

Sept 2025 Syllabus

Nutritional Therapy Practitioner Program

Program Unit	Date 2024-2025	Module	Assignment Due Dates
Onboarding	September 4th	Onboarding and Login Test (No live calls this week, onboarding information will be sent via email)	** ALL ASSIGNMENTS MUST BE SUBMITTED BY 5:00 PM PACIFIC ON THE SPECIFIED DATE. BE SURE TO CONVERT TO YOUR LOCAL TIME ZONE.
Unit 1	Sept 8-14	Welcome (WEL Week 1)	
	Sept 15-21	Food Relationships and Practices (FRP Week 1)	
	Sept 22-28	Food Relationships and Practices (FRP Week 2)	FRP Assignment: Due 10/3/2025
	Sept 29-Oct 5	Anatomy and Physiology (A&P Week 1)	
	Oct 6-12	Anatomy and Physiology (A&P Week 2)	A&P Assignment: Due 10/17/2025
	Oct 13-19	Basics of Nutrition (BON Week 1)	
	Oct 20-26	Basics of Nutrition (BON Week 2)	
	Oct 27-Nov 2	Basics of Nutrition (BON Week 3)	BON Assignment: Due 11/7/2025

	Open Oct 27–Nov 7	Unit 1 Assessment	Complete Unit 1 Assessment by Nov 7th
Unit 2	Nov 3–9	Nutrient Dense Diet (NDD Week 1)	
	Nov 10–16	Nutrient Dense Diet (NDD Week 2)	
	Nov 17–23	Nutrient Dense Diet (NDD Week 3)	NDD Assignment: Due 11/28/2025
	Nov 24–30	Sleep (SLE Week 1)	
	Dec 1–7	Sleep (SLE Week 2)	SLE Assignment: Due 12/12/2025
	Dec 8–14	Stress (STR Week 1)	
	Dec 15–21	Stress (STR Week 2)	STR Assignment: Due 12/26/2025
	Open Dec 15–26	Unit 2 Assessment	Complete Unit 2 Assessment by January 9th
	Dec 22–28	Break	
	Dec 29–Jan 4	Break	
Unit 3	Jan 5–11	Digestion (DIG Week 1)	
	Jan 12–18	Digestion (DIG Week 2)	
	Jan 19–25	Digestion (DIG Week 3)	

	Jan 26-Feb 1	Digestion (DIG Week 4)	
	Feb 2-8	Digestion: Biotransformation and elimination (DIG Week 5)	DIG Assignment: Due 2/13/2026
	Feb 9-15	Blood Sugar Regulation (BSR Week 1)	
	Feb 16-22	Blood Sugar Regulation (BSR Week 2)	
	Feb 23-Mar 1	Blood Sugar Regulation (BSR Week 3)	
	Mar 2-8	Blood Sugar Regulation (BSR Week 4)	BSR Assignment: Due 3/13/2026
	Open Mar 2-13	Unit 3 Assessment	Complete Unit 3 Assessment by Mar 13th
Unit 4	Mar 9-15	Case Study Intensive 1	
	Mar 16-22	Case Study Intensive 2	
	Students may work on the assessment throughout Unit 4	Practical Case Study Assessment	Complete Practical Case Study Assessment by Mar 27th
	Mar 23-29	Break	
Unit 5	Mar 30-Apr 5	Introduction to Supplements (SUP Week 1)	
	Apr 6-12	Supplement Applications (SUP Week 2)	
	Apr 13-19	Supplement Considerations (SUP Week 3)	SUP Assignment: Due 4/20/2026

Unit 6	Apr 20-26	Introduction to the Nutrition Analysis and Clinical Application Process (NACA Week 1)	
	Apr 27-May 3	Client Paperwork: A Deep Dive into the Initial Interview Form and Food & Mood Journal (NACA Week 2)	
	May 4-10	Client Paperwork: A Deep Dive into the NAQ V2 and Associated Forms (NACA Week 3)	Nutri-Q Access will be granted on 5/4 Student completed intake paperwork. Due 5/11
	May 11-17	Forming Client Goals and Recommendations (NACA Week 4)	Send Practice Client 1 their intake paperwork and request that it be completed by May 24th
Unit 7	May 18-24	Introduction to the Practitioner Forms (NACA Week 5)	Sam Cobb completed paperwork assignment due 5/25 Your practice client needs to complete their intake paperwork this week!
	May 25-31	Introduction to Nutri-Q (NACA Week 6)	Annotate Practice Client 1's intake paperwork in preparation for the Initial Interview. Schedule your Initial Interview for the week of 6/1-7
	June 1-7	Class Client: Sam Cobb's Intake Paperwork and Initial Interview (NACA Week 7)	Conduct your Initial Interview with Practice Client 1 this week and submit initial folder and draft recommendation plan due 6/8

			Schedule their Recommendations for the week of 6/22-28
	June 8-14	Spotlight on Lab Testing Part 1	
	June 15-21	Spotlight Lab Testing Part 2	
Unit 8	June 22-28	Class Client: Sam Cobb Practitioner Paperwork and Recommendations Visit (NACA Week 8)	Update the recommendation plan if needed, conduct a Recommendations Visit, and finalize the folder based on Clinical Mentor feedback.
	June 29-July 5	Practice Client 1: The Initial Interview and Draft Recommendation Plan (NACA Week 9)	Check in with Client 1
	July 6-12	Foundational Connections (NACA Week 10)	
Unit 9	July 13-19	The Recommendations Visit (NACA Week 11) Introduction to the Capstone	
	July 20-26	Continuing Sessions: Check Ins and Follow-Ups (NACA Week 12)	
	July 27-Aug 2	Evaluating Client Progress (NACA Week 13)	Send Follow-Up paperwork to Practice Client 1 with a due date of 8/10. Schedule your Follow-Up session for the week of 8/31-9/6
	Aug 3-9	Break	

Unit 10			
	Aug 10-16	Case Study Review (NACA Week 14)	Analyze and annotate Follow-Up paperwork, create a Clinical Presentation form, and draft updated recommendations to submit. Due by 8/17
	Aug 17-23	Practice Resources (NACA Week 15)	
Final Homework Deadline August 31, 2026			
Unit 11	Aug 24-30	Capstone Presentations (NACA Week 16)	
	Aug 31-Sept 6	Capstone Presentations (NACA Week 17)	Conduct a Follow-Up session with Practice Client 1: Update the recommendation plan if needed, conduct a Follow-Up Visit, and finalize the folder based on the clinical mentor's feedback.
	Sept 7-13	Graduation. Canvas access ends Sept 13 th ; Gradebook will be processed Sept 13 th and the official graduation date will be Sept 18 th . *Graduation call will be held Sept 7 th at 5 pm Pacific*	