

Blue Heron Academy eLearning

Nutrition & Weight Management

Clinical nutritionists are defined by the concept of nutrition and nutrition is defined as the "sum total of the processes involved in the taking in and utilization of food substances by which growth, repair, and maintenance of activities in the body as a whole or in any of its parts are accomplished including ingestion, digestion, absorption, and metabolism." Certified Clinical Consultants derive their methods from current nutritional research based on these concepts. One vital aspect of the Blue Heron Academy's clinical nutrition eLearning program is its association with holistic, complementary and alternative healthcare.

Nutrition Course Content

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

Weight Management Course Content

Section One:

- Organization and Professional Ethics

Section Two:

- Dietitians and Nutritionists

Section Three:

- Holistic Health Care Education and Patient Motivation

Section Four:

- Looking at Obesity in General

Section Five:

- Patient Assessment of Weight Management Programs

Section Six:

- Understanding Clinical Obesity and Its Treatment

Section Seven:

- Assessment and Evaluation Skills

Section Eight:

- Physical Exercise and Fitness

Section Nine:

- General Nutrition Programs

Section Ten:

- Stress and Stress Management

Section Eleven:

- Final Examination

Section Twelve:

- Clinical Case Notes