

## Foundation

### Introduction to Nutrition (Beginner Level)

Ideal for: Those completely new to nutrition

Build a foundational understanding of real food, health, and wellness principles in an accessible, easy-to-follow format.

## Growing Knowledge

### Functional Nutrition Essentials

Ideal for: Those with some knowledge of health and nutrition, wanting to help themselves or their family. This quiz-based course (with no assessments) offers practical tools and deeper insights into functional nutrition without the pressure of formal study.

## Career Pathway

### Functional Nutrition Course

Ideal for: Those wanting to help family and friends — or start a career in nutrition. Certified by IICT, this comprehensive course includes in-depth modules and assessments. It's the perfect next step if you're considering becoming a certified practitioner.

## Specialised Short Courses (Post-Study Pathways)

Once you've completed your foundational or core studies, you can deepen your knowledge with our specialised offerings:

Microbiome

Business Basics

\*Health Coaching, Hormones and Keto for Mental Health coming in 2026.

**Recognised Prior Learning**

