

# CANADIAN SCHOOL OF NATURAL NUTRITION

## DIPLOMA PROGRAM

### PROPOSED STUDY GUIDE FOR DISTANCE EDUCATION STUDENTS

#### Three Year Plan

Please note that this guide is based on a study schedule of minimum of 20 hours per week for three years, with an additional 2 months for final exam preparation. Approximate number of study hours is 2400, including reading and assignments in addition to instructional time. This estimated guide adds up to 118 weeks (2.27 years), which allows optimal time in which to complete the program within a 3-year period.

Actual time required for completion of any one course may vary with individual students. Many factors, such as reading speed, comprehension skills, work and/or family obligations and many other of life's circumstances all have an impact on an individual's time.

<u>Course</u>	<u>Approximate # of weeks to complete</u>
FUNDAMENTALS I	3 weeks
FUNDAMENTALS II	3 weeks
ANATOMY	4 weeks
SYMPTOMATOLOGY	9 weeks
MOTIVATIONAL INTERVIEWING	2 weeks
CASE STUDY 2-3	14 weeks
HORMONE HEALTH	3 weeks
BODY-MIND-SPIRIT, 1	3 weeks
BODY-MIND-SPIRIT, 2	2 weeks
FUND. OF BUSINESS	3 weeks
BIOCHEMISTRY & EPIGENETICS	3 weeks
CASE STUDY 4-8	34 weeks
PATHOLOGY	4 weeks
PEDIATRIC NUTRITION	2 weeks
SPORTS NUTRITION	2 weeks
PERSPECTIVES ON AGING	2 weeks
ECONUTRITION	2 weeks
FOLLOW UP CASE STUDY 9-10	14 weeks
ALLERGIES	3 weeks
RESEARCH	2 weeks
INTRO TO PRACTICAL USE OF HERBS	3 weeks
PROGRAM FINAL EXAM	1 week