



# Diploma Certificate in **Nutrition & Dietetics**

**“New age mantra for a healthful life”**

# Diploma Certificate in Nutrition and Dietetics

“My clients trust me because I understand what is best for their body, Discover Wellness C-ND taught me how to use food for treatment of different lifestyle diseases and the biggest malady of modern age - obesity.”  
There is an abundance of information on nutrition and health available on internet, books, newspapers and magazines, but not all are correct. Learning about Nutrition and Dietetics from a trusted source of information has helped me make a name for myself in a short time. Discover Wellness Nutrition and Dietetics has provided me with right knowledge of diet, nutrition, and its use for medicinal or general health.

## Course Objective

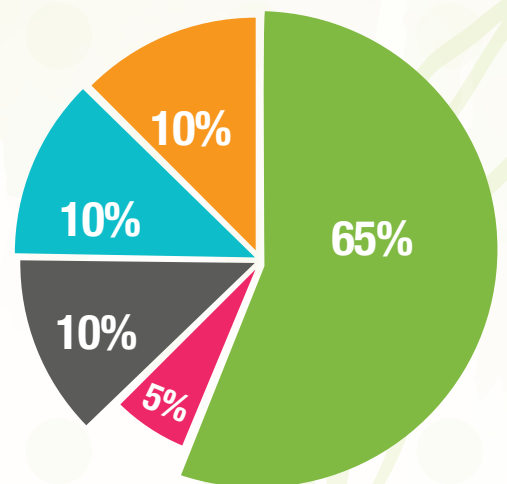
Discover Wellness Nutrition and Dietetics is a comprehensive course created to provide deep knowledge of different foods; nutrients and bioactive compounds present in them; their relationship with different diseases; and how to use it for wellness of mind and body. This course is created for all who are interested in diet, nutrition and general health and does not require prior knowledge or experience in any health-related studies.

## Course Ideally Suited For

- 01** Individuals who want to start their own practice
- 02** Individuals looking for full time/part time career as dietician or nutritionist at health resorts, wellness centers, obesity clinics, hospitals, corporate houses, sport centers
- 03** Individuals who want to be media writers specially for dietetics and nutrition.

## Key Areas Of This course

- Understand logically the principles and concepts associated with nutrition and dietetics.
- Learn to collect, organize and assess data relating to the health and nutritional status of individuals, groups and populations.
- Understand advanced clinical nutrition; the basis of nutritional status assessment, biochemical basis of nutrition, nutrition related disorders, and the role of nutrition in therapeutic diets.
- Diet planning according to health concerns.



You can start your career as :

- Dietician / Nutritionist
- Nutrition Blogger
- Counsellor
- Workshop conductor
- Clinical nutritionist



## Part

1

### Introduction to Nutrition

- Study of Nutrients, Its sources, Eating Behaviors, Eating Disorders

### Theory

## Part

2

### Anatomy

- Introduction to Basic Cell Structure, Functions and Basic Anatomy of Systems of the Body

### Theory

## Part

3

### Nutrition

- Nutrition in healthy individuals according to their age

### Theory (Comprehensive) Diet Plan Practical

## Part

4

### Dietetics

- Diets in Various Disorders, Types of Diets, Dietetics Management in Hospitals, Introduction to Indian Dietetic Association, and Computer Applications in field of Nutrition and Dietetics.

### Theory (Comprehensive) Diet Plan Practical

# Features Of This course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books, DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats



Lots of practice for menu planning



Mock counselling sessions



Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



**Discover Wellness Practical Massage Therapy** is the only comprehensive training program that provides hands-on training on widely followed massage practices in the world. India is the fastest growing spa market in the world and a certified massage therapist is hugely sought after to meet the demand created in this segment.



**Discover Wellness Obesity and Control Weight Management** is a one-off course that enables you to lead the clients to a successful long-term weight management. This comprehensive course also prepares you to start your own Weight Management Center.



Acupressure is nature's own health science based on the concept of life energy which flows through "meridians" in the body. **Discover Wellness Acupressure** Course will dispel the mystery of this ancient science and art, explaining in clear and easy terms its origins, theory and practice.



**Discover Wellness Sports Nutrition** Course is specially designed to acquaint individuals, nutritionists, personal trainers, or fitness experts with knowledge required to prescribe diets for active, exercising individuals and sportsmen.



A Certified Wellness Coach is a unique profession fast catching up with the demands of the health-conscious masses. **Discover Wellness - Wellness Coach** Course trains you to help your client attain a fit body, healthy lifestyle and positive attitude.



The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness - Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.

**DISCOVER**  
Wellness Pvt. Ltd.

**Discover Wellness Pvt Ltd**  
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