

ICTQual AB

Qualification Specification



Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management



Website
www.ictqualab.co.uk

Email:
Support@ictqualab.co.uk

ICTQual AB

Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management

Contents

About ICTQual AB **Error! Bookmark not defined.**

Course Overview2

Certification Framework3

Entry Requirements3

Qualification Structure.....4

Centre Requirements5

Support for Candidates6

Assessment.....6

Unit Descriptors.....8

Qualification Specifications about

ICTQual Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management

About ICTQual AB

ICTQual AB UK Ltd. is a distinguished awarding body based in the United Kingdom, dedicated to fostering excellence in education, training, and skills development. Committed to global standards, ICTQual AB provides internationally recognized qualifications that empower individuals and organizations to thrive in an increasingly competitive world. Their offerings span diverse industries, including technical fields, health and safety, management, and more, ensuring relevance and adaptability to modern workforce needs.

The organization prides itself on delivering high-quality educational solutions through a network of Approved Training Centres worldwide. Their robust curriculum and innovative teaching methodologies are designed to equip learners with practical knowledge and skills for personal and professional growth. With a mission to inspire lifelong learning and drive positive change, ICTQual AB continuously evolves its programs to stay ahead of industry trends and technological advancements.

ICTQual AB's vision is to set benchmarks for educational excellence while promoting inclusivity and integrity. Their unwavering focus on quality and accessibility makes them a trusted partner in shaping future-ready professionals and advancing societal progress globally.

Course Overview

The ICTQual Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management equips professionals with the skills needed to excel in the rapidly growing health and wellness sector. This comprehensive program covers essential topics such as psychology, nutrition, mental health awareness, and stress management, combining theoretical knowledge with practical coaching techniques. Graduates will be able to guide clients in managing their health, improving fitness, and achieving sustainable lifestyle changes.

This qualification is ideal for individuals looking to advance their coaching career or enter the wellness field. With modules tailored to various aspects of lifestyle management, the course prepares graduates to address diverse client needs, from chronic disease management to mental health support. Additionally, learners will gain tools to develop customized coaching plans and enhance client motivation, making them well-equipped for roles in healthcare, corporate wellness, or private coaching.

Certification Framework

Qualification title	ICTQual Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management
Course ID	
Qualification Credits	68 Credits
Course Duration	3 -6 Months
Grading Type	Pass / Fail
Competency Evaluation	Coursework / Assignments / Verifiable Experience
Assessment	The assessment and verification process for ICTQual qualifications involves two key stages:

Internal Assessment and Verification:

- ✓ Conducted by the staff at the Approved Training Centre (ATC). Ensures learners meet the required standards through continuous assessments.
- ✓ Internal quality assurance (IQA) is carried out by the centre's IQA staff to validate the assessment processes.

External Quality Assurance:

- ✓ Managed by ICTQual AB verifiers, who periodically review the centre's assessment and IQA processes.
- ✓ Verifies that assessments are conducted to the required standards and ensures consistency across centres

Entry Requirements

To enroll in the ICTQual Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management, candidates should meet the following entry requirements:

- ✓ A minimum of Level 3 qualification in a related field, such as health, fitness, or coaching.
- ✓ A strong interest in health, wellbeing, and coaching, with a passion for supporting others to achieve their personal goals.
- ✓ Basic understanding of lifestyle management concepts, including fitness, nutrition, and stress management.
- ✓ Previous experience in a client-facing role, preferably in health, fitness, or personal coaching, is desirable but not essential.
- ✓ A commitment to personal development and a willingness to engage in both theoretical learning and practical coaching.
- ✓ Good communication skills, both written and verbal, to effectively interact with clients and peers.
- ✓ Access to a suitable environment for carrying out coaching practice, such as a fitness studio, health clinic, or online coaching platform.

Qualification Structure

This qualification comprises 14 mandatory units, totaling 68 credits. Candidates must successfully complete all mandatory units to achieve the qualification.

Mandatory Units		
Unit Ref#	Unit Title	Credits
	Mandatory Units	
	Foundations of Psychology and Wellbeing	10
	Principles of Human Nutrition	10
	Wellbeing Management and Coaching Techniques	10
	Mental Health Awareness and Trauma-Informed Practices	10
	Professional Coach Training and Accreditation Preparation	10
	Chronic Disease Management and Wellbeing Resources	10
	Optional Units	
	Women’s Health: Hormonal Balance and Wellness	10
	The Gut Microbiome and Digestive Health	10
	The Non-Diet Approach to Coaching	10
	Nutrition Psychology: Food Choices and Eating Behaviors	10
	Ayurvedic Principles for Lifestyle and Nutrition	10
	Sports Nutrition for Peak Performance	10
	Introduction to Herbal Medicine and Botanical Healing	10
	Superfoods: Maximizing Nutrition and Wellness	10

Centre Requirements

Even if a centre is already registered with ICTQual AB, it must meet specific requirements to deliver the ICTQual Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management. These standards ensure the quality and consistency of training, assessment, and learner support.

1. Approval to Deliver the Qualification

- ✓ Centres must obtain formal approval from ICTQual AB to deliver this specific qualification, even if they are already registered.
- ✓ The approval process includes a review of resources, staff qualifications, and policies relevant to the program.

2. Qualified Staff

- ✓ **Tutors:** Must hold a qualification in Coaching, Health, Wellbeing Management, or a related field at Level 6 or higher. Should have experience in delivering coaching programs or practical training in lifestyle and wellbeing management.
- ✓ **Assessors:** Must hold a recognized assessor qualification (e.g., Level 3 Certificate in Assessing Vocational Achievement). Must demonstrate expertise in coaching and assessing lifestyle and wellbeing practices.
- ✓ **Internal Quality Assurers (IQAs):** Must possess appropriate IQA qualifications and experience monitoring assessments for coaching and health-related qualifications.

3. Learning Facilities

Centres must have access to appropriate learning facilities, which include:

- ✓ **Classrooms:** Equipped with multimedia tools for delivering engaging sessions on coaching techniques, behavioral change, and wellbeing strategies.
- ✓ **Practical Areas:** Private spaces for role-playing, mock coaching sessions, and client simulation exercises. Group spaces for interactive discussions and peer-to-peer learning.
- ✓ **Technology Access:** Reliable internet connectivity and access to online learning platforms. Coaching tools and software for planning, goal setting, and tracking lifestyle progress.

4. Health and Safety Compliance

- ✓ Centres must ensure that practical training environments comply with relevant health and safety regulations.
- ✓ Risk assessments must be conducted regularly to maintain a safe learning environment.

5. Resource Requirements

- ✓ **Learning Materials:** Approved course manuals, textbooks, and study guides aligned with the curriculum.
- ✓ **Assessment Tools:** Templates, guidelines, and resources for conducting and recording assessments.
- ✓ **E-Learning Systems:** If offering online or hybrid learning, centres must provide a robust Learning Management System (LMS) to facilitate remote delivery.

6. Assessment and Quality Assurance

- ✓ Centres must adhere to ICTQual's assessment standards, ensuring that all assessments are fair, valid, and reliable.
- ✓ Internal quality assurance (IQA) processes must be in place to monitor assessments and provide feedback to assessors.
- ✓ External verification visits from ICTQual will ensure compliance with awarding body standards.

7. Learner Support

- ✓ Centres must provide learners with access to guidance and support throughout the program, including:
- ✓ Academic support for coursework.
- ✓ Career guidance for future progression.
- ✓ Additional support for learners with specific needs (e.g., disabilities or language barriers).

8. Policies and Procedures

Centres must maintain and implement the following policies, as required by ICTQual:

- ✓ Equal Opportunities Policy.
- ✓ Health and Safety Policy.
- ✓ Safeguarding Policies and Procedures.
- ✓ Complaints and Appeals Procedure.
- ✓ Data Protection and Confidentiality Policy.

9. Regular Reporting to ICTQual

- ✓ Centres must provide regular updates to ICTQual AB on learner enrollment, progress, and completion rates.
- ✓ Centres are required to maintain records of assessments and learner achievements for external auditing purposes.

Support for Candidates

Centres should ensure that materials developed to support candidates:

- ✓ Facilitate tracking of achievements as candidates progress through the learning outcomes and assessment criteria.
- ✓ Include information on how and where ICTQual's policies and procedures can be accessed.
- ✓ Provide mechanisms for Internal and External Quality Assurance staff to verify and authenticate evidence effectively.

This approach ensures transparency, supports candidates' learning journeys, and upholds quality assurance standards.

Assessment

This qualification is competence-based, requiring candidates to demonstrate proficiency as defined in the qualification units. The assessment evaluates the candidate's skills, knowledge, and understanding against the set standards. Key details include:

1. **Assessment Process:**

- ✓ Must be conducted by an experienced and qualified assessor.
- ✓ Candidates compile a portfolio of evidence that satisfies all learning outcomes and assessment criteria for each unit.

2. **Types of Evidence:**

- ✓ Observation reports by the assessor.
- ✓ Assignments, projects, or reports.
- ✓ Professional discussions.
- ✓ Witness testimonies.
- ✓ Candidate-produced work.
- ✓ Worksheets.
- ✓ Records of oral and written questioning.
- ✓ Recognition of Prior Learning (RPL).

3. **Learning Outcomes and Assessment Criteria:**

- ✓ **Learning Outcomes:** Define what candidates should know, understand, or accomplish upon completing the unit.
- ✓ **Assessment Criteria:** Detail the standards candidates must meet to demonstrate that the learning outcomes have been achieved.

This framework ensures rigorous and consistent evaluation of candidates' competence in line with the qualification's objectives.

