

# UK Functional Wellness Syllabus

This document details the UK Functional Wellness Diploma Syllabus and the work requirements necessary to complete the course. The course is delivered 100% online with zoom classrooms and can be studied at your own pace.

The course content comprises of 450 hours of study and is made up of

1. Live Zoom classrooms 48 hours
2. Online portal with recorded lessons 210 hours
3. Homework and projects 170 hours

## Anatomy and Physiology

The Anatomy and Physiology course is provided by our partners Essential Training Solutions is a 90-hour course and includes lessons split into the following categories.

- Skeletal System
- Muscular System
- Integumentary System
- Endocrine System (includes Reproduction)
- Digestion (includes Metabolism & Nutrition)
- Cardiovascular System
- Respiratory System
- Urinary System
- Lymphatic System and Immunity

Each module includes interactive tutorials and online assessments which are automatically marked. If you already have a recognised Anatomy and Physiology qualification, consisting of a minimum of 60 hours, you can skip this module.

## Nutrition for Health

Nutrition for Health is a 90-hour course and includes 112 lessons split into the following categories

1. Introduction
2. History of Modern Nutrition
3. History of Modern Nutrition
4. Nutrients
5. Micronutrients
6. Macronutrients
7. Modern Food Production
8. Digestion and the Microbiome
9. Popular Diets
10. Pathology of Health
11. Nutritional Consultations

At the end of each module there is a quiz to assess your understanding of the content.

No attendance required.

There are the following homework pieces to submit

1. Write and submit 2 essays, 500 words
  - a. How do lifestyle factors, such as medication, exercise or diet affect a person's health?
  - b. Why do factors such as modern farming methods, food production, storage, and pollution, mean that nutrition is now vital to focus on for optimum health?
2. 300-word book review, a choice of 10 books is given
3. 300-word film review, a choice of 10 books is given
4. In the nutritional consultation's module, you are required to conduct 8 case studies. This involves your case studies to complete a health questionnaire / consent form and for you to have a session with them (recommended time per case study 30-60 minutes) and submit your recommendations on the recommendations sheet. There is an option to join a mentoring class to discuss your case studies. We also have a case study community of individuals looking to be case studies that you can work with.

## Foundation Coaching Skills

Foundation Coaching Skills is a 60-hour course and includes 60 lessons split into the following categories

1. Introduction
2. Client Red Flags and Referring on
3. Communication
4. Consent
5. Confidentiality
6. Coaching

Included in this course is 30 hours of online zoom classrooms. We host 2-hour classrooms on Mondays, Wednesdays and Saturdays in the mornings and evenings and the format involves

- Check in with students present
- 2 x 30-minute peer coaching sessions in break out rooms
- A debrief of the coaching and feedback from student, peers, and tutor
- Q&As

You are required to attend 15 classrooms in total.

There are the following homework pieces to submit

1. Write and submit a 300-word book review, a choice of 10 books are given
2. In the coaching module, you are required to conduct 8 case studies. This involves your case studies to complete a questionnaire / consent form and for you to have a coaching session with them (recommended time per case study 30-60 minutes) and submit your recommendations on the coaching sheet

Included in Foundation Coaching Skills is the opportunity to explore your own personal development. Included in the training is a 12-hour course called Reclaim Your Life. It involves 12 recorded videos with homework including journaling and self-parenting work. No homework is required to be submitted for this part of the course as it is for your own emotional exploration.

## Functional Wellness Coaching

Functional Wellness Coaching includes 135 lessons and videos split into the following categories

1. Introduction
2. Blood Sugars
3. Stress and Adrenals
4. Sex Hormones including puberty, fertility, perimenopause, menopause and men's health
5. The Digestive System
6. The Immune System
7. Consolidation including Lab Testing and DUTCH testing

At the end of each module there is a quiz to assess your understanding of the content.

### Classrooms

We host 2-hour lectures once a month on a chosen specialist subject and have Q&A's afterwards. You can join live or watch the classroom once it is uploaded to the course. You are required to attend or watch a minimum of 12 classrooms to complete the course, however we recommend you watch all videos available. Topics include

- ADHD In Adults
- Becoming a Coach
- Polycystic Ovary Syndrome (PCOS)
- Protein and Fats
- Marketing Your Clinic
- Creating a Healthy Menopause
- HRT and Artificial Hormones
- Gut Dysbiosis including SIBO, SIFO and IBS
- Fatigue Disorders & Post Viral Syndrome
- Autoimmune
- Healthy Weight Maintenance
- A Recorded Health History Case Study
- Endometriosis
- A Perimenopausal Case Study Review
- Sex through the Lifecycles
- Anxiety
- Disordered Eating
- Blood Sugars & Metabolic Syndrome
- Understanding Pain

### Mentoring and Peer Coaching

Included in this part of the training are 9 x one to one monthly mentoring with your tutor. This is to explore your case studies and questions on the training material.

You will be assigned a peer to do Functional Wellness coaching with. It is an opportunity for you to work on your health and support a student work on theirs.

### Homework

1. Write and submit 5 x 300-word book review, a choice of 10 books are given
2. Write and submit a 300-word film review, a choice of films are given
3. Create recipe ideas for the PFC food strategies. This involves recipe creation and photography
4. Special Interest Project of 1,000-2,000 words in a subject of your choice (ideas are given). We recommend you focus on an area of hormonal health that interests you
5. Create and present a health talk. This involves writing a talk, using PowerPoint if you wish and presenting it on camera and submitting
6. Partnership project looking for partnership opportunities to grow your business
7. 20 case studies (4 per module)
8. One case study needs to be filmed and submitted for assessment
9. 20 case study reviews (4 per module). For each module we give you fictional case studies and you are required to complete a recommendation feedback form for each one

### Difference between Functional Wellness and Menopause Wellness diploma

We offer two subjects to study. Both courses have the same principles as many issues in health come from the same root. The Functional Wellness Diploma allows a student to study all stages of hormone health including puberty, pregnancy as well as understanding mens health. The Menopause Diploma is targeted at female menopause health. The course you choose will determine the special interest project you write, your books choices and the case studies you work with. You can combine hormone health and menopause health if you wish to have a broad cover of all topics.

## Business and Marketing Mastery

Business and Marketing Mastery is a 30-hour course and includes 60 lessons split into the following categories

1. Welcome to Business Marketing Mastery
2. Professional Standards
3. Business Planning
4. Marketing
5. Clinic Management
6. Self-Management

At the end of each module there is a quiz to assess your understanding of the content.

No attendance is required.

There are the following homework pieces to submit

- a. Write your vision and mission
  - b. Create a vision board and submit photo
  - c. Complete the business plan template
  - d. Complete the marketing plan template
  - e. Complete financial projections
  - f. Submit clinical management ideas
  - g. Create a default diary
  - h. Self-reflection
2. Write a 300-word book review, a choice of 10 books are given

On receipt of all homework and online zoom attendance, a Diploma Certificate will be issued qualifying you as a Functional Wellness Coach.