

# The Nutrition Institute

NUTRITION COURSE PROSPECTUS





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A decorative background on the right side of the page featuring a top-down view of fresh fruit and ice. The items include orange slices, a lime slice, a kiwi slice, and several ice cubes scattered on a light pink surface. Some green leaves are also visible.

# WELCOME

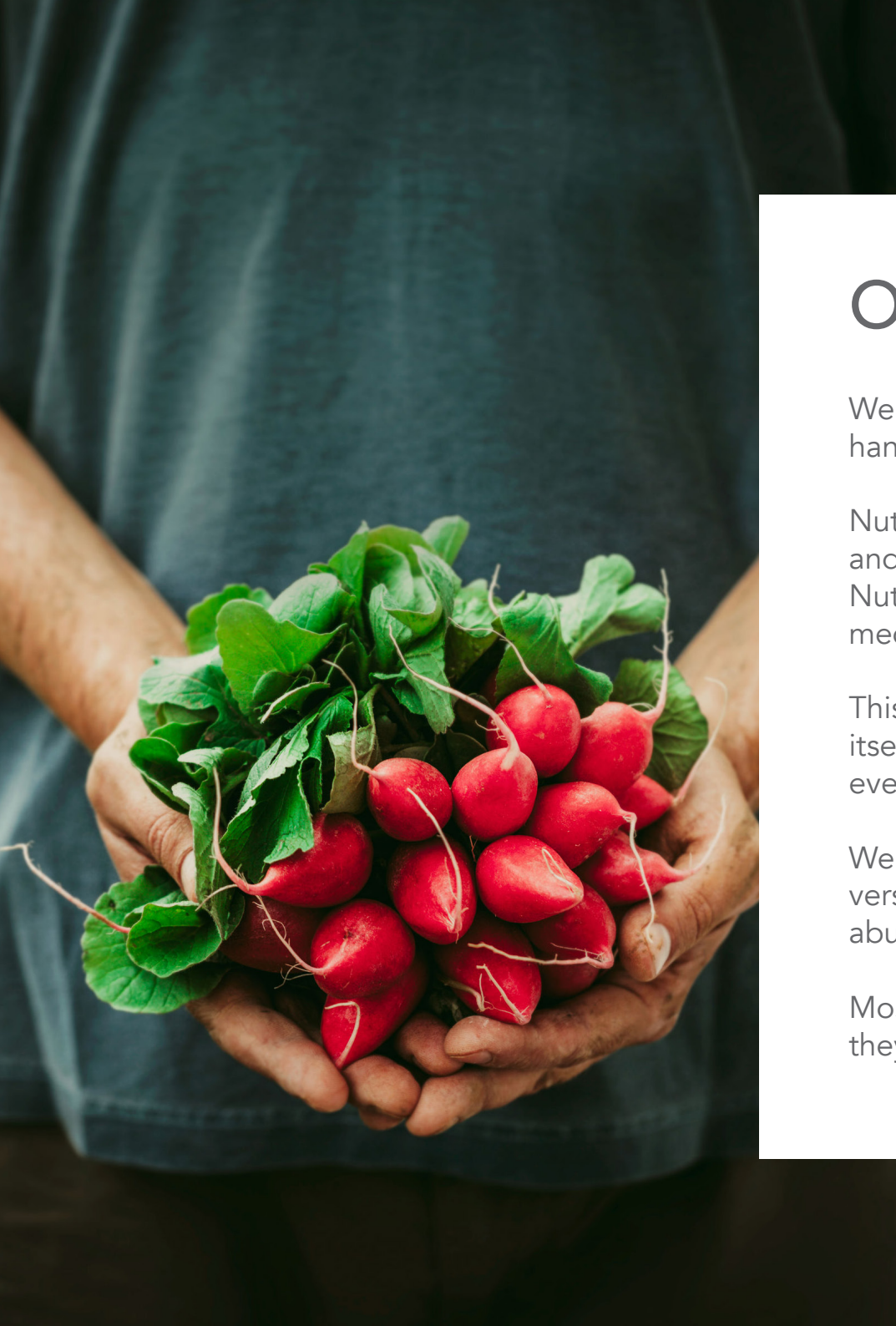
Thank you for downloading our course prospectus and taking the first step towards becoming a Nutritionist; or starting a new and exciting lifestyle in nutrition.

The Nutrition Institute provides a unique opportunity for you to study your passion and love of nutrition, no matter where you live, or how busy your life is.

We don't just teach nutrition, we encourage each and every student to gain the knowledge and understanding of one's own health to make intuitive decisions for your own benefit, or that of your clients.