Unit Descriptors

CE0003 – 1 Foundations of Psychology and Wellbeing:

The aim of this study unit is to explore the psychological foundations of human behavior and well-being, with a focus on understanding the role of mental, emotional, and social health in overall wellness. This unit equips learners with the knowledge to apply psychological principles in promoting positive behavior changes, enabling them to support clients in achieving lasting improvements in their mental and emotional health. Through this, learners will enhance their ability to foster holistic well-being in a coaching context

Learning Outcome:	Assessment Criteria:
<p>1. Understand the key psychological principles related to lifestyle and wellbeing.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates a comprehensive understanding of the biopsychosocial model, recognizing how psychological, biological, and social factors interconnect to influence human behavior, emotional health, and overall well-being. 1.2. Examines the role of cognitive processes such as perception, attention, memory, and thought patterns in shaping individual behavior and emotional responses, emphasizing their impact on mental health and life satisfaction. 1.3. Explores the influence of emotions on behavior, understanding how feelings like stress, anxiety, and happiness affect physical health, decision-making, relationships, and overall wellness. 1.4. Investigates the connection between motivation and behavior, recognizing theories such as Maslow’s Hierarchy of Needs, Self-Determination Theory, and goal-setting frameworks to explain how human drive and motivation impact health behaviors. 1.5. Analyzes the role of personality traits and individual differences, considering how factors such as introversion, extroversion, and emotional regulation influence coping mechanisms, social interactions, and health outcomes. 1.6. Understands the importance of social and environmental factors, including family dynamics, cultural influences, and socioeconomic status, in shaping behavior, mental health, and access to resources that impact overall well-being. 1.7. Explores the concept of resilience and how psychological factors like self-esteem, self-

	<p>efficacy, and coping strategies contribute to an individual’s ability to overcome adversity and maintain psychological well-being.</p> <p>1.8. Investigates the impact of stress on mental and physical health, understanding the physiological and psychological effects of acute and chronic stress and its role in the development of various health conditions.</p> <p>1.9. Explores the mind-body connection, recognizing how mental health issues such as depression, anxiety, and trauma can manifest in physical symptoms, and how physical health conditions can affect psychological well-being.</p> <p>1.10. Applies psychological theories to improve mental health interventions and practices, using techniques such as cognitive-behavioral therapy (CBT), mindfulness, and positive psychology to support behavior change, promote well-being, and enhance quality of life..</p>
<p>2. Identify the role of mental, emotional, and social health in overall wellness.</p>	<p>2.1. Recognizes the interconnectedness of mental, emotional, and social health with overall wellness, understanding that each dimension influences and contributes to physical health, life satisfaction, and long-term well-being.</p> <p>2.2. Explores how mental health, including cognitive function, mindset, and emotional regulation, impacts decision-making, stress management, and the ability to navigate daily life challenges, contributing to a balanced and fulfilling life.</p> <p>2.3. Examines the role of emotional health in overall wellness, focusing on how emotional intelligence, self-awareness, and emotional regulation affect resilience, relationships, and coping strategies in times of stress or adversity.</p> <p>2.4. Identifies the influence of social health, including social support networks, relationships, and community involvement, on mental and emotional well-being, recognizing that strong connections and a sense of belonging are key factors in reducing isolation and promoting positive mental health.</p> <p>2.5. Analyzes how mental health conditions such as anxiety, depression, and stress can have a direct impact on physical health, leading to</p>

	<p>conditions like heart disease, digestive issues, and immune system imbalances.</p> <p>2.6. Recognizes the importance of self-esteem and self-worth in emotional health, exploring how positive self-regard can enhance resilience, reduce vulnerability to mental health challenges, and improve overall life satisfaction.</p> <p>2.7. Investigates the concept of social connectedness and its impact on reducing stress, increasing happiness, and enhancing the sense of purpose and meaning in life, ultimately improving the quality of life and longevity.</p> <p>2.8. Explores the role of emotional expression in managing mental health, understanding that processing and expressing emotions in a healthy way can alleviate stress, improve mental clarity, and prevent emotional burnout.</p> <p>2.9. Understands the importance of mental and emotional balance in decision-making and behavior, recognizing that mental clarity, emotional stability, and healthy social interactions create a foundation for making positive life choices.</p> <p>2.10. Applies the principles of mental, emotional, and social health to promote a holistic approach to wellness, using techniques such as mindfulness, stress management, and effective communication to foster positive outcomes in all aspects of life.</p>
<p>3. Apply psychological principles to promote positive behavior changes.</p>	<p>3.1. Demonstrates a clear understanding of behavior change theories such as the Transtheoretical Model (Stages of Change), Social Cognitive Theory, and the Theory of Planned Behavior to guide clients through the process of making sustainable changes in their habits and lifestyle.</p> <p>3.2. Uses cognitive-behavioral strategies to identify and challenge unhelpful thought patterns, helping clients reframe negative beliefs and adopt healthier, more constructive perspectives that facilitate positive behavioral shifts.</p> <p>3.3. Applies motivational interviewing techniques to engage clients in discussions about their motivations, ambivalence, and goals, fostering</p>

	<p>intrinsic motivation for behavior change by exploring their values and desired outcomes.</p> <ul style="list-style-type: none">3.4. Utilizes goal-setting frameworks like SMART (Specific, Measurable, Achievable, Relevant, Time-bound) to help clients set clear, achievable goals, while focusing on the development of skills to track progress and celebrate milestones to maintain motivation.3.5. Implements positive reinforcement to encourage desired behaviors, using praise, rewards, and positive feedback to strengthen adaptive behaviors and increase the likelihood of long-term success.3.6. Guides clients in practicing self-regulation techniques, such as mindfulness and emotional regulation, to improve impulse control, reduce stress-induced behaviors, and enhance their ability to stick to healthy habits.3.7. Promotes self-efficacy by helping clients recognize and build on their past successes, increasing their confidence in their ability to make and maintain positive changes, and developing a sense of personal agency in achieving wellness goals.3.8. Explores the role of social support networks and interpersonal relationships in facilitating positive behavior changes, encouraging clients to engage with supportive communities or accountability partners to reinforce their new behaviors.3.9. Integrates relapse prevention strategies by helping clients anticipate potential setbacks, develop coping strategies for dealing with obstacles, and maintain resilience during challenging moments to stay on track with their behavioral goals.3.10. Reflects on clients' progress and adjusts coaching strategies as needed, ensuring the application of psychological principles is tailored to individual needs, circumstances, and readiness for change, leading to lasting transformation and improved well-being.
--	--

CE0003 – 2 Principles of Human Nutrition:

The aim of this study unit is to provide learners with a comprehensive understanding of macronutrients, micronutrients, and their impact on overall health. This unit focuses on analyzing dietary guidelines for different populations and health goals, equipping learners to tailor nutrition advice accordingly. Additionally, learners will evaluate the relationship between nutrition and chronic disease prevention, enabling them to support clients in making informed dietary choices that promote long-term health and wellness.

Learning Outcome:	Assessment Criteria:
<p>1. Understand macronutrients, micronutrients, and their impact on health.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates a clear understanding of macronutrients (carbohydrates, proteins, and fats), their role in providing energy, and how each macronutrient supports various physiological functions like muscle repair, energy production, and immune function. 1.2. Explains the different types of carbohydrates (simple vs. complex), how they impact blood sugar levels, and their contribution to sustained energy levels, while emphasizing the importance of fiber in digestive health. 1.3. Analyzes the role of proteins in building and repairing tissues, supporting immune function, and maintaining muscle mass, while recognizing the importance of essential amino acids and the different sources of complete and incomplete proteins. 1.4. Describes the role of fats in providing long-term energy, supporting cell membrane structure, and aiding in the absorption of fat-soluble vitamins (A, D, E, K), while distinguishing between healthy fats (monounsaturated and polyunsaturated) and unhealthy fats (saturated and trans fats). 1.5. Explores the functions of micronutrients (vitamins and minerals) in supporting cellular processes, enzyme function, immune health, and overall wellness, and highlights the importance of a balanced intake to prevent deficiencies. 1.6. Identifies key vitamins (e.g., Vitamin A, C, D, E, K) and their roles in vision, immune function, skin health, and bone density, as well as the potential consequences of deficiencies or excesses in these vitamins. 1.7. Explains the importance of minerals such as calcium, iron, magnesium, potassium, and zinc in bone health, oxygen transport, nerve function, and muscle contraction, while understanding the risks of mineral imbalances.

	<p>1.8. Recognizes the impact of water as a crucial component of nutrition, emphasizing its role in hydration, temperature regulation, and maintaining cellular functions.</p> <p>1.9. Evaluates the synergy between macronutrients and micronutrients, understanding that a balanced intake of both is essential for optimal health and disease prevention, and how nutrient imbalances can contribute to chronic health conditions.</p> <p>1.10. Develops strategies for tailoring nutrition plans based on individual needs, taking into account factors such as age, activity level, health conditions, and dietary preferences to support optimal macronutrient and micronutrient intake for overall well-being.</p>
<p>2. Analyze dietary guidelines for different populations and health goals.</p>	<p>2.1. Demonstrates a comprehensive understanding of dietary guidelines for various populations, recognizing the unique nutritional needs of children, adults, elderly individuals, pregnant and lactating women, and athletes to promote health and prevent chronic disease.</p> <p>2.2. Analyzes the role of age-related nutritional requirements, highlighting the changing needs for energy, macronutrients, and micronutrients at different life stages, such as the increased need for calcium and vitamin D in older adults or higher protein requirements for muscle maintenance in the elderly.</p> <p>2.3. Understands pregnancy and lactation dietary needs, focusing on the importance of folic acid, iron, calcium, and omega-3 fatty acids for fetal development, and how to support lactating women with adequate fluid and nutrient intake.</p> <p>2.4. Examines sports nutrition guidelines for athletes, emphasizing the balance of carbohydrates, protein, fats, and hydration strategies to enhance performance, recovery, and overall health, including recommendations for pre- and post-workout nutrition.</p> <p>2.5. Evaluates dietary approaches for individuals with chronic conditions such as diabetes, hypertension, and cardiovascular disease, focusing on guidelines for reducing sodium,</p>

	<p>increasing fiber, and managing blood sugar levels through nutrition.</p> <p>2.6. Investigates the specific needs of vegetarian, vegan, and plant-based diets, ensuring adequate intake of essential nutrients such as protein, iron, vitamin B12, and omega-3 fatty acids, while addressing potential nutritional gaps.</p> <p>2.7. Analyzes the role of dietary guidelines in weight management, exploring recommendations for creating calorie deficits or surpluses, and the importance of balanced nutrition in achieving sustainable weight loss or muscle gain.</p> <p>2.8. Understands the impact of cultural, religious, and personal preferences on dietary guidelines, recognizing how these factors influence food choices and advising clients on how to maintain a balanced diet while respecting their values and traditions.</p> <p>2.9. Assesses the need for supplementation in populations at risk of deficiencies, such as vitamin D in individuals with limited sun exposure, vitamin B12 in vegans, or iron in individuals with anemia, and provides evidence-based recommendations for supplementation where necessary.</p> <p>2.10. Integrates individual health goals (e.g., improving heart health, enhancing athletic performance, managing mental health) with tailored dietary guidelines, ensuring that clients' unique goals and conditions are met while promoting overall health and well-being.</p>
<p>3. Evaluate the relationship between nutrition and chronic disease prevention.</p>	<p>3.1. Demonstrates an understanding of how nutrition plays a critical role in the prevention of chronic diseases such as heart disease, diabetes, obesity, and cancer, highlighting the importance of a balanced diet in reducing risk factors like inflammation, high cholesterol, and blood pressure.</p> <p>3.2. Analyzes the relationship between dietary patterns (e.g., Mediterranean, DASH, plant-based) and chronic disease prevention, exploring how specific nutrient-dense foods can reduce the risk of conditions such as cardiovascular disease, type 2 diabetes, and metabolic syndrome.</p>

