

# Qualifi Level 7 Extended Diploma in Health Coaching & Applied Nutrition

An Ofqual Regulated Qualification



An Ofqual Recognised Awarding Organisation

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Qualifi is a leading 21st-century awarding organisation founded to meet the developing education and training needs of learners and employers from the UK and around the globe.

As a recognised UK awarding organisation, regulated by Ofqual, Qualifi is able to give assurances to employers, centres and learners of consistent, rigorous, quality standards and valid, valued learning.

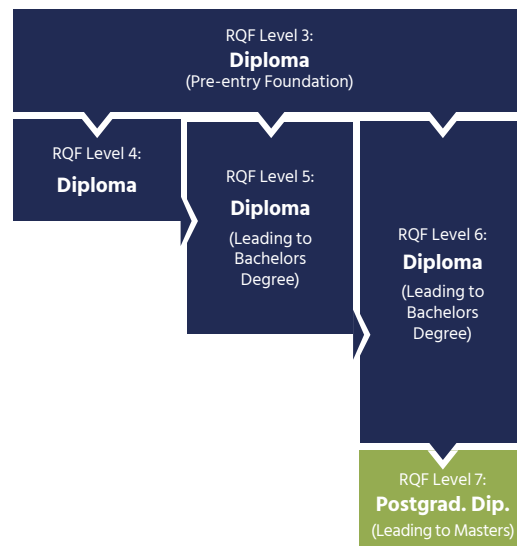
## Message from Dr Penny Hood - Chair Governance Council

I warmly welcome you to our global academic community, of which you are now an important member. Qualifi will ensure your access to the first class education needed to achieve your goals and dreams and to maximise future opportunities. May I take this opportunity to wish each of you success and enjoyment on your academic journey.



## Message from Jason Goodyear - Chief Executive Officer

Whether you are a learner, employer or centre, I want to personally welcome you. In partnership with employers and learning centres, Qualifi helps learners develop the knowledge, skills and abilities needed for success in the 21st century. Thank you for choosing Qualifi to lead you on this learning journey.



## Progression Details

The Qualifi Level 7 Extended Diploma in Health Coaching and Applied Nutrition is accredited at Level 7 with a total equivalence of 180 credits. Learners completing the diploma will progress to the final year of a postgraduate degree.



“Qualifi is our proud partner helping shape a brighter future in global education, that empowers progress through better education for learners from all communities. Their practical approach to assessments and learning material are key to building skills and to progressing in one’s career.”

**Dr. Saleem Afzal**

*City University College of Ajman*

# Qualifi Level 7 Extended Diploma in Health Coaching & Applied Nutrition

## Course Overview

The Level 7 Extended Diploma in Health Coaching and Applied Nutrition qualification has been created to develop and recognise the health coaches of today and the future, and to continue to bring recognition and professionalism to the health coaching and nutrition sectors.

The overall structure of the course is based on 11 mandatory units that cover a number of topics relating to the learning outcomes.

## Mandatory Units

- Health and Nutrition I – Role of Health Coaching and CAM
- Health and Nutrition II – Nutrition and Health Coach Practice
- Wellness
- Contemporary and Community Health Issues
- Health Coaching I
- Health Coaching II – Behavioural Changes and Evidence-based Coaching
- Adult Education
- Practice Management
- Health Coach Ethics
- Professional Communication
- Capstone Research and Project

## Progression Pathways

Upon completing this Level 7 diploma, learners can join a university partner to complete a dissertation to then receive a full master's degree.

Learners can also step directly into employment in an associated profession or progress to the Qualifi Level 8 Diploma in Strategic Management and Leadership.

## Entry Requirements

Learners will be expected to hold a Level 6 qualification or a first degree. In certain circumstances, managers with considerable experience but no formal qualifications may be considered.



“I’m currently studying for my MBA Top-Up at Anglia Ruskin University. This is because I was able to gain a good understanding of business strategy and research through my Qualifi Level 7 Diploma, that I completed at Executive Japan.”

**Keiichi Suyama**

## Learning Outcomes

The learning outcomes of the diploma are:

- Provide learners with language skills, listening skills and the opportunity of being with another as a means to encourage and free clients to attempt health generating changes.
- Demonstrate proficiency in working from a comprehensive health history to design.
- Demonstrate the skills needed to inspire accountability in their clients to adhere to goals.

## Career Opportunities

Primary areas of employment include:

- Private coaching
- Wellness workshops
- Health and nutrition advisor
- Health and nutrition product development
- Health and lifestyle blogger
- Corporate health coach



“Qualifi awarding body is very practical and useful for managers to tackle a variety of the problems in the real corporate world. The contents are accredited by OfQual and it is evident how a UK qualification is worthwhile “

**Dr. Motohiro Kita**  
CEO of ExeJapan



# Relevant, Accessible & Credible



As a recognised UK awarding organisation regulated in England by Office of Qualifications and Examinations Regulation (Ofqual), Qualifi is able to give assurances to employers, centres and learners of consistent, rigorous, quality standards and valid, valued learning.

Our portfolio includes regulated qualifications as well as bespoke qualifications that include endorsed and certified programmes. Visit [www.qualifi.net](http://www.qualifi.net)



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