Certified Holistic Nutritionist Program Guide

AFPA
HEALTH, NUTRITION & FITNESS

What's Inside

A Welcome Letter from Our Founders 3

What Is a Certified Holistic Nutritionist? 5

How Does the Program Work? 6

What You Will Learn..... 8

Opportunities for Certified Holistic Nutritionists 12

Accreditation and Recognition 14

FAQs 16

A Welcome Letter from Our Founders

We started AFPA 28 years ago because we believe in the importance of having a job that you love and that you feel good about doing. (Since you downloaded this guide, we're guessing you do, too!)

We set out to create one organization that would inspire and grow a network of fitness and health professionals with the highest quality and level of skill sets and expertise. It was our goal to enable them to transform the lives of millions through progressive nutrition and training concepts. At that time, we had no idea the magnitude of which we would grow, or how profoundly our education, graduates, and community would affect people's lives.

Today, the AFPA family has grown to over 130,000 health and fitness professionals across 124 countries through our over 30 certification programs—and we're just getting started! We make it a priority every day to make sure that our programs stay current with the most up-to-date information and to continue creating new programs and certifications in up-and-coming fields to help you expand your skill set and grow in your career.

It's our goal to help students graduate with the most comprehensive, qualified education at an affordable price to set them on a path to personal and professional success in the health, fitness, and wellness industry. Everything we do is to ensure our graduates are prepared with the knowledge, skill sets, and resources that they'll need to build their careers.

We're passionate that learning is a lifelong endeavor, and that continuing to build upon your education is a cornerstone of growth and professional development.

We're so pleased to have you here exploring opportunities for your future—it's an exciting time! We hope to become a resource for you as you embark on your path to a fulfilling and successful career. If you have any questions or concerns, our team of industry-leading experts and education specialists are readily available to support you.

Wishing you all the best,

Amy & Mark

AFPA Founders

P.S. If any questions or concerns arise as you read this guide, our team of education specialists is here to help. Just email us at info@afpafitness.com.

What Is a Certified Holistic Nutritionist?

A Certified Holistic Nutritionist is someone who can understand a client's nutritional status and provide information about how a holistic nutrition approach can support them in strengthening all dimensions of wellness. The dimensions of wellness include physical, emotional, occupational, interpersonal, intellectual, spiritual, and cultural wellness.

Simply put, a CHN helps people implement nutritional strategies to make their lives better.

Certified Holistic Nutritionists are an integral part of the overall healthcare system; they offer supplemental care that helps fill in the gaps in traditional care.

While they cannot diagnose disease, they can meet someone where they're at—whether someone has a disease, feels generally unwell, or is looking to add preventative measures—and help them make health behavior changes.

How Does the Program Work

You can complete the program at your own pace for up to 6 months, but many of our students complete it in eight weeks or less. (If you need longer than six months, you can apply to extend your access for a small fee.)

Once you enroll, you'll receive access to:

The online learning platform

You'll be able to access your program from anywhere and at any time.

Move through the program at your own pace. Because everyone learns differently, we've included a variety of learning methodologies, including:

- Video lectures
- Quizzes
- Assignments
- Downloadable resources
- Complementary readings
- Discussion topics
- Coaching simulations
- Case studies

The textbooks

The textbooks for this program will be delivered as E-books.

Student support

Our education specialists will be available to support you with any issues, concerns, or questions you have as you go through the program.

What You Will Learn

In this certification program, you will learn about the fundamentals of food and nutrition and the science of behavior change and communication. You'll also learn the skills necessary to support clients in achieving health behavior change through coaching.

Module 1: Introduction to Holistic Nutrition Practice

- Unit 1: Introduction to the nutrition and wellness industries
- Unit 2: Nutrition as a profession
- Unit 3: Nutrition on a Global Landscape and The Role of Integrative and Holistic Professionals
- Unit 4: Ethics and Professional Conduct

Module 2: Introduction to Food and Nutrition Science

- Unit 1: Structural Organization of the Human Body
- Unit 2: An Overview of Nutrients
- Unit 3: Digestion, Absorption, and Transport

Module 3: Metabolism and Nutrition

- Unit 1: Overview of Metabolic Reactions
- Unit 2: Carbohydrate Metabolism
- Unit 3: Lipid Metabolism
- Unit 4: Protein Metabolism
- Unit 5: Metabolic States of the Body
- Unit 6: Energy and Heat Balance
- Unit 7: Vitamins and Minerals
- Unit 8: Fluid, Electrolyte, and Acid-Base Balance