	<ul style="list-style-type: none">3.3. Explores the impact of antioxidants and phytochemicals, found in fruits, vegetables, whole grains, and legumes, in reducing oxidative stress and inflammation, which are key contributors to the development of chronic diseases.3.4. Evaluates the role of healthy fats (monounsaturated and polyunsaturated) in lowering cholesterol levels and reducing the risk of cardiovascular diseases, while differentiating between beneficial fats and harmful trans fats and saturated fats.3.5. Investigates the relationship between sodium intake and hypertension, emphasizing the role of a low-sodium diet in managing and preventing high blood pressure, and the importance of potassium-rich foods in maintaining a healthy blood pressure balance.3.6. Explains the connection between dietary fiber intake and the prevention of gastrointestinal diseases, including colorectal cancer, and its role in managing blood sugar levels, supporting weight management, and promoting heart health.3.7. Assesses the impact of excessive sugar consumption in the development of chronic diseases, particularly type 2 diabetes, obesity, and metabolic disorders, and advocates for reducing added sugars in the diet to prevent insulin resistance.3.8. Recognizes the importance of protein quality in chronic disease prevention, emphasizing the benefits of plant-based proteins and lean animal proteins in reducing the risk of chronic diseases like diabetes and cancer compared to processed and red meats.3.9. Discusses the significance of micronutrients (e.g., vitamin D, calcium, magnesium) in preventing bone diseases, immune dysfunction, and hypertension, and the role of proper intake in maintaining long-term health.3.10. Integrates evidence-based nutrition strategies into chronic disease prevention programs, ensuring that individuals receive personalized dietary recommendations to reduce their risk factors and improve their overall health outcomes.
--	---

CE0003 – 3 Wellbeing Management and Coaching Techniques:

The aim of this study unit is to equip learners with practical coaching strategies and techniques to guide individuals toward achieving and maintaining wellness. This unit focuses on utilizing assessment tools for setting and monitoring well-being goals, ensuring personalized and effective progress tracking. Learners will also develop skills to implement techniques that sustain long-term client engagement, fostering lasting behavioral changes and overall wellness in their coaching practice.

Learning Outcome:	Assessment Criteria:
<p>1. Develop practical coaching strategies to guide individuals toward wellness.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates the ability to assess clients’ current health status, goals, and barriers by conducting thorough consultations, using effective questioning techniques, and actively listening to understand their unique needs and challenges. 1.2. Utilizes goal-setting frameworks, such as SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound), to collaboratively define clear, realistic, and meaningful wellness objectives that are aligned with the client’s values and long-term aspirations. 1.3. Applies motivational interviewing techniques to support clients in exploring their own motivations for change, increasing self-efficacy, and resolving ambivalence about adopting new behaviors, ultimately fostering intrinsic motivation for sustained progress. 1.4. Implements behavioral change models, such as the Transtheoretical Model (Stages of Change), to guide clients through the stages of readiness for change, from pre-contemplation to maintenance, offering tailored strategies at each stage. 1.5. Provides personalized wellness plans that incorporate a balanced approach to nutrition, exercise, mental health, sleep, and stress management, addressing the interconnectedness of these areas and aligning with the client’s specific health goals. 1.6. Offers supportive feedback and positive reinforcement to celebrate client successes, whether large or small, helping them maintain motivation, overcome setbacks, and build confidence in their ability to make lasting changes.

	<ul style="list-style-type: none"> 1.7. Uses mindfulness and stress-reduction techniques, such as meditation or breathing exercises, to help clients manage stress, enhance emotional resilience, and support mental clarity, focusing on holistic strategies for overall wellbeing. 1.8. Develops accountability systems to track client progress, including regular check-ins, progress assessments, and reflection exercises, ensuring that clients stay focused on their goals and make adjustments as needed for optimal results. 1.9. Creates a safe and supportive coaching environment that encourages open communication, trust, and a non-judgmental approach, fostering a space where clients feel empowered to explore and address personal challenges related to their health. 1.10. Educates clients on the importance of self-care and self-compassion, teaching them to acknowledge and celebrate their efforts, practice self-compassion during setbacks, and maintain a balanced approach to wellness that promotes long-term success and fulfillment.
<p>2. Utilize assessment tools for setting and monitoring wellbeing goals.</p>	<ul style="list-style-type: none"> 2.1. Demonstrates proficiency in using a variety of assessment tools, such as questionnaires, surveys, and lifestyle inventories, to evaluate clients' current health status, habits, and goals, ensuring accurate baseline data for personalized goal-setting. 2.2. Utilizes physical health assessments, including body composition, fitness level evaluations, and nutrition diaries, to inform goal development and track improvements in areas such as cardiovascular health, strength, flexibility, and weight management. 2.3. Applies psychosocial assessments to gauge clients' emotional and mental wellbeing, using tools like mood assessments, stress scales, and sleep quality trackers to identify areas of improvement and inform tailored wellness strategies. 2.4. Integrates self-reported health questionnaires (e.g., health risk assessments, lifestyle evaluations) to help clients identify patterns and behaviors that may affect their wellbeing

	<p>and target these areas in the goal-setting process.</p> <p>2.5. Leverages SMART criteria to set clear, specific, measurable, achievable, relevant, and time-bound goals for clients, ensuring that their objectives are realistic and aligned with their long-term wellness vision.</p> <p>2.6. Tracks client progress over time by utilizing consistent follow-up assessments, regular check-ins, and progress reports, ensuring that clients remain on track to meet their goals and make adjustments to their plans as needed.</p> <p>2.7. Employs digital wellness tracking tools (such as fitness apps, nutrition trackers, or sleep monitors) to gather real-time data on clients' physical activities, eating habits, and sleep patterns, allowing for more precise monitoring and adjustments to the wellness plan.</p> <p>2.8. Analyzes assessment results to adjust wellness plans based on clients' evolving needs, focusing on areas that need further attention while celebrating progress and milestones to maintain motivation.</p> <p>2.9. Demonstrates the ability to interpret assessment data critically, ensuring that the insights gained are actionable, relevant, and directly inform the development of personalized coaching strategies aimed at achieving client wellbeing goals.</p> <p>2.10. Collaborates with clients to review and refine goals based on assessment outcomes, using tools to foster self-reflection, continuous improvement, and a deeper understanding of their personal journey toward better health and wellbeing.</p>
<p>3. Implement techniques to sustain long-term client engagement.</p>	<p>3.1. Establishes clear long-term goals and milestones with clients, ensuring that the wellness plan is progressive and sustainable, allowing for continuous growth and motivation over time.</p> <p>3.2. Implements regular check-ins (e.g., weekly, bi-weekly, or monthly) to monitor progress, offer support, and adjust the plan based on client feedback and evolving goals, ensuring that clients stay engaged in their journey.</p> <p>3.3. Utilizes behavioral reinforcement strategies such as positive feedback, recognition, and celebrating small wins, to build client</p>

	<p>confidence, reinforce positive behaviors, and maintain enthusiasm for the coaching process.</p> <p>3.4. Applies accountability systems by setting up structured follow-ups, action steps, and reminders, ensuring clients remain committed to their goals and feel supported throughout the process.</p> <p>3.5. Introduces variety and flexibility in wellness plans by regularly incorporating new activities, exercises, or lifestyle changes, preventing routine fatigue and ensuring that clients feel engaged and excited about their wellness journey.</p> <p>3.6. Fosters strong communication and rapport by maintaining an open, non-judgmental environment where clients feel comfortable sharing challenges, concerns, and achievements, strengthening the coaching relationship and promoting sustained engagement.</p> <p>3.7. Encourages self-reflection and journaling as part of the process, allowing clients to track their thoughts, progress, and emotional journey, which enhances self-awareness and helps reinforce long-term commitment.</p> <p>3.8. Develops long-term strategies for habit formation, teaching clients tools such as mindfulness, time management, and stress management techniques, to ensure wellness practices are seamlessly integrated into their lifestyle.</p> <p>3.9. Uses personalized wellness plans that account for clients' preferences, values, and interests, making sure the approach remains relevant and aligned with their evolving needs and life circumstances.</p> <p>3.10. Provides educational resources and continuous learning opportunities, such as workshops, reading materials, or access to relevant apps, so clients can deepen their knowledge of health and wellness while staying engaged with the process.</p>
--	--

CE0003 – 4 Mental Health Awareness and Trauma-Informed Practices

The aim of this study unit is to enhance learners' understanding of common mental health challenges and their impact on overall well-being. This unit focuses on applying trauma-informed principles to create a safe, supportive coaching environment that fosters trust and healing. Learners will gain the skills to effectively support clients in managing stress, anxiety, and other mental health concerns, ensuring a compassionate and evidence-based approach to promoting mental wellness.

Learning Outcome:	Assessment Criteria:
<p>1. Recognize common mental health challenges and their impact on wellbeing.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates the ability to identify common mental health challenges such as anxiety, depression, stress, and PTSD, understanding their symptoms, triggers, and how they manifest in different individuals. 1.2. Analyzes the impact of mental health conditions on overall wellbeing, recognizing how mental health challenges can affect physical health, relationships, productivity, and emotional stability. 1.3. Understands the biopsychosocial model of mental health, appreciating how biological, psychological, and social factors interact to influence an individual's mental health and overall wellbeing. 1.4. Recognizes the role of chronic stress in exacerbating mental health conditions and its impact on the immune system, cardiovascular health, and other aspects of physical wellbeing. 1.5. Identifies how negative thought patterns and maladaptive coping mechanisms (e.g., avoidance, substance use) contribute to mental health issues and hinder overall wellbeing and progress in personal goals. 1.6. Understands the importance of early intervention and recognizes signs of mental health challenges that may require professional support or referral to qualified mental health professionals. 1.7. Explores the connection between mental health and lifestyle factors, including sleep, nutrition, physical activity, and social support, and how these factors can either alleviate or exacerbate mental health issues. 1.8. Acknowledges the intersectionality of mental health with other areas of identity (e.g., cultural, socioeconomic, gender, etc.), understanding that these factors can influence

