

UK Menopause Wellness Syllabus

This document details the UK Menopause Wellness Diploma Syllabus and the work requirements necessary to complete the course. The course is delivered 100% online 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 194 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 have an Anatomy and Physiology qualification, 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

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

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

Included in this course is 30 hours of online zoom classrooms. We host 2-hour classrooms every fortnight on a Monday or Wednesday evening at 7pm UK time (we are due to start morning classes in 2023) and the format involves

- Check in with students present
- 2 x 30-minute peer coaching sessions in break out rooms
- A critique 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 is 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 focusing on menopause
5. The Digestive System
6. The Immune System
7. Consolidation

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

Classroom Attendance

Included in this course is 9 hours of online zoom classrooms. We host 2 hour lectures once a month on a chosen specialist subject such as HRT and there are Q&A's afterwards.

The presentations are always recorded and uploaded into the online portal for you to watch. You are required to attend or watch a minimum of 9 classrooms to complete the course, however we recommend you watch all videos available.

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 menopause case studies and questions on the training material.

You will be assigned a peer to do Menopause Wellness coaching with. It is an opportunity for you to work on your own health and support a student work on theirs and discuss the course including projects, homework and progress.

Homework

1. Write and submit a 300-word book review, a choice of 10 books focusing on menopause and hormone health, is given
2. Write and submit a 300-word film review, a choice of films is given
3. Create a PFC recipe collection of 15 recipes. This involves recipe creation and photography
4. Special Interest Project of 500 words in a subject of your choice (ideas are given, with the menopause training is must be in an area of menopause)
5. Create and present a menopause health talk. This involves writing a talk, using PowerPoint if you wish and presenting it on camera and submitting
6. 20 case studies (4 per module)
7. One case study needs to be filmed and submitted for assessment
8. 20 case study reviews (4 per module). For each module we give you fictional menopause case studies and you are required to complete a recommendation feedback form for each one

Optional Kinesiology Bolt-On

For Kinesiology practitioners, they can choose to add 54 Kinesiology lessons into the course. These are demonstration videos applying traditional Kinesiology techniques to Functional Wellness principles. They can be watched and discussed in mentoring.

There is an option to attend a [consolidation weekend](#) in Havant, Hampshire to practice these skills in a classroom setting (additional one off charge of £300).

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 is given

On receipt of all homework and online zoom attendance, a Diploma Certificate will be issued qualifying you as a Menopause Wellness Coach as recognised by the [FHT](#).