Module 4: Nutrition in Life Cycle

- Unit 1: Nutrition in Pregnancy and Lactation
- Unit 2: Nutrition in Infancy
- Unit 3: Nutrition in Childhood
- Unit 4: Nutrition in Adolescence
- Unit 5: Nutrition in the Adult Years
- Unit 6: Nutrition and Aging

Module 5: Functional Foods, Botanicals, and Supplementation

- Unit 1: Introduction to: Bioactive Substances and integrative care
- Unit 2: Botanicals: Herbs and Spices
- Unit 3: Functional Foods and Nutraceuticals
- Unit 4: Avoiding Scams and Ineffective Treatments
- Unit 5: Dietary Supplements

Certified Holistic Nutritionist Program Guide

- Unit 1: The definition of Health
- Unit 2: The Role of Diet and Nutrition in Disease Prevention and Management
- Unit 3: Mental Health and Wellness
- Unit 4: Movement and Exercise
- Unit 5: Sleep and Rest
- Unit 6: Community and Support
- Unit 7: Cultural Wellness

Module 7: Basis for Holistic Nutrition Assessment and Education

- Unit 1: Assessment of food and nutrition-related history
- Unit 2: Biochemical, physical, and functional assessment
- Unit 3: Behavioral-environmental: The individual in the community
- Unit 4: Food and nutrient delivery: Planning the diet with cultural competence
- Unit 5: Education and counseling: Behavior change

Module 8: Nutritional Support and Dietary Protocols

- Unit 1: Nutrition in Exercise and Sports Performance
- Unit 2: Nutrition in Weight Management
- Unit 3: Nutrition in Eating Disorders
- Unit 4: Nutrition and Bone Health
- Unit 5: Nutrition Care and an Overview of Dietary Protocols and Approaches

Module 9: The Holistic Nutrition Counseling Process

- Meet Your Clients
- Unit 2: Fundamentals of Health Behavior Change

- Unit 3: Communication Essentials
- Unit 4: Meeting the Client: The Counseling Interview
- Unit 5: Developing a Nutrition Care Plan
- Unit 6: Promoting Change to Facilitate Self-Management and Counseling
- Unit 7: A Guided Counseling

Module 10: Next Steps and Making the Most Out of Your Certification

- Unit 1: Nutrition as a Scientific Process
- Unit 2: Keeping Your Knowledge Up-to-Date
- Unit 3: Continuing Your Education
- Unit 4: Business Fundamentals: Starting Your Holistic Nutrition Practice

Opportunities for Certified Holistic Nutritionists

Many of our graduates create their own coaching businesses using their Certified Holistic Nutritionist credentials. This route allows them to work with clients, either 1:1 or in a group setting, on their own terms. If you value freedom and flexibility, starting a business could be the right route for you.

There are also many other ways to use your certification to build a career. You could become a:

- Corporate wellness consultant or director
- Nutrition content creator
- Cooking classes facilitator
- Nutrition workshop leader
- Freelance recipe developer
- In-house nutritionist at a naturopathic clinic
- Health and wellness educator

If you're not necessarily looking to use this certification to start a career, you're not alone. Plenty of our graduates choose to not become professional holistic nutritionists.

While the Certified Holistic Nutritionist program is designed to help you build a career if you so choose, it also gives you the knowledge to make an impact in your personal life. You'll walk away equipped to create positive change in your circle of influence, whether that means your children, your racquetball club, your office, or yourself.

Here are some ways you could use your certification to impact your community:

- Supporting the postpartum moms in your community with nourishing meal trains
- Teaching your children healthy habits from an early age
- Volunteering at a food access non-profit
- Starting a wellness committee at your corporate job
- Encouraging a partner who has been recently diagnosed with a disease
- Sharing recipes with your friends on Instagram
- Supporting your body through marathon training

These lists are by no means exhaustive. There are endless unique ways for a Certified Holistic Nutritionists to use their expertise.

Accreditation and Recognition

AFPA is a well-recognized health and wellness education provider.