	<p>how individuals experience and cope with mental health challenges.</p> <p>1.9. Demonstrates sensitivity and non-judgmental awareness when discussing mental health with clients, fostering a supportive and empathetic environment for individuals to address their concerns.</p> <p>1.10. Educates clients on the importance of mental health care and the potential benefits of integrating mental health support into a holistic approach to overall wellbeing, including counseling, therapy, and mindfulness practices.</p>
<p>2. Apply trauma-informed principles to create a safe coaching environment.</p>	<p>2.1. Demonstrates an understanding of trauma-informed care by recognizing the widespread impact of trauma and its potential effects on a client's physical, emotional, and mental health, ensuring that coaching strategies are sensitive and supportive.</p> <p>2.2. Cultivates a safe and supportive environment by prioritizing trust, transparency, and clear communication, ensuring that clients feel respected, heard, and empowered throughout the coaching process.</p> <p>2.3. Practices active listening with empathy and validation, acknowledging the client's experiences and feelings without judgment, and allowing space for clients to express themselves at their own pace.</p> <p>2.4. Maintains confidentiality and follows ethical guidelines, ensuring that clients feel secure in sharing personal experiences, knowing their information will be treated with respect and privacy.</p> <p>2.5. Incorporates trauma-sensitive language, avoiding triggering or harmful terms, and ensuring that all communication is compassionate, respectful, and supportive, especially when discussing sensitive topics.</p> <p>2.6. Emphasizes empowerment by promoting client autonomy in decision-making and goal-setting, allowing them to take ownership of their healing process while providing guidance and support when needed.</p> <p>2.7. Provides consistent and predictable structure within coaching sessions, offering clarity on expectations, boundaries, and the coaching</p>

	<p>process, to create a sense of safety and stability for clients.</p> <p>2.8. Acknowledges the potential for physical and emotional triggers, ensuring that clients are empowered to set boundaries and that the coach remains flexible in adapting the coaching process to avoid re-traumatization.</p> <p>2.9. Encourages self-care and grounding techniques during coaching sessions, providing clients with tools such as deep breathing or mindfulness practices to manage stress and emotional reactions.</p> <p>2.10. Collaborates with mental health professionals as needed, making appropriate referrals if trauma-related concerns arise that require specialized care or intervention beyond the scope of coaching.</p>
<p>3. Support clients in managing stress, anxiety, and other mental health concerns.</p>	<p>3.1. Demonstrates the ability to identify signs and symptoms of stress, anxiety, and other common mental health concerns, allowing for appropriate and timely support for clients experiencing these challenges.</p> <p>3.2. Provides clients with evidence-based stress management techniques, such as mindfulness, deep breathing exercises, progressive muscle relaxation, and meditation, to help reduce stress and promote emotional wellbeing.</p> <p>3.3. Educates clients on the physical and emotional effects of stress and anxiety, explaining how chronic stress can impact mental health, sleep, and overall wellbeing, while empowering clients to take proactive steps in managing these conditions.</p> <p>3.4. Develops personalized coping strategies for clients based on their unique needs, preferences, and triggers, ensuring that the techniques are practical and sustainable within their daily lives.</p> <p>3.5. Introduces cognitive-behavioral approaches to help clients recognize and challenge negative thought patterns that contribute to anxiety and stress, promoting healthier cognitive reframing and problem-solving strategies.</p> <p>3.6. Integrates relaxation techniques into the coaching sessions, teaching clients how to use</p>

	<p>these tools during stressful moments or when anxiety levels rise, helping them regain control and calm.</p> <p>3.7. Encourages clients to establish healthy lifestyle habits, including regular physical activity, balanced nutrition, and quality sleep, which play a vital role in managing stress and anxiety.</p> <p>3.8. Supports clients in setting realistic and manageable goals, ensuring that clients do not feel overwhelmed and can track progress in small, achievable steps, boosting their confidence and sense of control.</p> <p>3.9. Promotes self-compassion by encouraging clients to treat themselves with kindness during stressful or challenging times, helping them avoid self-criticism and fostering resilience.</p> <p>3.10. Refers clients to mental health professionals when needed, recognizing the limits of coaching and ensuring that clients receive appropriate care if their stress, anxiety, or mental health concerns require specialized support or intervention.</p>
--	---

CE0003 – 5 Professional Coach Training and Accreditation Preparation

The aim of this study unit is to prepare learners for professional certification and accreditation as a coach by equipping them with the knowledge and skills required to meet industry standards. This unit focuses on demonstrating best practices in client relationships, ethical coaching, and professional conduct. Learners will also develop a portfolio that showcases their competencies, ensuring they are well-prepared for certification and ready to deliver high-quality coaching services in alignment with professional guidelines.

Learning Outcome:	Assessment Criteria:
<p>1. Prepare for professional certification and accreditation as a coach.</p>	<ul style="list-style-type: none"> 1.1. Researches and understands the specific requirements and standards for professional certification and accreditation in coaching, ensuring alignment with industry guidelines and ethical practices. 1.2. Demonstrates proficiency in key coaching competencies such as active listening, goal-setting, creating action plans, and delivering feedback, as outlined by accrediting bodies such as the ICF (International Coach Federation) or EMCC (European Mentoring and Coaching Council). 1.3. Maintains up-to-date knowledge of coaching theories, models, and methodologies, ensuring that the coaching approach is evidence-based, ethical, and in line with best practices. 1.4. Accumulates the required coaching hours and client interactions, maintaining accurate records of coaching sessions and outcomes as required by certification bodies. 1.5. Completes any necessary educational requirements or coursework, including specialized training in areas such as trauma-informed care, nutrition coaching, or mental health support, to meet the accreditation prerequisites. 1.6. Participates in supervision and mentorship opportunities to receive feedback on coaching practice, refine skills, and ensure adherence to professional standards and ethical guidelines. 1.7. Develops a portfolio of coaching practice, including client testimonials, case studies, and self-reflections, to demonstrate experience, growth, and commitment to continuous professional development. 1.8. Establishes a commitment to ongoing professional development, including attending workshops, webinars, and conferences, and

	<p>staying engaged with the latest research and trends in the coaching industry.</p> <p>1.9. Understands the code of ethics and professional conduct for coaches, ensuring that coaching practices respect client confidentiality, maintain boundaries, and promote trust.</p> <p>1.10. Prepares a personal marketing strategy that aligns with professional standards, reflecting the coach’s values, services, and areas of expertise, and supporting long-term career growth and client acquisition.</p>
<p>2. Demonstrate best practices in client relationships and ethical coaching.</p>	<p>2.1. Establishes clear boundaries with clients from the outset, ensuring mutual understanding of the coaching relationship, expectations, and confidentiality to build trust and maintain professionalism.</p> <p>2.2. Fosters open, transparent communication by actively listening to clients, responding empathetically, and encouraging honest dialogue, ensuring that clients feel heard and valued throughout the coaching process.</p> <p>2.3. Adheres to ethical standards and the code of conduct set forth by relevant coaching bodies (e.g., ICF, EMCC), ensuring that all actions, recommendations, and coaching practices align with industry best practices.</p> <p>2.4. Demonstrates respect for client autonomy by empowering clients to set their own goals, make informed decisions, and take ownership of their development, while providing guidance and support where necessary.</p> <p>2.5. Maintains confidentiality and privacy, protecting sensitive client information and respecting the boundaries around the sharing of personal details, in line with professional ethical guidelines.</p> <p>2.6. Ensures non-judgmental behavior, treating each client with dignity, respect, and understanding, and adapting coaching methods to suit individual needs, without imposing personal beliefs or biases.</p> <p>2.7. Provides honest, constructive feedback to clients, fostering an environment of trust, where clients can receive guidance and challenge their perspectives without feeling criticized or diminished.</p>

	<ul style="list-style-type: none"> 2.8. Utilizes evidence-based practices and strategies in coaching, ensuring that clients receive sound advice that is informed by the latest research and best practices in the field of coaching. 2.9. Demonstrates cultural competence, being aware of and sensitive to the diverse backgrounds and experiences of clients, and tailoring coaching approaches to accommodate cultural, social, and personal differences. 2.10. Establishes clear agreements regarding coaching objectives, session structure, fees, and any other logistics to ensure mutual understanding and minimize potential conflicts throughout the coaching process.
<p>3. Build a portfolio showcasing competencies for industry standards.</p>	<ul style="list-style-type: none"> 3.1. Demonstrates a clear understanding of the required industry competencies through comprehensive documentation. 3.2. Compiles a well-organized portfolio that effectively highlights skills, qualifications, and practical experience relevant to the industry. 3.3. Includes evidence of work samples, certifications, and achievements that align with recognized industry standards. 3.4. Provides detailed explanations of each competency and how it meets the expectations of industry professionals. 3.5. Ensures that all entries are accurate, up-to-date, and reflective of the most current industry practices. 3.6. Utilizes a professional format and layout that is easy to navigate and visually appealing to industry stakeholders. 3.7. Reflects a thorough self-assessment of strengths and areas for improvement in relation to industry expectations. 3.8. Incorporates feedback from relevant professionals or mentors to further validate the portfolio's alignment with industry standards. 3.9. Demonstrates the ability to adapt and refine the portfolio based on evolving industry trends and feedback.

CE0003 – 6 Chronic Disease Management and Wellbeing Resources

The aim of the "Chronic Disease Management and Wellbeing Resources" study unit is to provide learners with an in-depth understanding of chronic diseases linked to lifestyle factors and overall wellbeing. This unit focuses on evidence-based guidelines for managing chronic conditions through effective lifestyle interventions. Additionally, it equips learners with the tools to access and utilize resources that support clients in reducing chronic disease risks and promoting long-term health.

Learning Outcome:	Assessment Criteria:
<p>1. Understand the role of coaching in managing chronic diseases.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates an understanding of coaching principles and how they apply to managing chronic diseases. 1.2. Identifies the key benefits of coaching for individuals with chronic conditions, including improved self-management and better health outcomes. 1.3. Explains how coaching can empower patients to take an active role in their healthcare and decision-making processes. 1.4. Describes various coaching techniques, such as motivational interviewing and goal setting, and their relevance in chronic disease management. 1.5. Explores the role of emotional and psychological support in chronic disease coaching, including building resilience and addressing mental health challenges. 1.6. Demonstrates knowledge of the healthcare team’s role in supporting coaching for chronic disease management. 1.7. Recognizes ethical considerations and boundaries in the coaching relationship, ensuring patient autonomy and privacy. 1.8. Assesses the effectiveness of coaching interventions in improving patient engagement, adherence to treatment plans, and overall quality of life. 1.9. Discusses how coaching complements traditional medical treatment and promotes holistic care for chronic disease management.
<p>2. Recommend appropriate wellness resources for client support.</p>	<ul style="list-style-type: none"> 2.1. Recommends evidence-based wellness programs tailored to the client’s specific chronic condition, focusing on lifestyle modifications such as diet, exercise, and stress management.

