

Blue Heron Academy eLearning

Online Holistic Health Practitioner

The HHP certification is a hybrid academic course comprised of three of our most successful eLearning programs: Clinical Nutrition, Herbal Medicine and Personal Training / Physical Fitness. This training enables the Holistic Health Practitioner to assess clients and tailor unique holistic care plans to meet your clients need. Care plans can include dietary analysis and restructuring, fitness assessments and individual fitness plans and herbal recommendations.

Outlines for the Three Educational Components of the HHP program

Nutrition Course Content Component One)

Objectives: By the completion of this eLearning program you will have:

1. Studied the definition of nutrition.
2. Studied the basic components of micro and macro nutrition.
3. Learned about the basic composition of foods.
4. Learned how to construct healthy diet programs for clients.
5. Learned about food addictions.
6. Learned how to design diet and weight management programs.
7. Learned how to consult with diet and weight management clients.

Section One:

- An Introduction to General Nutrition
- Blue Heron Academy of Healing Arts and Sciences
- Unity Statement
- General Nutrition
- Module Tasks

Section Two:

- Holistic Health Care
- The Natural Power of Healing
- Disease of Behavior
- Paradox of Medicine
- Human Nurturing
- Stories About Holistic Health Care
- Healing in the Shadows
- Traditional Health Care Systems
- Module Tasks

Section Three: General Nutrition Basics

The overall objective of this section is to develop an understanding of the relationship between nutrition and good health.

Objectives: By the completion of this section you will have:

- Identified various health problems associated with certain eating patterns.
- Identified the five rules for good nutrition.
- Completed a food diary.
- Analyzed your present nutritional status.
- Reviewed the guidelines for selecting more nutritious foods.
- Established dietary goals to improve nutritional status.
- Learned how to assist your clients nutritionally.

Section Four: Clinical Nutrition Basics

Objectives: By the completion of this section you will have:

Identified the major conditions and disorders that are the primary causes of nutritionally related diseases.

Studied the characteristics of:

- Insulin Resistance
- Obesity
- Diabetes
- Pro Inflammatory Disorders
- Thyroid Conditions
- Adrenal disorders
- Peri Menopause, Menopause, and Post Menopause

Learned how to develop nutritional treatment plans for all of the above conditions.

Section Five: Professional Assessment Tools

Objectives: By the completion of this section you will have:

Learned how to use questionnaires and professional assessment tools to measure and to evaluate a patient's diet and nutritional status.

You will also learn how to use assessment tools:

- Stress Assessment Tools
- Health Attitude and Behavior Instruments
- Dietary Analysis
- Activity Analysis
- Food Behavior Analysis

You will learn how to design customized patient and nutrition diet plans.

Section Six: Special Nutrition Assessment Tools

- Vitamin and Mineral Assessment
- Skin Fold Measurement

Section Seven:

- Final Examination

Personal Training / Fitness Course Content (Component Two)

Objectives: By the completion of this eLearning program in personal trainer / fitness instructor you will have:

1. Defined physical fitness.
2. Developed a safe professional exercise program.
3. Identified the physiological and psychological benefits of aerobic exercise.
4. Experienced the five points of fitness exercise program.
5. Identified the contraindications of exercise.
6. Established exercise goals to improve your client's fitness levels.
7. Learned how to design fitness programs for clients.
8. Learned how to supervise fitness programs for clients.

Section One:

- Organization and Professional Ethics

Section Two:

- Personal Fitness and Training Programs

Section Three:

- Healthcare Education and Patient Motivation

Section Four:

- Business Development and Program Design

Section Five:

- Client Communications and Marketing

Section Six:

- Corporate and General Program Marketing

Section Seven:

- Assessment and Evaluation Skills

Section Eight:

- Physical Exercise and Fitness

Section Nine:

- Fitness for an Aging Population

Section Ten:

- Fitness and Client Information Forms

Section Eleven:

- Final Examination

Herbal Medicine Course Content (Component Three)

Objectives: By the completion of this eLearning program in herbal medicine you will have:

1. Learned about the history and philosophy of herbal medicine.

2. Learned about the indications and contraindications of herbal medicines.
3. Learned how to safely use and recommend herbal products.
4. Learned about the pharmacology and chemistry of herbal medicines.
5. Learned how to formulate herbal recipes.
6. Learned how to make herbal medicines.
7. Learned how to consult with clients regarding herbal medicines.
8. Learned how to recommend the use of herbal medicines.

Section One:

- Introduction to Herbal Medicine
- The History of Herbal Medicine

Section Two:

- What is Herbal Medicine?

Section Three:

- How does herbal medicine work?
- Important Active Ingredients

Section Four:

- How to use and prescribe herbal medicines
- Always consult a physician
- Physiological Changes
- When and how to take the herb
- Pharmacological Prescribing
- Physiological Prescribing
- Blue Heron Academy Formulations

Section Five:

- How to make herbal medicines

- Powdered Capsule Preparation
- Infusion Preparation
- Decoction Preparation
- Tincture Preparation
- Ointment Preparation

Section Six:

- Herbal medicines for common problems

Section Seven:

- Herbal medicine for children
- Children and Herbs
- The precautions and dosage
- Talking with the parents and doctor
- Dosage
- Contraindications
- Side effects

Section Eight:

- Herbal Medicine for women
- Behavioral symptoms
- Neurological Symptoms
- Natural Hormone Replacement Therapy
- Basic Protocol
- Premenstrual Syndrome

Section Nine:

- Herbal Medicine terminology
- General Herbal Terminology
- Plant Part Terminology

- Herbal Medicine preparations
- Medical Terminology
- Natural Health Care Systems
- Active Constituents of herbs

Section Ten:

- Clinical Research on Herbs
- Chinese herbal medicine effective in IBS
- Melatonin in medicinal plants
- Hypericin and AIDS
- Vitex more effective than pyridoxine in PMS

Section Eleven:

- Herbal medicine and topical applications
- GuaSha - Chinese scraping toxin method
- Method of application
- Castor oil packs in manual therapy

Section Twelve:

- Clinical studies in herbal medicine

Section Thirteen:

- Final Examination