



February 2025 Syllabus

Nutritional Therapy Practitioner Program

Program Unit	Date 2024-2025	Module
Onboarding	January 30th	Onboarding and Login Test (No live calls this week, onboarding information will be sent via email)
Unit 1	Feb 3-9	Welcome (WEL Week 1)
	Feb 10-16	Food Relationships and Practices (FRP Week 1)
	Feb 17-23	Food Relationships and Practices (FRP Week 2)
	Feb 24-Mar 2	Anatomy and Physiology (A&P Week 1)
	Mar 3-9	Anatomy and Physiology (A&P Week 2)
	Mar 10-16	Basics of Nutrition (BON Week 1)
	Mar 17-23	Basics of Nutrition (BON Week 2)
	Mar 24-30	Basics of Nutrition (BON Week 3)
	Open Mar 17-30	Unit 1 Assessment
Unit 2	Mar 31-April 6	Nutrient Dense Diet (NDD Week 1)

	April 7-13	Nutrient Dense Diet (NDD Week 2)
	April 14-20	Nutrient Dense Diet (NDD Week 3)
	April 21-27	Sleep (SLE Week 1)
	April 28-May 4	Sleep (SLE Week 2)
	May 5-11	Stress (STR Week 1)
	May 12-18	Stress (STR Week 2)
	Open May 5-18	Unit 2 Assessment
Unit 3	May 19-25	Digestion (DIG Week 1)
	May 26-June 1	Digestion (DIG Week 2)
	June 2-8	Digestion (DIG Week 3)
	June 9-15	Digestion (DIG Week 4)
	June 16-22	Digestion: Biotransformation and elimination (DIG Week 5)
	June 23-29	Blood Sugar Regulation (BSR Week 1)
	June 30- July 6	Blood Sugar Regulation (BSR Week 2)
	July 7-13	Blood Sugar Regulation (BSR Week 3)
	July 14-20	Blood Sugar Regulation (BSR Week 4)
	Open July 7-20	Unit 3 Assessment
Unit 4	July 21-27	Case Study Intensive 1

	July 28-Aug 3	Case Study Intensive 2
	Students may work on the assessment throughout Unit 4	Practical Case Study Assessment
	Aug 4-10	Break
Unit 5	Aug 11-17	Introduction to Supplements (SUP Week 1)
	Aug 18-24	Supplement Applications (SUP Week 2)
	Aug 25-31	Supplement Considerations (SUP Week 3)
Unit 6	Sept 1-7	Introduction to the Nutrition Analysis and Clinical Application Process (NACA Week 1)
	Sept 8-14	Client Paperwork: A Deep Dive into the Initial Interview Form and Food & Mood Journal (NACA Week 2)
	Sept 15-21	Client Paperwork: A Deep Dive into the NAQ V2 and Associated Forms (NACA Week 3)
	Sept 22-28	Introduction to the Practitioner Forms (NACA Week 4)
Unit 7	Sept 29-Oct 5	Forming Client Goals and Recommendations (NACA Week 5)
	Oct 6-12	Introduction to Nutri-Q (NACA Week 6)
	Oct 13-19	Class Client: Sam Cobb's Intake Paperwork and Initial Interview (NACA Week 7)

	Oct 20-26	Spotlight on Lab Testing Part 1
	Oct 27-Nov 2	Spotlight Lab Testing Part 2
Unit 8	Nov 3-9	Class Client: Sam Cobb Practitioner Paperwork and Recommendations Visit (NACA Week 8)
	Nov 10-16	Practice Client 1: The Initial Interview and Draft Recommendation Plan (NACA Week 9)
	Nov 17-23	Foundational Connections (NACA Week 10)
	Nov 24-30	Break
Unit 9	Dec 1-7	The Recommendations Visit (NACA Week 11) Introduction to the Capstone
	Dec 8-14	Continuing Sessions: Check Ins and Follow-Ups (NACA Week 12)
	Dec 15-21	Evaluating Client Progress (NACA Week 13)
	Dec 22-28	Break
	Dec 29-Jan 4	Break
Unit 10	Jan 5-11	Case Study Review (NACA Week 14)

	Jan 12-18	Practice Resources (NACA Week 15)
Unit 11	Jan 19-25	Capstone Presentations with Capstone Client (NACA Week 16)
	Jan 26-Feb 1	Capstone Presentations with Capstone Client (NACA Week 17)
	Feb 2-8	Graduation
	February 8th	Canvas Access Ends