	<ul style="list-style-type: none"> 2.2. Suggests access to mental health resources, such as counseling or support groups, to address the psychological aspects of chronic disease management. 2.3. Provides recommendations for educational materials (e.g., books, articles, online courses) to enhance the client’s understanding of their condition and improve self-management skills. 2.4. Directs clients to mobile health applications or digital tools for tracking symptoms, medications, and progress towards health goals. 2.5. Identifies local or virtual fitness programs and physical therapy services designed for individuals with chronic diseases, emphasizing safe, personalized exercise routines. 2.6. Suggests resources for improving sleep hygiene, such as relaxation techniques, sleep trackers, or professional sleep consultations, to support overall wellness. 2.7. Recommends dietary guides or consultations with nutritionists to help clients make informed decisions about their eating habits, specifically for managing their condition. 2.8. Highlights mindfulness and relaxation resources, such as meditation apps, yoga sessions, or stress reduction techniques, to improve emotional well-being. 2.9. Encourages participation in community or online support groups, where clients can connect with others facing similar challenges and share coping strategies.
<p>3. Develop strategies to address lifestyle factors influencing chronic health issues.</p>	<ul style="list-style-type: none"> 3.1. Identify and analyze the key lifestyle factors contributing to chronic health issues, including nutrition, physical activity, sleep patterns, and stress management. 3.2. Evaluate the impact of these lifestyle factors on the overall health and well-being of individuals with chronic conditions. 3.3. Research and apply evidence-based strategies that can effectively address and modify lifestyle behaviors to prevent or manage chronic health issues. 3.4. Design personalized intervention plans that incorporate changes to diet, exercise, sleep, and stress reduction tailored to individual needs and preferences.

	<ul style="list-style-type: none">3.5. Collaborate with healthcare professionals, such as dietitians and fitness experts, to integrate multi-disciplinary approaches into lifestyle interventions.3.6. Use behavior change theories and techniques to encourage adherence to healthy lifestyle changes in individuals facing chronic health issues.3.7. Monitor and assess the progress of implemented strategies, adjusting the intervention plans as needed to ensure long-term health benefits.3.8. Ensure that strategies are culturally sensitive and inclusive, recognizing the diverse backgrounds and challenges individuals may face in adopting lifestyle changes.3.9. Provide continuous support and motivation to individuals, fostering empowerment and self-management skills for sustained lifestyle changes.
--	--

CE0003 – 7 Women’s Health: Hormonal Balance and Wellness

The aim of this study unit is to provide learners with an in-depth understanding of the relationship between hormones and women’s health. This unit focuses on identifying strategies to address hormonal imbalances and navigate life stage transitions, such as menopause and puberty. Learners will be equipped to design wellness plans that address the unique health challenges women face, enabling them to offer personalized support for hormonal balance and overall well-being

Learning Outcome:	Assessment Criteria:
<p>1. Explore the relationship between hormones and women’s health.</p>	<ul style="list-style-type: none"> 1.1. Understand the role of hormones such as estrogen, progesterone, and testosterone in regulating key physiological processes in women’s health, including reproductive health, metabolism, mood regulation, and bone density. 1.2. Recognize how hormonal fluctuations during key life stages—such as menstruation, pregnancy, menopause, and perimenopause—can affect a woman’s physical and emotional wellbeing. 1.3. Analyze the impact of endocrine health on conditions like polycystic ovary syndrome (PCOS), thyroid imbalances (hypothyroidism or hyperthyroidism), and adrenal dysfunction, and how these conditions can affect hormonal balance. 1.4. Explore the relationship between hormones and mental health, understanding how imbalances can contribute to mood disorders, anxiety, depression, and stress-related conditions in women. 1.5. Examine the menstrual cycle and how hormonal changes throughout this cycle impact a woman’s physical symptoms (e.g., PMS, cramps, and fatigue) and overall wellbeing. 1.6. Investigate the role of hormonal contraceptives in altering hormonal balance and its potential effects on menstrual cycles, mood, and long-term health. 1.7. Discuss the influence of lifestyle factors—such as diet, exercise, sleep, and stress management—on hormonal balance and how these factors can either support or disrupt hormonal health. 1.8. Review the importance of hormonal therapy and interventions, such as hormone

	<p>replacement therapy (HRT), in managing menopausal symptoms and other hormone-related health issues, including the associated risks and benefits.</p> <p>1.9. Recognize how dietary interventions, including nutrient-rich foods, supplements (like vitamin D, magnesium, and omega-3 fatty acids), and hydration, support hormonal health in women.</p> <p>1.10. Apply a holistic approach to women’s health, integrating physical, emotional, and social aspects to help support hormonal balance, and using lifestyle adjustments, coaching, and therapeutic practices to optimize overall health.</p>
<p>2. Identify strategies to address hormonal imbalances and life stage transitions.</p>	<p>2.1. Assess and monitor hormonal levels through appropriate diagnostic tools to identify imbalances and understand their impact on health.</p> <p>2.2. Develop personalized nutrition plans that support hormonal balance, including nutrient-rich foods, healthy fats, and adequate protein intake.</p> <p>2.3. Implement stress management techniques such as mindfulness, yoga, and meditation to regulate cortisol levels and support overall hormonal health.</p> <p>2.4. Promote regular physical activity, with a focus on strength training and aerobic exercises, to improve hormone regulation and mitigate symptoms of imbalance.</p> <p>2.5. Advocate for adequate sleep hygiene practices, emphasizing the importance of restorative sleep for hormonal health, particularly during life stage transitions.</p> <p>2.6. Recommend supplementation with vitamins and minerals, such as magnesium, vitamin D, and omega-3 fatty acids, based on individual needs and deficiencies.</p> <p>2.7. Educate individuals on the effects of hormonal imbalances during key life stages (e.g., menopause, pregnancy, puberty) and empower them to manage symptoms effectively.</p> <p>2.8. Collaborate with healthcare professionals, including endocrinologists and gynecologists, to provide a comprehensive approach to managing hormonal imbalances.</p>

	<p>2.9. Use evidence-based therapies, such as hormone replacement therapy (HRT) or herbal supplements, where appropriate and in consultation with medical experts.</p>
<p>3. Design wellness plans focused on unique challenges in women’s health.</p>	<p>3.1. Demonstrates an understanding of the physiological and hormonal changes that impact women’s health at various life stages.</p> <p>3.2. Integrates evidence-based approaches and practices to address common health challenges faced by women, such as hormonal imbalances, menstrual health, and menopause.</p> <p>3.3. Applies a holistic approach to wellness, considering physical, mental, emotional, and social factors in the design of personalized wellness plans.</p> <p>3.4. Tailors wellness strategies to individual needs, addressing lifestyle, nutritional, and fitness considerations relevant to the client’s health goals.</p> <p>3.5. Incorporates culturally competent and inclusive strategies that acknowledge diverse experiences and challenges faced by women.</p> <p>3.6. Utilizes relevant assessment tools and techniques to evaluate women’s health needs and track progress effectively.</p> <p>3.7. Demonstrates an ability to provide sustainable, long-term solutions by incorporating self-care, stress management, and emotional well-being strategies into the wellness plan.</p> <p>3.8. Presents a clear, actionable wellness plan with realistic goals, measurable outcomes, and timelines that align with women’s health objectives. Provide ongoing support to help women maintain long-term health improvements and wellbeing.</p>

CE0003 – 8 The Gut Microbiome and Digestive Health

The aim of this study unit is to provide a comprehensive understanding of the gut microbiome's critical role in digestive health and overall wellbeing. It seeks to equip learners with the knowledge to analyze the dietary and lifestyle factors that influence gut function and balance. Through this unit, learners will develop the ability to recommend evidence-based approaches for optimizing gut health, supporting the integration of microbiome-related practices into personalized health and wellness strategies.

Learning Outcome:	Assessment Criteria:
<p>1. Understand the role of the gut microbiome in overall health and wellbeing.</p>	<ul style="list-style-type: none"> 1.1. Understand the structure and function of the gut microbiome, including the diverse range of microorganisms (bacteria, viruses, fungi, and other microbes) that live in the digestive tract and their role in digestion and absorption of nutrients. 1.2. Explore the relationship between the gut microbiome and immune system function, recognizing how a balanced microbiome supports immune health, reduces inflammation, and enhances the body's ability to fight infections. 1.3. Analyze the impact of the gut microbiome on mental health, including the gut-brain axis, and how imbalances in gut bacteria can influence mood, cognition, stress response, and conditions like anxiety and depression. 1.4. Examine the role of the microbiome in digestive health, including its impact on conditions such as irritable bowel syndrome (IBS), Crohn's disease, and leaky gut syndrome, and how it contributes to overall gut health and function. 1.5. Investigate the influence of dietary patterns on the gut microbiome, such as the effects of fiber, fermented foods, prebiotics, and probiotics in promoting a healthy and diverse microbial environment. 1.6. Recognize the negative effects of antibiotics and other medications on the gut microbiome, including how they can disrupt microbial balance and lead to conditions like dysbiosis (microbial imbalance). 1.7. Understand the relationship between the gut microbiome and chronic diseases, including how an unhealthy gut microbiome may contribute to obesity, diabetes, cardiovascular disease, and autoimmune conditions.