Your passion and the practical skills provided by our course will ensure that you will be able to translate the desire for better health into reality.

Whether you're curious about our course for improving your own health, helping other people improve their health, being part of a global community of like-minded people, developing a lucrative career that aligns with your passions, or being part of the change you want to see in the world, you have come to the right place!



## OUR PHILOSOPHY

We believe that delicious food and conscious nutrition go hand in hand.

Nutrition is one of the most rewarding careers you can choose, and health coaching will change the consciousness of the planet. Nutrition and lifestyle play a much bigger role in health, healing and medicine than they get credit for.

This is not about a fad or trend. It's about a huge need of infusing itself into the way we eat, exercise, sleep, work, age, and almost every other aspect of our lives.

We stand for living a passion-filled life, for striving to be the best version of ourselves, and for curiosity and learning in ever-expanding abundance.

Most importantly, we stand together in support of our students as they step into the thrilling spotlight that awaits them.

# THE COURSE

The Diploma of Nutrition consists of 12 modules and assignments.

These require you to complete both theoretical and practical exercises to hone your skills and to gain an understanding of nutrition.

During the course, you will complete in-depth hypothetical client consultations which will make you more aware of the elements that make up working in a nutrition practice.

All students are provided with 12 months to complete the course. This allows you to plan and submit assignments at your leisure, fitting them around any work and life commitments.





# OUR ACCREDITATION

We strongly believe in providing the best quality service and learning experience available online. We have also partnered with a number of third-party accreditation bodies to give you peace of mind and confidence in studying with us.

We are recognised globally by the following bodies:

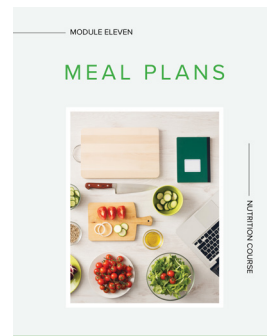
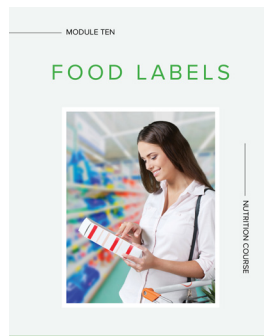
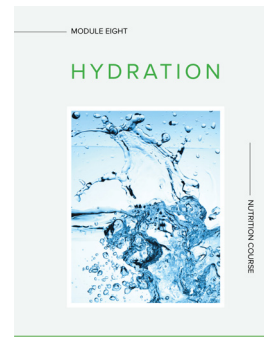
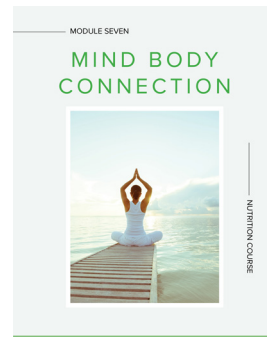
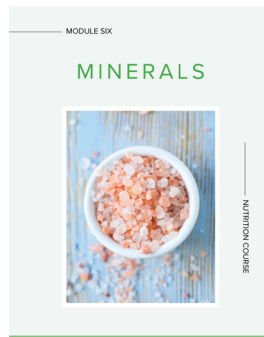
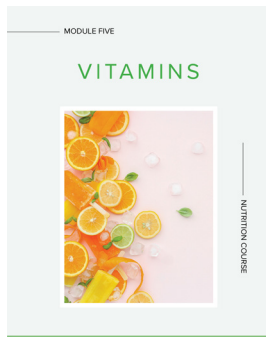
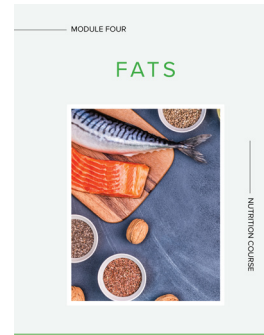
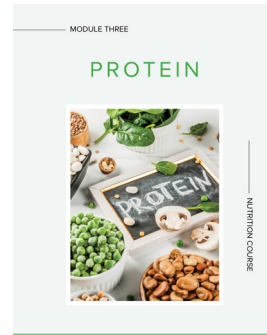
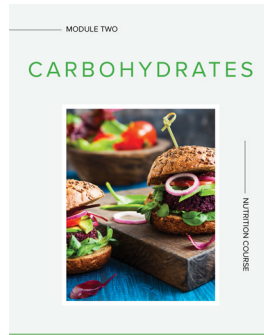
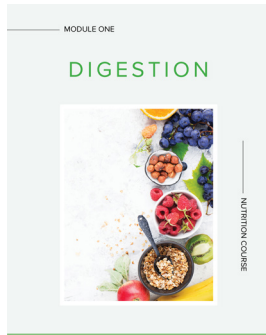
- IARC ([International Approval and Registration Centre](#))
- BAC ([British Accreditation Council](#))
- BBB ([Better Business Bureau](#))
- UKRLP ([United Kingdom Register of Learning Providers](#))



