Nutrition on Animal Behavior

Lesson 14 – Canine and Feline Dietary Guidelines and Water

Lesson 15 – Satisfying Less Common Companion Animals' Dietary Needs

Module 2

Lesson 21 – Essentials of Holistic Cooking: Sanitation, Preparation, and Legal Practices

Lesson 22 – Nutritionally Balanced Cuisine for Canines

Lesson 23 – Nutritionally Balanced Cuisine for Felines

Lesson 24 – Nutritionally Balanced Cuisine for Birds

Lesson 25 – Nutritionally Balanced Cuisine for Horses and Pigs

Lesson 26 – Nutritionally Balanced Cuisine for Selected Rodent and Rabbits

Module 3

Lesson 31 – Holistic Health and Veterinary Medicine

Lesson 32 – Alternative Therapies for Animals Utilizing Energy

Lesson 33 – Alternative Therapies for Animals Utilizing Flowers, Grass, Bark, or Herbs

Lesson 34 – Alternative Therapies for Animals Utilizing Nutrition and Bodywork

Lesson 35 – Alternative Therapies for Animals Utilizing the Principle of Resonance

Module 4

Assignment Guide

Final Examination

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.

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.

Book Report: Students must select and read a book (minimum 250 pages) that relates to the topic of animal nutrition or natural animal healing, then write a 500 word report on the subject and how it may benefit a future holistic chef for animals or holistic animal nutrition educator business. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

Dietary Guidelines Worksheet: Student are required to complete the dietary guidelines worksheet that draws on the dietary guidelines of canines, felines, horses, birds, pigs, rabbit, and selected rodents presented in the lecture materials.

Anatomy Worksheets: Students must complete the canine, feline, bird, horse, pig, hamster, gerbil, rabbit and selected anatomy worksheets and answer the questions regarding the anatomy of the animals stated above.

Essay: Students must write and submit for grading a 500 word essay on the sanitation standards required to safely prepare raw and cooked foods for animals. The essay should include precautions to take while preparing foods in a home setting and a short discussion on the local laws regarding the preparation of commercial animal laws.

Cuisine Creations: Students must complete 5 cuisine creations as instructed by course materials. These cuisine creations must be completed and submitted with final examination to receive credit. Along with written material the cuisine creations must include visual proof of the completed cuisine creation.

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 <http://www.vicnw.com/forum/ucp.php?mode=register>. Posts should be appropriate and thoughtful and should pertain to subjects related to nutrition and natural 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 500. 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 - 25 points
- Dietary Guidelines Worksheet - 100 points
- Anatomy Coloring Worksheets - 25 points
- Essay - 50 points
- 5 Cuisine Creations - 100 points
- Online Forum Participation - 50 points

A = 90 - 100%

B = 80 - 89%

C = 70 - 79%

D = 60 - 60%

F = 0 - 59%

General Educational Information Worksheet, General Educational DVD, or General Educational Videoclip - 5 bonus points

(Bonus points will be included in total points earned; thus, a perfect score with bonus points will be calculated as $505/500 = 101\%$.)