	<ul style="list-style-type: none"> 1.8. Assess the importance of gut health in skin wellness, exploring the links between gut microbiota and conditions such as acne, eczema, and other skin disorders. 1.9. Explore strategies to support a healthy microbiome, including lifestyle changes, such as reducing stress, getting adequate sleep, exercising regularly, and avoiding unnecessary antibiotics. 1.10. Integrate knowledge of the gut microbiome into holistic health coaching, advising clients on nutrition, supplementation, and lifestyle modifications to enhance gut health and, by extension, improve overall physical and mental wellbeing.
<p>2. Analyze dietary and lifestyle factors affecting digestive health.</p>	<ul style="list-style-type: none"> 2.1. Assess dietary patterns, including fiber intake, the consumption of whole grains, fruits, and vegetables, to understand their impact on gut health and digestion. 2.2. Evaluate the role of hydration in digestive health, emphasizing the importance of water and fluids in maintaining regular bowel movements and proper digestion. 2.3. Analyze the effects of processed foods, refined sugars, and unhealthy fats on the gut microbiome, contributing to digestive issues such as bloating, constipation, and indigestion. 2.4. Examine the influence of food intolerances and allergies (e.g., lactose, gluten) on digestive health and their role in triggering gastrointestinal discomfort and conditions like IBS. 2.5. Investigate the impact of lifestyle factors such as stress, sleep, and physical activity on gut function, recognizing that high stress levels and poor sleep can disrupt digestion. 2.6. Identify the role of probiotics and prebiotics in maintaining a healthy gut microbiome, and how their inclusion in the diet can aid digestion and reduce inflammation. 2.7. Examine the negative effects of smoking and excessive alcohol consumption on digestive health, including their link to conditions such as acid reflux, gastritis, and liver disease. 2.8. Explore the role of meal timing and portion control, recognizing that eating large meals

	<p>late at night can lead to digestive discomfort and disrupt metabolic processes.</p> <p>2.9. Advise on the importance of mindful eating practices, such as eating slowly and chewing food thoroughly, to enhance digestion and prevent overconsumption.</p>
<p>3. Recommend approaches to optimize gut function and balance.</p>	<p>3.1. Encourage a balanced diet rich in fiber from whole grains, fruits, vegetables, and legumes to support healthy digestion and regular bowel movements.</p> <p>3.2. Promote the inclusion of probiotics and prebiotics, such as yogurt, kefir, sauerkraut, and fiber-rich foods, to enhance the diversity of the gut microbiome and improve digestion.</p> <p>3.3. Advise on the reduction of processed foods, added sugars, and artificial additives, which can disrupt gut flora and contribute to digestive disorders like bloating and inflammation.</p> <p>3.4. Recommend adequate hydration, with a focus on water and electrolyte-rich fluids, to maintain smooth digestion and prevent constipation.</p> <p>3.5. Support regular physical activity, such as walking or yoga, which helps stimulate gut motility and improves overall digestive function.</p> <p>3.6. Implement stress management techniques, including meditation, deep breathing exercises, or mindfulness, to reduce the negative impact of stress on gut health and prevent conditions like IBS or acid reflux.</p> <p>3.7. Recommend eating smaller, more frequent meals to avoid overwhelming the digestive system, improving nutrient absorption and preventing indigestion.</p> <p>3.8. Advocate for mindful eating habits, encouraging slow eating, chewing thoroughly, and being conscious of hunger and fullness cues to promote optimal digestion.</p> <p>3.9. Consider the use of digestive enzymes or supplements, like ginger or peppermint oil, to support digestion, particularly for individuals with specific digestive issues such as bloating or indigestion.</p>

CE0003 – 9 Non-Diet Approach to Coaching

The aim of this study unit is to equip learners with an understanding of the non-diet approach and its benefits in promoting long-term health and wellbeing for clients. This unit focuses on applying strategies that prioritize health over weight loss, encouraging clients to adopt a positive relationship with food and body image. By fostering a supportive, non-judgmental coaching environment, learners will guide clients toward sustainable, holistic approaches to wellness.

Learning Outcome:	Assessment Criteria:
<p>1. Implement a weight-neutral approach to health and wellbeing.</p>	<ul style="list-style-type: none"> 1.1. Focus on promoting overall health and well-being rather than weight loss, emphasizing the importance of healthy behaviors such as balanced eating, regular physical activity, and mental health care. 1.2. Encourage body acceptance and self-love, supporting individuals in embracing their unique body shapes and sizes without judgment or comparison to societal standards. 1.3. Advocate for the consumption of nutrient-dense foods that support long-term health, emphasizing whole, minimally processed foods rather than focusing on caloric restriction or dieting. 1.4. Promote physical activity that is enjoyable and sustainable, such as walking, dancing, or swimming, rather than exercise regimes focused solely on weight loss or appearance. 1.5. Foster mental and emotional well-being by encouraging practices like mindfulness, meditation, and self-compassion, which help to reduce stress and improve body image. 1.6. Discourage the use of weight-focused language or goals in health discussions, instead focusing on achievable and positive lifestyle changes like improved energy levels, better sleep, or enhanced strength and endurance. 1.7. Provide education about the physiological and psychological factors that influence weight, highlighting the importance of metabolic health, genetics, and emotional well-being over the pursuit of a specific weight goal. 1.8. Create a supportive environment where all individuals feel valued, encouraging diverse body types and promoting inclusive health practices that do not discriminate based on size.

	<p>1.9. Help individuals set individualized, holistic health goals, such as improving mobility, mental clarity, or cardiovascular fitness, rather than fixating on weight numbers or body size.</p> <p>1.10. Encourage seeking guidance from healthcare professionals who adopt a weight-neutral approach to support health, emphasizing personalized care that prioritizes overall well-being..</p> <p>1.11. Reflect on the ethical implications of promoting a non-diet approach and how it aligns with professional coaching standards</p>
<p>2. Encourage intuitive eating and body acceptance in coaching practices.</p>	<p>2.1. Promote the understanding of intuitive eating principles, encouraging clients to trust their body's natural hunger and fullness cues rather than relying on external diets or restrictive food rules.</p> <p>2.2. Foster a non-judgmental approach to food choices, emphasizing that all foods can be part of a balanced diet, and that food is not inherently "good" or "bad," but rather should be enjoyed without guilt or shame.</p> <p>2.3. Support body acceptance by helping clients appreciate their bodies for their capabilities and focus on health and wellbeing, rather than appearance or societal standards.</p> <p>2.4. Use mindfulness techniques to help clients become more aware of their eating habits and patterns, encouraging them to slow down, savor their meals, and tune into how different foods make them feel physically and emotionally.</p> <p>2.5. Encourage clients to disconnect from diet culture, highlighting the negative impact of restrictive diets, weight loss trends, and unrealistic beauty standards on mental health and overall wellbeing.</p> <p>2.6. Guide clients in identifying emotional eating triggers and developing healthier coping mechanisms for stress, boredom, or emotional discomfort without turning to food.</p> <p>2.7. Reinforce the importance of self-compassion, helping clients cultivate a positive relationship with their bodies and adopt a more balanced approach to food, exercise, and self-care practices.</p>

	<p>2.8. Use evidence-based techniques to address disordered eating behaviors, such as binge eating, restrictive eating, or chronic dieting, and support clients in seeking professional help when necessary.</p> <p>2.9. Encourage individualized approaches to nutrition, understanding that each client’s needs and preferences are unique, and that health is not solely defined by body size or weight, but by overall physical, emotional, and mental wellbeing.</p> <p>2.10. Create a safe space for clients to explore their relationship with food and their bodies, free from judgment, helping them develop a sense of empowerment, autonomy, and self-respect in their food choices and body image.</p>
<p>3. Address societal and cultural influences on body image.</p>	<p>3.1. Educate individuals about the impact of media, advertising, and social media on shaping societal ideals of beauty, emphasizing the unrealistic portrayal of body types and the diversity of human bodies.</p> <p>3.2. Promote critical thinking around the consumption of media, encouraging individuals to recognize and challenge harmful beauty standards and their influence on self-esteem and body image.</p> <p>3.3. Advocate for body-positive messaging that celebrates diverse body shapes, sizes, and appearances, fostering a culture of acceptance and inclusivity in all aspects of society.</p> <p>3.4. Support the dismantling of stigmas associated with different body types, encouraging individuals to embrace their own bodies and reject negative stereotypes related to weight, shape, or size.</p> <p>3.5. Address the influence of cultural and familial expectations on body image, providing tools to individuals to navigate societal pressures while staying true to their own values and sense of self.</p> <p>3.6. Encourage open conversations about body image in diverse communities, helping people to share experiences and learn from others’ perspectives to foster empathy and understanding.</p>

	<ul style="list-style-type: none">3.7. Advocate for the representation of a wider range of body types in media, fashion, and advertising to normalize diverse body appearances and reduce the harmful impact of narrow beauty ideals.3.8. Empower individuals to set personal body image goals based on health and well-being rather than external validation, promoting self-compassion and confidence in one's own body.3.9. Provide support for those struggling with body image issues, offering counseling, peer support groups, and resources that emphasize a healthy relationship with one's body.3.10. Highlight the importance of mental health in body image, encouraging individuals to seek professional help if societal or cultural pressures are negatively impacting their self-esteem or well-being.
--	---

CE0003 – 10 Nutrition Psychology: Food Choices and Eating Behaviors

The aim of this study unit is to explore the psychological factors that influence food choices and eating behaviors, emphasizing their impact on nutrition and health. Learners will gain the skills to develop effective strategies to assist clients in overcoming disordered eating patterns. Additionally, this unit aims to integrate mindfulness techniques into nutritional coaching, enabling learners to support clients in fostering healthier relationships with food and cultivating sustainable eating habits.

Learning Outcome:	Assessment Criteria:
<p>1. Examine the psychological factors influencing eating habits.</p>	<ul style="list-style-type: none"> 1.1. Investigate the role of emotions in eating behaviors, recognizing that stress, anxiety, depression, and boredom can trigger emotional eating, often leading to overeating or unhealthy food choices. 1.2. Analyze the influence of childhood experiences and family dynamics on eating habits, including how early exposure to certain foods or mealtime environments can shape long-term food preferences and attitudes toward eating. 1.3. Examine the impact of societal and cultural norms on food choices, including how food is often linked to social gatherings, celebrations, or cultural traditions, influencing both portion sizes and food types. 1.4. Explore the psychological concept of food as comfort, where individuals may turn to certain foods (often high in sugar or fat) to self-soothe or cope with difficult emotions, leading to patterns of disordered eating. 1.5. Assess the role of body image and self-esteem in food choices, recognizing that negative perceptions of one’s body can lead to restrictive eating behaviors, unhealthy dieting practices, or an unhealthy relationship with food. 1.6. Study the effect of dieting mentality, including restrictive eating patterns and "good" vs. "bad" food labels, which can contribute to feelings of guilt or shame around eating and can lead to disordered eating behaviors. 1.7. Consider the impact of social influences, such as peer pressure or media portrayals of “ideal” body types, which can shape individuals’ food choices, eating patterns, and self-image.

