



**VERNER WHEELOCK
ASSOCIATES**

RSPH DIPLOMA IN NUTRITION & HEALTH

Course Summary

The course aims to provide managers or health professionals with an in-depth knowledge of the practical application of diet and healthy eating. It is suitable for the following groups:

- Health care professionals, nurses, community workers or those working in residential homes
- Managers working in the hospitality or leisure industry
- Product development and marketing managers working in the food industry
- Individuals who can demonstrate a genuine interest in the subject and can fulfil the examination/entry requirements

Entry Requirements

All candidates must hold the **RIPH/RSPH Certificate in Nutrition and Health** or have experience in a relevant subject.

Course Structure & Content

This course was redesigned in 2008 to make it more interactive and encourage participation and application of knowledge.

Section 1: Applied Nutrition and Health Principles

- Components of a Balanced Diet
- Energy and Metabolism
- Digestion and Assimilation
- Weight Control and Exercise
- Diet and Disease
- Dietary Reference Values
- Alternative Diets
- Menu Planning
- Trends in Healthy Eating
- Advertising and Food Labelling

Section 2: Nutrition and Health in the Community

- Detailed understanding of nutrition in infants, children, adolescents, during pregnancy and for older people

Assessment

- The course is assessed through the completion of two exams and two assignments, covering the two sections of the course syllabus.

Course fee

£750 + VAT

Your course fee includes:

- Course binder and notes
- Text book
- Lunch and refreshments
- Use of open learning materials
- Distance learning support for assignments and exam preparation
- RSPH examination fee and certificate

Verner Wheelock Associates Ltd

4, Stable Courtyard, Broughton Hall Business Park, Skipton, North Yorkshire, BD23 3AE

Tel: + 44 (0) 1756 700802 Fax: + 44 (0) 1756 700807 Web: www.vwa.co.uk E-Mail: office@vwa.co.uk

BOOKING FORM

Course Title	DIPLOMA IN NUTRITION & HEALTH			Code	DNH
Venue	Skipton			Date(s)	
DELEGATE DETAILS					
Title		Forename		Surname	
Position					
Company					
Address					
				Postcode	
Telephone				Fax	
Email				Mobile	
Nature of business					
PAYMENT DETAILS					
(Bookings are made and accepted subject to the terms and conditions below)					
Total Payment <small>(Course Fee + VAT)</small>				Order No.	
Please Invoice for the attention of:					
Invoice Address					
				Postcode	
Shall we send an accommodation guide?	Yes	No		Do you require disabled access?	Yes No
Please specify dietary requirements					

Confirmation will be sent on receipt of this form and course information will follow approximately 2 weeks before the course.

The fee includes:

Course refreshments, lunches, course folders, where applicable exam fees, and open learning materials for use during the course. Overnight accommodation is **NOT** included unless specified.

Conditions of Booking:

Course fees are payable 14 days prior to the course.

Provisional bookings, valid for 5 working days, can be made by telephone or e-mail.

Once the booking form has been received by Verner Wheelock Associates Ltd, you are liable for payment.

If you are unable to attend you may substitute at any time but cancellations cannot normally be made.

See separate Terms & Conditions.

I HAVE READ AND AGREE TO THE CONDITIONS OF BOOKING Please mark X

Authorised signature _____

Name (printed) _____

Position _____

Please note: It may be necessary, for reasons beyond our control, to alter the content, programme or course tutors.

FAX FORM TO +44(0) 1756 700807 E-MAIL FORM TO office@vwa.co.uk

Verner Wheelock Associates Ltd

4, Stable Courtyard, Broughton Hall Business Park, Skipton, North Yorkshire, BD23 3AE
Tel: + 44 (0) 1756 700802 Fax: + 44 (0) 1756 700807 Web: www.vwa.co.uk E-Mail: office@vwa.co.uk