



PROPOSED STUDY GUIDE FOR DISTANCE EDUCATION NATURAL NUTRITION STUDENTS

Please note that this guide is based on an approximate number of study hours of 2400, including reading, assignments in addition to instructional time.

Course Number	Course Name	Approximate # of weeks 20 hour/week commitment	Approximate # of weeks 40 hour/week commitment
NN101A	Fundamentals of Nutrition (Part 1)	3 weeks	1.5 weeks
NN101B	Fundamentals of Nutrition (Part 2)	3 weeks	1.5 weeks
NN102	Anatomy & Physiology	4 weeks	2 weeks
NN103A	Nutritional Symptomatology	9 weeks	4.5 weeks
NN103B	Motivational Interviewing Skills	2 weeks	1 week
LAB	Case Study Lab 2 & 3	14 weeks	7 weeks
NN104A	Hormone Health	3 weeks	1.5 weeks
NN105A	Body-Mind-Spirit – The Mind Connection	3 weeks	1.5 weeks
NN105B	Body-Mind-Spirit – The Spirit Connection	2 weeks	1 week
NN106	Fundamentals of Business	3 weeks	1.5 weeks
NN107A	Biochemistry & Epigenetics	3 weeks	1.5 weeks
LAB	Case Study Lab 4-8	34 weeks	17 weeks
NN109	Pathology & Nutrition	4 weeks	2 weeks
NN110A	Lifecycle Nutrition – Pediatric	2 weeks	1 week
NN110B	Lifecycle Nutrition – Sports	2 weeks	1 week
NN110C	Lifecycle Nutrition – Perspectives on Aging	2 weeks	1 week
NN111	Eco-Nutrition	2 weeks	1 week
LAB	Follow Up Case Study Lab	14 weeks	7 weeks
NN112	Allergies	3 weeks	1.5 weeks
NN114	Nutritional Literature Research	2 weeks	1 week
NN115	Introduction to the Practical Use of Herbs	3 weeks	1.5 weeks
FE101	Final Exam	1 week	0.5 weeks

Students have a maximum of 3-years to complete the program, this guide is designed to help you set and customize your own study schedule for successful completion of our Natural Nutrition Diploma program. It is feasible for you to complete in just over 1-year, provided you persevere and stick to your schedule.

Approximate total time investment with a 20 hour per week commitment.	Approximate total time investment with a 40 hour per week commitment.
118 weeks or 2.27 years	59 weeks or 1.13 years

CSNN Distance Education’s - Self Paced Study Format, is designed with your busy lifestyle in mind. Students are provided with the tools to complete graduation requirements, at their own pace, within a 3-year maximum timeline. Students are not bound to class schedules, which allows you to pick up your studies at any time.

Students that set a study schedule of at least 20 hours per week can expect to complete in approximately 118 weeks (2.27 years), which allows optimal time in which to complete the program within a maximum 3-year timeline.

Students that set a study schedule of at least 40 hours per week can expect to complete in approximately 59 weeks (1.13 years).

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.