	<ul style="list-style-type: none"> 1.8. Examine how stress and chronic emotional states can disrupt hunger cues, potentially leading to overeating or under-eating as a coping mechanism. 1.9. Investigate the relationship between food addiction and psychological factors, where individuals may develop a compulsive need for certain foods as a response to underlying emotional or psychological issues. 1.10. Analyze the role of mindfulness in eating, where increasing awareness of food choices and eating habits can help individuals reconnect with internal hunger and fullness cues, promoting healthier eating patterns.
<p>2. Develop strategies to support clients in overcoming disordered eating patterns.</p>	<ul style="list-style-type: none"> 2.1. Create a safe, non-judgmental space for clients to openly discuss their eating habits, emotions, and concerns, fostering trust and promoting a sense of psychological safety. 2.2. Encourage a holistic approach to eating by focusing on nourishing the body with a balanced, nutrient-dense diet, rather than emphasizing weight or appearance-based goals. 2.3. Use cognitive-behavioral therapy (CBT) techniques to help clients identify and challenge negative thoughts and beliefs about food, body image, and self-worth, promoting healthier thinking patterns. 2.4. Implement mindful eating practices to help clients reconnect with their hunger and fullness cues, encouraging them to eat slowly, savor their food, and focus on the sensory experience of eating. 2.5. Support clients in building a healthy relationship with food by eliminating restrictive diets, promoting flexibility, and encouraging the inclusion of all food groups without guilt or shame. 2.6. Provide education on the physiological needs of the body and the importance of regular meals and snacks to maintain energy levels and prevent binge eating or food-related anxiety. 2.7. Encourage clients to explore the emotional and psychological triggers that contribute to disordered eating, offering coping strategies such as stress management techniques,

	<p>journaling, or seeking professional mental health support.</p> <p>2.8. Collaborate with a multidisciplinary team, including dietitians, therapists, and healthcare providers, to create a comprehensive treatment plan tailored to the client’s unique needs and goals.</p> <p>2.9. Help clients set realistic, non-weight-related goals for recovery, such as improving their relationship with food, increasing body acceptance, or reducing anxiety around eating.</p> <p>2.10. Provide ongoing support and encouragement throughout the recovery process, recognizing that overcoming disordered eating patterns is a gradual journey that requires patience, self-compassion, and persistence..</p>
<p>3. Integrate mindfulness techniques into nutritional coaching.</p>	<p>3.1. Begin each session by guiding clients through a brief mindfulness exercise, such as deep breathing or a body scan, to help them become present and attuned to their physical and emotional state before discussing nutrition.</p> <p>3.2. Encourage mindful eating practices by teaching clients to slow down and focus on the sensory aspects of their meals—such as taste, texture, and smell—to cultivate a deeper connection with food and its nourishment.</p> <p>3.3. Help clients become aware of hunger and fullness cues by practicing mindfulness during meals, prompting them to pause and check in with their body before, during, and after eating to assess their level of hunger and satisfaction.</p> <p>3.4. Introduce mindful eating journaling, where clients reflect on their emotional state, thoughts, and physical sensations before and after meals, fostering awareness of patterns and triggers that affect their eating habits.</p> <p>3.5. Use mindfulness techniques to reduce stress around food choices, guiding clients to notice and release judgments or guilt associated with eating, and instead</p>

	<p>approach food with curiosity and compassion.</p> <ol style="list-style-type: none">3.6. Guide clients in cultivating a non-reactive attitude toward food, where they can observe cravings or temptations without acting impulsively, and instead respond with intentional choices aligned with their health goals.3.7. Encourage gratitude practices, where clients reflect on the nourishment and energy that food provides, helping them develop a positive mindset and appreciation for the role food plays in supporting their well-being.3.8. Help clients integrate mindful eating into their daily routines by suggesting simple practices, such as eating without distractions, focusing solely on their meal, and taking breaks to check in with their body's needs during the day.3.9. Support clients in using mindfulness to manage emotional eating, encouraging them to pause and assess their emotional state before reaching for food, and guiding them to explore alternative coping strategies when emotions arise.3.10. Incorporate mindfulness into goal-setting, helping clients set intention-based, process-oriented nutrition goals (e.g., eating mindfully, focusing on plant-based foods) rather than focusing solely on outcome-driven goals like weight loss.
--	--

CE0003 – 11 Ayurvedic Principles for Lifestyle and Nutrition

The aim of this study unit is to provide learners with a thorough understanding of the principles of Ayurvedic medicine and its holistic approach to lifestyle and nutrition. This unit focuses on equipping learners with the knowledge to integrate Ayurvedic practices into lifestyle coaching, promoting balanced health. Additionally, learners will be prepared to guide clients in adopting Ayurvedic nutrition and lifestyle habits that enhance overall wellbeing and support optimal health.

Learning Outcome:	Assessment Criteria:
<p>1. Learn the basics of Ayurvedic concepts for health and balance.</p>	<ul style="list-style-type: none"> 1.1. Demonstrate an understanding of the foundational principles of Ayurveda, including the three doshas (Vata, Pitta, and Kapha) and their roles in maintaining health. 1.2. Identify the Ayurvedic concept of balance and explain how imbalances in the doshas can lead to health issues. 1.3. Recognize the significance of diet, lifestyle, and mental well-being in Ayurveda as key factors for maintaining balance and overall health. 1.4. Describe the Ayurvedic approach to digestion (Agni) and its impact on health and vitality. 1.5. Explain the Ayurvedic classification of foods, their qualities, and how they influence the doshas. 1.6. Evaluate the role of herbal remedies in Ayurvedic practices and their application for restoring balance. 1.7. Assess how seasonal and environmental factors affect the balance of the doshas and overall health in Ayurveda. 1.8. Apply Ayurvedic concepts in daily life, including recommendations for maintaining harmony through diet, exercise, and mental practices. 1.9. Analyze the holistic approach of Ayurveda in treating and preventing illnesses by addressing root causes rather than symptoms.
<p>2. Apply Ayurvedic principles to personalized nutrition and lifestyle plans.</p>	<ul style="list-style-type: none"> 2.1. Assess an individual's dosha profile (Vata, Pitta, Kapha) to determine their unique physiological and psychological characteristics. 2.2. Develop personalized nutrition plans based on the individual's dosha balance, incorporating food types, qualities, and preparation methods suitable for their specific needs. 2.3. Recommend lifestyle adjustments tailored to an individual's dosha, including sleep patterns,

	<p>exercise routines, and stress management techniques to promote optimal health.</p> <p>2.4. Integrate Ayurvedic concepts of digestion (Agni) in designing nutrition plans, ensuring that food choices support strong digestion and nutrient absorption.</p> <p>2.5. Suggest herbal supplements or remedies aligned with the individual’s dosha to support balance and address specific health concerns.</p> <p>2.6. Advise on seasonal and environmental modifications in diet and lifestyle to maintain dosha harmony throughout the year.</p> <p>2.7. Incorporate Ayurvedic detoxification practices, such as Panchakarma or daily routines, to support the body's natural healing and rejuvenation processes.</p> <p>2.8. Apply Ayurvedic principles of mental and emotional well-being, recommending mindfulness, meditation, or other techniques to balance the mind in alignment with the body.</p> <p>2.9. Continuously monitor and adjust the personalized plan based on the individual’s responses, making modifications as necessary to maintain or restore balance.</p>
<p>3. Explore Ayurvedic approaches to maintaining mental and physical wellness.</p>	<p>3.1. Identify key Ayurvedic practices that promote mental clarity, emotional stability, and physical health, focusing on the balance of the mind-body connection.</p> <p>3.2. Explain the role of diet in mental and physical wellness, highlighting foods that support mental clarity, energy, and digestion based on an individual's dosha.</p> <p>3.3. Examine Ayurvedic lifestyle recommendations, such as daily routines (Dinacharya) and seasonal routines (Ritucharya), to maintain balance and overall well-being.</p> <p>3.4. Explore the significance of Ayurvedic detoxification methods, such as Panchakarma, for removing toxins and rejuvenating the body and mind.</p> <p>3.5. Discuss the importance of maintaining a balanced Agni (digestive fire) for overall health, particularly its impact on mental health and energy levels.</p> <p>3.6. Highlight Ayurvedic recommendations for stress management, including breathing</p>

	<p>exercises (Pranayama), meditation, and yoga, to support emotional balance.</p> <p>3.7. Describe how Ayurveda views sleep (Swan) and its crucial role in mental and physical restoration, recommending sleep hygiene practices for optimal rest.</p> <p>3.8. Assess the importance of self-care rituals, such as oil massages (Abhyanga), to promote relaxation, skin health, and overall vitality.</p> <p>3.9. Examine the therapeutic use of Ayurvedic herbs, such as Ashwagandha, Brahmi, and Turmeric, to reduce stress, improve cognitive function, and enhance physical wellness.</p>
--	---

CE0003 – 12 Sports Nutrition for Peak Performance

The aim of this study unit is to provide learners with a deep understanding of the principles of sports nutrition, focusing on supporting athletic performance and recovery. This unit emphasizes the dietary needs of athletes and how to optimize nutrition to enhance peak performance. Learners will gain the skills to develop personalized nutrition plans tailored to the specific training, competition, and recovery needs of athletes, promoting sustained physical performance and overall health.

Learning Outcome:	Assessment Criteria:
<p>1. Understand the nutritional requirements for athletic performance and recovery.</p>	<p>1.1. Identify the essential macronutrients (carbohydrates, proteins, fats) required to fuel athletic performance and promote recovery, and explain their role in energy production, muscle repair, and endurance.</p> <p>1.2. Assess the importance of micronutrients (vitamins, minerals) in supporting optimal physical function, immune health, and recovery post-exercise.</p> <p>1.3. Explain the role of hydration in maintaining athletic performance, emphasizing the balance of electrolytes and water intake before, during, and after exercise.</p> <p>1.4. Develop nutrition strategies tailored to different types of athletes (e.g., endurance, strength, team sports) to enhance performance, endurance, and recovery.</p> <p>1.5. Understand the timing of nutrient intake, including pre-exercise, during-exercise, and post-exercise nutrition, to optimize energy levels, muscle synthesis, and recovery.</p> <p>1.6. Analyze the role of protein in muscle recovery and growth, providing recommendations for the appropriate quantity and quality of protein sources for athletes.</p> <p>1.7. Explore the impact of carbohydrates on energy storage (glycogen) and the importance of carbohydrate-loading strategies before endurance events.</p> <p>1.8. Recognize the benefits of fats for long-term energy supply, hormone regulation, and overall recovery in athletes.</p> <p>1.9. Discuss the use of specific supplements (e.g., creatine, branched-chain amino acids) and functional foods (e.g., turmeric, ginger) to enhance athletic performance and recovery.</p> <p>1.10. Evaluate the importance of individualized nutrition plans based on the</p>

	<p>athlete’s sport, training regimen, and recovery needs to optimize performance..</p>
<p>2. Design nutrition plans tailored to specific sports and training regimens.</p>	<ol style="list-style-type: none"> 2.1. Assess the specific energy demands and physiological requirements of the athlete's sport, considering factors such as intensity, duration, and frequency of training sessions. 2.2. Develop personalized macronutrient ratios (carbohydrates, proteins, fats) that align with the energy needs of the sport, ensuring adequate fueling for performance and recovery. 2.3. Design meal plans that incorporate the timing of nutrient intake, such as pre-training meals to boost energy, during-training hydration and fuel, and post-training meals for muscle repair and glycogen replenishment. 2.4. Recommend specific sources of carbohydrates (e.g., whole grains, fruits) and protein (e.g., lean meats, legumes) based on the athlete’s dietary preferences and training goals. 2.5. Create nutrition plans that support muscle growth and recovery for strength athletes (e.g., weightlifters, sprinters) by emphasizing protein intake and appropriate calorie surplus. 2.6. Tailor carbohydrate loading strategies for endurance athletes (e.g., marathon runners, cyclists) to optimize glycogen stores before long-duration events. 2.7. Include healthy fats in the nutrition plan to ensure energy balance, hormone function, and inflammation reduction, particularly for athletes with prolonged training durations. 2.8. Integrate adequate hydration strategies to support electrolyte balance, focusing on the athlete’s sweat rate, environmental conditions, and workout intensity. 2.9. Suggest appropriate use of supplements (e.g., protein powders, electrolytes) based on the athlete’s needs and goals while considering their training volume and dietary restrictions. 2.10. Adjust the nutrition plan for the athlete’s recovery phase, incorporating anti-inflammatory foods, adequate protein, and carbohydrates to replenish energy stores and support muscle repair.