The Certified Holistic Nutritionist program is internationally accredited by:

- Federation for Holistic Therapists (FHT)
- International Practitioners of Holistic Medicine

While board certification is not a prerequisite for beginning a career as a Certified Holistic Nutritionist, the CHN program curriculum fully meets the educational requirements of the following boards, meaning graduates can apply for certification or membership:

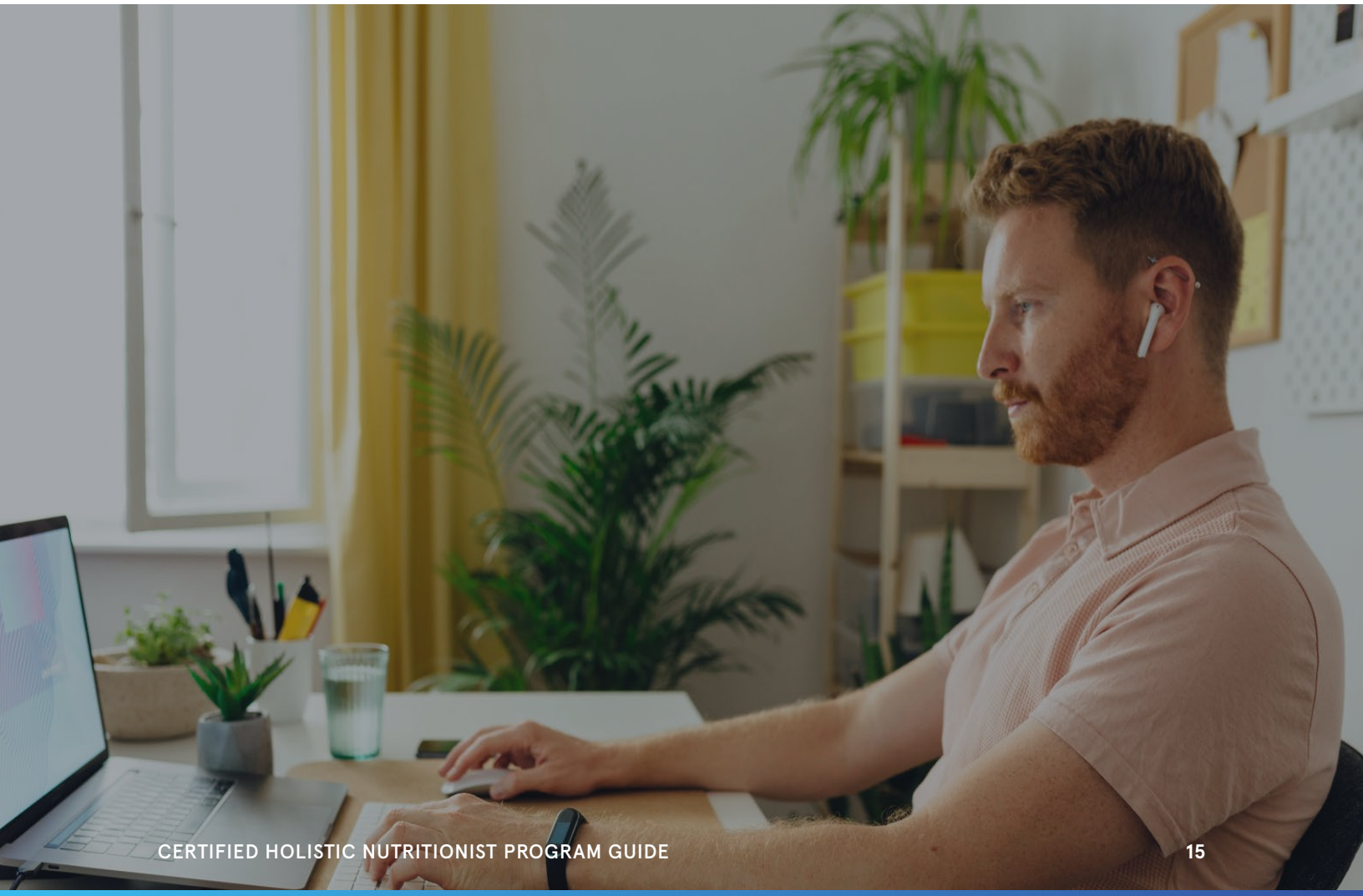
- American Association of Drugless Practitioners (AADP)
- American Naturopathic Medical Accreditation Board (ANMAB)
- American Natural Wellness Coach (ANWCB)
- American Association of Natural Wellness Practitioners (AANWP)

The Certified Holistic Nutrition program is approved for continuing education at the following organizations:

National Association of Nutrition Professionals (NANP)
for a total of 30 NANP Category 1 CEUs

National Academy of Sports Medicine (NASM)
for a total of 1.9 NASM CEUs

Athletics and Fitness Association of America (AFAA)
for a total of 15 AFAA CEUs



FAQs

Who can enroll in this certification program?