# MODULES COVERED

The below modules are covered in the course:

- Module 1 Digestion
- Module 2 Carbohydrates
- Module 3 Protein
- Module 4 Fats
- Module 5 Vitamins
- Module 6 Minerals
- Module 7 Mind Body Connection
- Module 8 Hydration
- Module 9 Weight Management
- Module 10 Food Labels
- Module 11 Meal Plans
- Module 12 Nutrition Practice





# FURTHER YOUR STUDIES

We also offer a wide range of optional Advanced Modules, which can be purchased, should you wish to further your studies in a particular area of nutrition:

## - Sports Nutrition

Authored by renowned Advanced Sports Dietitian Jess Spendlove, this Advanced Module covers the unique needs of athletes and active individuals including hydration, recovery nutrition, supplements, and more.

## - Plant-Based Nutrition

In this Advanced Module, you'll learn about the health & nutrition benefits of a plant-based diet, plant-based sources of macro and micronutrients, how to coach plant-based clients in a healthy and sustainable way, recipes, shopping lists, and more!

## - Paediatric Nutrition (coming soon)

Launching in 2023, the Paediatric Nutrition Advanced Module will cover nutrition from infancy to adolescence, including nutrition assessment in babies and children, as well as growth charts, malnutrition, breastfeeding, fussy eating, and beyond.

To take the Advanced Modules, you will need to enrol in our Nutrition Course and complete the first two modules before the Advanced Modules will be available to you. This is to ensure that you have a basic understanding and knowledge of the nutrition principles to build upon.



# THE AUTHOR

Our course has been written by the accomplished and certified Nutritionist, Kim Malcolm.

Through this course, Kim shares her years of knowledge and expertise to help you excel at what you love and develop in you a keen awareness for creating your own unique nutrition practice.

Kim lives by example and has taught, inspired and encouraged the interior acceleration of wellbeing globally.

Through seminars and private consultations, her passion for others to live authentically has left a true wake of transformation in whole body health.

Kim's structured course allows the student to become more aware as they realise their potential. By stepping into a landscape of support, students will be able to define how they want to move forward in personal nutrition, or as a Nutritionist.

## The Author



# THE TUTORS

Our handpicked tutors are not only great teachers, but experts in their fields.

## MEET KASSANDRA

Kassandra has always possessed a strong appreciation for the connection between a healthy lifestyle and food, and loves nurturing this in others. Accredited with a Bachelor of Food Science and Nutrition, Kassandra is a passionate Nutritionist and Health Coach who is dedicated to supporting people to thrive in health, without sacrificing their love of food.

She uses her knowledge and experience to develop and present nutritional seminars and is committed to improving health education throughout the country. She is also experienced in overseeing resources and project management.



## MEET ALIZ

Aliz's passion for nutrition began when she personally experienced the power of food as medicine after experiencing a number of unresolved health issues. That is when she decided to go back to university and complete further studies and gain her Bachelor in Nutritional Medicine and has not looked back since.

Making sure to keep up with the latest research and resources is something she takes pride in to ensure she can offer the best and most up to date information, education and resources to others on their own health and healing journeys.