<p>3. Evaluate the use of supplements and ergogenic aids in sports nutrition.</p>	<ul style="list-style-type: none">3.1. Analyze the effectiveness and safety of common dietary supplements, such as protein powders, branched-chain amino acids (BCAAs), and creatine, in enhancing athletic performance and recovery.3.2. Evaluate the role of ergogenic aids, such as caffeine, beta-alanine, and nitric oxide boosters, in improving endurance, strength, and exercise capacity during high-intensity training or competition.3.3. Assess the potential benefits of carbohydrate-based supplements (e.g., energy gels, sports drinks) for maintaining glycogen stores and optimizing performance during prolonged endurance activities.3.4. Investigate the use of antioxidants (e.g., vitamin C, vitamin E) to reduce exercise-induced oxidative stress and their impact on recovery times and muscle soreness.3.5. Examine the role of hydration supplements, including electrolyte drinks and powders, in preventing dehydration and maintaining fluid balance during intense physical exertion.3.6. Discuss the scientific evidence supporting the use of supplements like omega-3 fatty acids, probiotics, and glutamine for promoting recovery, reducing inflammation, and supporting immune function.3.7. Evaluate the safety and regulation of supplements, considering the risks of contamination, banned substances, and potential side effects, particularly for competitive athletes.3.8. Provide guidance on determining appropriate supplement dosages, ensuring they align with an athlete's specific needs, sport, and training regimen.3.9. Consider the ethical implications and potential advantages of supplement use in sports, including fairness, access, and the risk of dependency on non-food sources for nutrition.3.10. Recommend individualized approaches to supplementation, factoring in the athlete's health, dietary preferences, and the specific demands of their sport to avoid over-reliance on supplements.
---	---

CE0003 – 13 Introduction to Herbal Medicine and Botanical Healing

The aim of this study unit is to provide a foundational understanding of herbal medicine and its diverse applications in promoting health and wellness. Learners will explore the therapeutic properties of common botanicals used for managing symptoms and supporting overall wellbeing. This unit also focuses on equipping learners with the knowledge and skills to integrate herbal remedies into holistic coaching approaches, fostering a comprehensive and balanced approach to health management.

Learning Outcome:	Assessment Criteria:
<p>1. Explore the fundamentals of herbal medicine and its applications.</p>	<ul style="list-style-type: none"> 1.1. Demonstrate knowledge of common herbs and plants used in traditional and modern wellness practices. 1.2. Identify the therapeutic properties of specific herbs and plants, including their potential benefits and risks for various health conditions. 1.3. Evaluate scientific evidence supporting the use of herbs and plants in health and healing, comparing traditional knowledge with modern research. 1.4. Understand the preparation and application methods of herbs, including teas, tinctures, and essential oils, for health benefits. 1.5. Assess the safety of using herbs in health practices, including potential interactions with medications and side effects. 1.6. Explore the ethical considerations of sourcing and using plants in health and wellness practices. 1.7. Integrate plant-based remedies into a holistic wellness plan tailored to individual client needs and preferences. 1.8. Demonstrate the ability to educate clients on the safe and effective use of herbs for health and healing. 1.9. Stay informed about emerging research and trends in the field of herbal medicine, applying new insights to practice.
<p>2. Identify common botanicals for supporting wellness and managing symptoms.</p>	<ul style="list-style-type: none"> 2.1. Demonstrates comprehensive knowledge of the most commonly used botanicals for supporting wellness and managing symptoms across various health conditions. 2.2. Accurately identifies the therapeutic properties and benefits of each botanical in relation to wellness support.

	<ul style="list-style-type: none"> 2.3. Explains the role of botanicals in symptom management, including their physiological effects on the body. 2.4. Differentiates between botanicals used for general wellness support and those targeting specific symptoms or conditions. 2.5. Evaluates scientific research or evidence supporting the use of specific botanicals for wellness and symptom management. 2.6. Identifies contraindications, potential interactions, and safety considerations when using botanicals for wellness support. 2.7. Applies knowledge of botanical selection based on individual needs, including age, health status, and lifestyle factors. 2.8. Demonstrates a clear understanding of regulatory standards and ethical practices when recommending botanicals for wellness purposes. 2.9. Communicates the benefits and limitations of botanicals to clients in an accessible and professional manner..
<p>3. Integrate herbal remedies into holistic coaching approaches.</p>	<ul style="list-style-type: none"> 3.1. Demonstrate an understanding of how herbal remedies can support and enhance holistic coaching approaches. 3.2. Assess client health and wellness needs, considering physical, emotional, and mental aspects, to determine appropriate herbal remedies. 3.3. Identify specific herbal remedies that align with client goals, ensuring they complement the coaching process. 3.4. Explain the therapeutic effects of selected herbs and their potential to address the client’s holistic needs. 3.5. Develop a holistic coaching plan that integrates herbal remedies, ensuring a balanced approach to overall well-being. 3.6. Advise clients on the safe use, dosage, and forms of herbal remedies within the context of their coaching plan. 3.7. Monitor client progress and responses to herbal remedies, adjusting the coaching plan as needed for optimal results.

	<p>3.8. Educate clients on the importance of combining herbal remedies with other lifestyle practices such as nutrition, exercise, and mindfulness.</p> <p>3.9. Maintain a client-centered approach, respecting individual preferences and ensuring informed consent when recommending herbal remedies.</p>
--	---

CE0003 – 14 Superfoods: Maximizing Nutrition and Wellness

The aim of this study unit is to provide learners with an understanding of the health benefits of superfoods and their significant role in supporting optimal nutrition and wellbeing. This unit focuses on teaching learners how to effectively integrate superfoods into daily nutrition plans for clients, promoting the use of nutrient-dense foods to enhance health, vitality, and overall wellness.

Learning Outcome:	Assessment Criteria:
<p>1. Analyze the health benefits of popular superfoods.</p>	<ul style="list-style-type: none"> 1.1. Demonstrates a clear understanding of the nutritional profile of various popular superfoods and their role in supporting overall health. 1.2. Identifies the specific health benefits of each superfood based on scientific research and evidence. 1.3. Analyzes the impact of superfoods on key health areas such as immune function, digestive health, cardiovascular health, and mental well-being. 1.4. Evaluates the bioactive compounds in superfoods, such as antioxidants, vitamins, minerals, and phytochemicals, and their mechanisms of action in the body. 1.5. Considers the potential risks and contraindications of consuming certain superfoods, including allergies, interactions with medications, or overconsumption. 1.6. Integrates knowledge of superfoods into dietary recommendations, taking into account individual needs, health conditions, and preferences. 1.7. Provides evidence-based insights on the effectiveness of superfoods in preventing or managing chronic conditions. 1.8. Demonstrates the ability to critically assess marketing claims surrounding superfoods and distinguish between evidence-supported benefits and misconceptions.
<p>2. Incorporate superfoods into coaching plans for optimal health.</p>	<ul style="list-style-type: none"> 2.1. Demonstrates a clear understanding of the role of superfoods in supporting optimal health and wellness. 2.2. Integrates superfoods into individualized coaching plans based on clients' specific health goals, conditions, and dietary preferences.

	<ul style="list-style-type: none"> 2.3. Effectively combines knowledge of superfoods with other nutritional strategies to create balanced and sustainable coaching plans. 2.4. Provides practical, evidence-based recommendations on how to incorporate superfoods into daily meals and routines. 2.5. Assesses clients' readiness and willingness to adopt superfoods, offering appropriate guidance and motivation for inclusion. 2.6. Addresses potential challenges or barriers to incorporating superfoods into clients' diets, such as cost, accessibility, or taste preferences. 2.7. Evaluates the impact of superfoods on clients' health progress, adjusting the coaching plan as needed to ensure optimal results. 2.8. Demonstrates cultural sensitivity and personalization when recommending superfoods to ensure plans align with diverse client backgrounds and lifestyles. 2.9. Incorporates mindful eating practices and encourages clients to adopt a holistic approach to nutrition alongside superfood consumption for enhanced health benefits.
<p>3. Evaluate the scientific evidence supporting superfood claims.</p>	<ul style="list-style-type: none"> 3.1. Demonstrates the ability to critically evaluate scientific studies and research supporting the health benefits of superfoods. 3.2. Analyzes the quality, methodology, and reliability of studies that claim superfood benefits, distinguishing between well-conducted research and unsupported claims. 3.3. Identifies key bioactive compounds in superfoods and evaluates their documented effects on human health based on peer-reviewed scientific literature. 3.4. Assesses the potential limitations, biases, and conflicts of interest within studies and their impact on superfood claims. 3.5. Compares scientific evidence for the benefits of specific superfoods across different health domains, such as immune function, cardiovascular health, and inflammation reduction. 3.6. Evaluates the generalizability of study findings to broader populations, considering factors like age, gender, and pre-existing health conditions.

	<ul style="list-style-type: none">3.7. Discusses gaps in current research and areas where further studies are needed to substantiate or challenge superfood claims.3.8. Distinguishes between anecdotal evidence, marketing claims, and scientifically-backed conclusions in the context of superfoods.3.9. Demonstrates the ability to communicate the scientific evidence regarding superfoods clearly and accurately to clients, making the information accessible and actionable..
--	--

ICTQual AB

Yew Tree Avenue, Dagenham,

London East, United Kingdom RM10 7FN

+44 744 139 8083

Support@ictqualab.co.uk | www.ictqualab.co.uk

[Visit Official Web page](http://www.ictqualab.co.uk)