To qualify for the Holistic Nutrition Certification Program, you must:

- Be at least 18 years of age
- Have a solid understanding of the English language

Can I still enroll in this program if I do not want to practice being a Certified Holistic Nutritionist?

Absolutely. Many of our graduates choose to not become professional holistic nutritionists. The knowledge you gain in the CHN program can be applied to your own life and community.

How does the content of this program compare to your other nutrition programs?

The Holistic Nutritionist Certification program teaches you how to help clients understand how their nutrition and lifestyle behaviors affect their overall health and wellness. It provides you with the knowledge necessary to build a unique strategy

together with your client so that they can make sustainable health behavior changes.

We also offer other focused, specialized certification programs in nutrition such as the Certified Sports Nutritionist program, the Certified Autoimmune Nutrition Specialist program, and the Certified Plant-Based Nutrition Specialist program.

When can I enroll?

We offer rolling enrollment so you can enroll whenever you'd like! Enroll for the Certified Holistic Nutritionist program here.

How long will it take to finish this program and earn my certification?

The program is designed to provide you with flexibility and ample time to progress at a pace that is comfortable for you. It is self-directed, self-study, and may be completed in six months or less. If you require more time, you can request a six-month extension for an additional fee of $75.

How much does the program cost?

Visit the enrollment page for the most up-to-date pricing information.

Are there payment plans available?

Yes, we offer a variety of flexible payment plans and options through Affirm and PayPal Credit. You can learn more about payment plans here.

Is the program set up for international students?

Yes. The program is accessible from anywhere around the globe.

What if I need technical support with my online access to materials?

We provide contact information so you can reach out to an education specialist or the technical support team to troubleshoot any technical difficulties you may run into.

How long is the certification valid for?

Your credential is valid for two years. Certification renewal is a process whereby the certified professional demonstrates ongoing efforts to maintain and enhance the ability to perform health and wellness services in a competent manner. Certification renewal also assures the public that the certified professional remains committed to adhering to a code of ethics and standards of practice.

To demonstrate continued competency, the certified professional is required to renew their credential by obtaining 16 hours of continuing education. Continued education can include new activity that took place during the two-year certification period and cannot pre-date a certificate submitted for renewal. Approved educational activities may include: taking AFPA CEC courses, attending conferences for wellness professionals, attending professional development events or workshops, taking additional classes online or in-person, reading relevant books or scholarly articles, etc. For more information, visit our renewal information page.

Are there any restrictions in my state regarding what I can do as a certified holistic nutrition professional?

The laws around certified wellness practitioners can be confusing, especially because they differ from state to state. Check out this guide to help you better understand those laws, the different types, and how they impact your ability to practice. To learn more about the laws impacting you, browse by state here.

What's the difference between a Certified Holistic Nutritionist and a Registered Dietitian?

Certified Holistic Nutritionists provide clients with information about how a holistic nutrition approach can support them in strengthening all dimensions of wellness (physical, emotional, occupational, interpersonal, intellectual, spiritual, and cultural wellness).

Registered Dietitians are professionals who completed a four-year college degree with specific coursework in nutrition and passed the Registration Examination for Dietitians.

The word "nutritionist" is less regulated, and four-year college degrees are not necessarily required to use the term.

Do I need to complete continuing education to maintain my certification?

Yes, you will need to complete at least 16 continuing education credits (CECs) every two years to maintain your certification. You can learn more about renewing your certification here.

"My favorite part about being a Certified Holistic Nutritionist is seeing the incredible transformations my clients go through."

"I love the positive impact I have on others and knowing I am spreading health to everyone I possibly can! My education through AFPA has also changed the health of my family as well. I've been able to help numerous family members change their eating habits and tune into their own health journey. Seeing my family change their habits and make positive changes in their own life has been so rewarding."

- KELSIE JUSTICE, AFPA-CERTIFIED HOLISTIC NUTRITIONIST

AFPA
HEALTH, NUTRITION & FITNESS

Learn the fundamentals of holistic nutrition. Develop cognitive skills to be a better coach. Get applicable, career-building knowledge.

All in one place.

Enroll Now

Have questions? Let's chat.

Reach out to us at info@afpafitness.com.