

WEIGHT MANAGEMENT COACH PRACTITIONER CERTIFICATE PROGRAM SYLLABUS

Diploma Program Name: Weight Management Coach Practitioner

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 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 facilitate weight management. Students are trained to become coach practitioners in the specialty of weight management.

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.
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 as relate to weight management.
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 be able to suggest alternative energy medicine and mind/body therapies that will augment nutritional and lifestyle consultation.
10. Students will describe the benefits and process of weight loss through nutrition and physical activity.
11. Students will apply physical fitness principles to client education in case study analysis regarding the restoration and maintenance of optimal weight.
12. Students will be able to list preventative and restorative vitamins, minerals, enzymes, and other nutritional building blocks used in life processes.
13. Students will be able to apply holistic nutritional principles in their client education activities.

14. 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.
15. Students will be knowledgeable and able to recommend energy medicine modalities, including vibrational homeopathic remedies, for each person's different needs.
16. Students will explore the ancient Indian Ayurvedic Medicine and Traditional Chinese Medicine systems.
17. Students will explore the differences in herbal remedies.
18. Students will comprehend that herbs, drugs, and vitamins interact within the body.
19. Students will explore the ways that herbal supplementation may affect the human body and its use of drugs and vitamins.
20. Students will understand how herbal supplements affect a person's nutrition.
21. Students will have an understanding of their legal obligations and jurisprudence surrounding their work as weight management coaches.
22. Students will be able to develop consent, disclosure and disclaimer forms for use in their own practice.
23. Students will develop insights as to what is appropriate in weight management consultations, and what is legally and ethically inappropriate.
24. Students will be able to apply holistic coaching principles in their client education activities.
25. Students will be able to evaluate a person's holistic health needs through a thorough lifestyle assessment.
26. Students will be able to recognize that each person has different needs and to customize a unique holistic weight management wellness plan with each client.

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, 2nd 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 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 both 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; the history of occupational licensing laws, problems with occupational licensing the ninth amendment and much more.

Essentials of Human Anatomy, 8th edition, by Elaine N. Marieb. Includes a CD of animations, tutorials, chapter quizzes and coverage of seven major body systems.

Chemistry the Easy Way, 4th Edition, by Joseph A. Mascetta. A clear and easy approach to learning basic chemistry. Includes charts, graphs, lists and drawings as visual aids.

Introduction to Kinesiology: Studying Physical Activity, Third Edition by Shril J.Hoffman: An overview of kinesiology as it relates to physical fitness.

Ride Your Way to Lean, The Ultimate Guide for Burning Fat and Getting Fit on a Bike, by Selene Yeager: Here you will learn how to present this form of exercise as an important weight management activity.

The Ultimate pH Solution, Balance Your Body Chemistry to Prevent Disease and Lose Weight by Michelle Schoffro Cook, DNM, DAC, CNC: This book discusses in-depth how to apply pH dietary principles to weight management.

The Yoga Body Diet, Slim and Sexy in 4 Weeks, Without the Stress, by Kristen Schultz Dollard and John Douillard DC PhD: Here you will learn a comprehensive yogic approach to weight management and improved health.

The Complete Natural Medicine Guide to Women's Health by Dr. Sat Dharam Kaur ND, Dr. Mary Danylak-Arhanic MD and Dr. Carolyn Dean, ND MD: This book contains an excellent section on healthy eating for women.

Syllabus: 3 Modules, 12 lessons with 12 self-review quizzes, 1 final examination

Module 1- Introduction, Coaching and Basic Sciences

Lesson 11 – Coaching Overview
Lesson 12 – Anatomy & Physiology
Lesson 13 – Chemistry & Biochemistry

Module 2 – Diet, Nutrition, Herbs, Detoxification

Lesson 21 – Weight Maintenance, Weight Gain
Lesson 22 -- Weight Loss
Lesson 23 -- Toxicity & Detoxification, Quantum Detoxification
Lesson 24 – Drug-Herb-Vitamin Interactions
Lesson 25-- Body Work and Energy Medicine Modalities
Lesson 26-- Eastern Traditions – Ayurveda and TCM

Module 3- Activity

Lesson 31 – Rest, Relaxation and Sleep
Lesson 32 – Physical Fitness -Strength and Endurance, Toning, Calming, Flexibility, Balance
Lesson 33 – Activities for Beginners Physical Fitness

Final Examination

List of Assignments

1. Final Examination
2. Book Report on Physical Fitness
3. Anatomy & Physiology Essay
4. Essay on Weight Management Coaching Methods
5. Case Studies
6. Client Handout
7. 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, 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: 500 words on holistic Weight Management 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. Case Studies: Students must complete 5 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 5 different people the student knows; All 5 case studies must be completed and submitted with the final examination to receive credit.

6. 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 Weight Management from your WMCP lesson materials.

7. 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 in the Student Services area). Posts should be appropriate and thoughtful and should pertain to subjects related to holistic health and healing.

General Educational Information Worksheet Bonus: Optional assignment to develop client education material. 5 possible points.

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 – 100 points

Book Report – 25 points

Anatomy & Physiology Essay Assignment – 100 points

500 Word Coaching Essay – 100 points

Case Studies – 100 points

Client Handout - 25 bonus points.

Online Forum Participation – 50 points

Total Points 500

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 0 – 59%