# OUR COMMUNITY

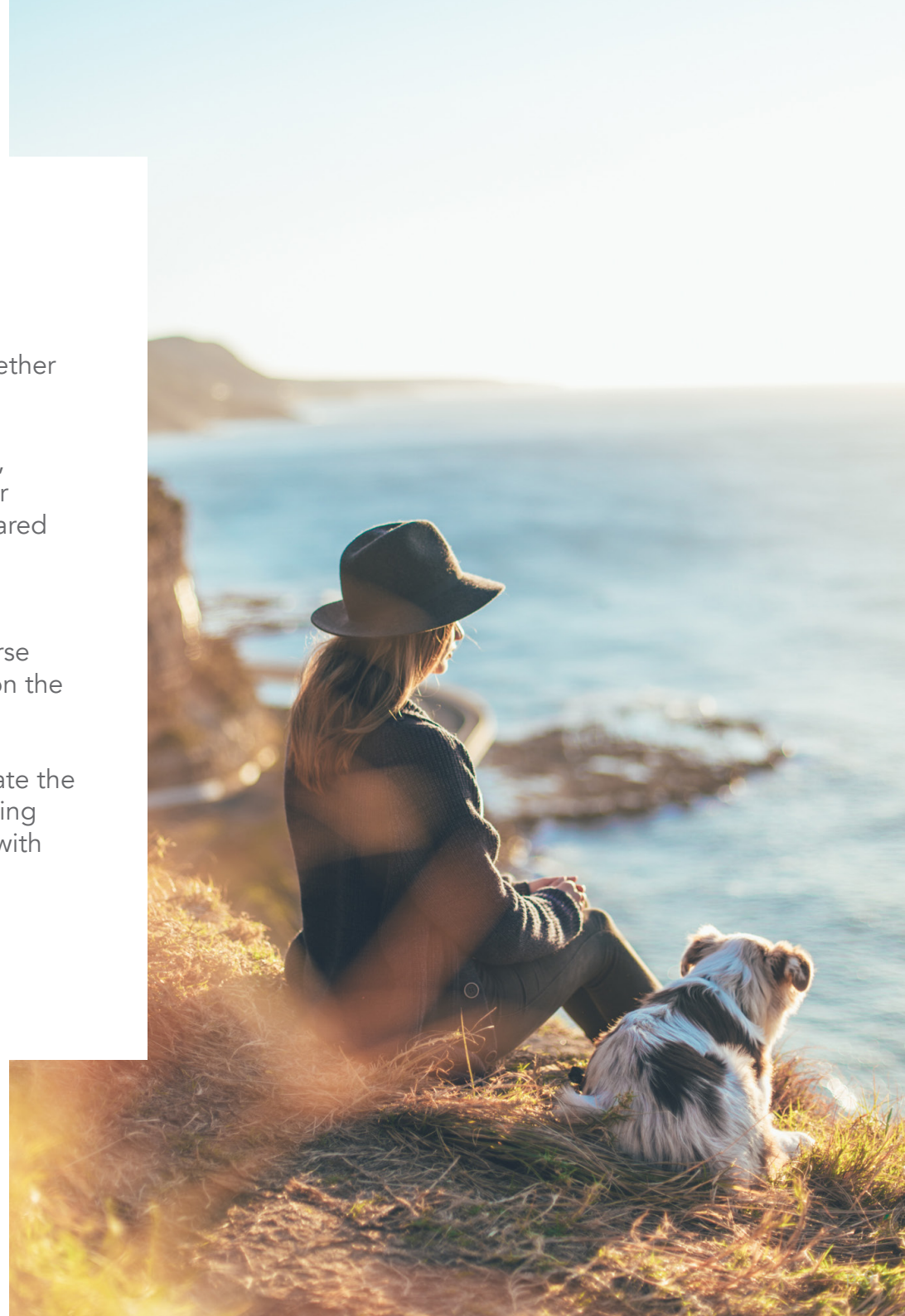
Online study provides us with unique opportunities to bring students together and share a wealth of information that goes beyond the Nutrition course.

Even before enrolling, you can view and follow us on Instagram, Pinterest, Facebook and LinkedIn. Through these channels, you can see some of our inspirational posts, or start learning right away by reading some of our shared content.

Once enrolled, we encourage all students to take part in our exclusive Facebook group. This group is only available to current students and course graduates and provides a space to share images, ideas, and discussions on the developments and challenges in the world of nutrition as a whole.

Our social media not only aims to be educational, it also strives to celebrate the accomplishments of our Nutritionists by highlighting their abilities, providing recognition for their hard work, and helping to share their unique visions with the world.

Start following us now! [@the\\_nutrition\\_institute](#)





# GETTING STARTED

Getting started at The Nutrition Institute has never been easier! While many learning institutes have lengthy enrolment processes, quarterly or yearly admissions and complex prerequisites, we provide equal opportunities for all individuals who want to improve their skills.

Enrolling in our Nutrition course takes less than 5 minutes. You can get started right away by following these few simple steps:

- Visit Our Website: [www.fitpro.co.za](http://www.fitpro.co.za)
- Choose Your Study Fee Plan
- Enter Your Full Name
- Enter Your Email Address
- Submit Your Details

Because we understand that starting a new adventure into nutrition can feel like a big commitment, our support staff will be available 24/7 to assist you with any queries you might have. Feel free to contact us at any time!

[Contact Us & FAQs](#)

# CONTACT US

**Website:**

[www.thenutritioninstitute.co.za](http://www.thenutritioninstitute.co.za)

**Contact Us:**

[support@thenutritioninstitute.co.za](mailto:support@thenutritioninstitute.co.za)

**Address:**

The Gym at The Campus  
57 Sloane Street (Cnr Sloane Street and Main Road)  
Bryanston, Johannesburg

