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Nutrition and Healthy Lifestyle Promotion

Diploma

Program Code: 10231

Campus: North

Length: 4 semesters

Humber's Nutrition and Healthy Lifestyle Promotion diploma program prepares you for a career promoting health and wellness to develop an understanding and knowledge of general and clinical nutrition, sport nutrition and physiology gain valuable hands-on experience coaching and conducting health promotion seminars and workshops in the Faculty of Health Sciences learn how to relay knowledge of essential nutrients into practical nutritious eating for clients by discovering the techniques of health nutritionally assess and analyze menus and recipes integrating financial, health and culinary criteria

This innovative program will provide you with the education and experience to work in the rapidly growing health and wellness industry

Both the Food and Nutrition Management program and the Nutrition and Healthy Lifestyle Promotion program share a common first year

All students will complete a 14-week field experience involving our on-campus Faculty of Health Sciences & Wellness Teaching and Learning Centre

nutrition awareness events: students develop and deliver group educational workshops, displays and sessions for community, business and industry

practising nutrition coaching to Humber students and staff: students provide nutrition education for clients and support them in developing healthy eating habits

Courses

Semester 1

GNED 101: An Introduction to Arts and Sciences

NUTR 109: Math Food and Nutrition

NUTR 110: Fundamentals of Nutrition

NUTR 115: iSucceed in Food and Nutrition

NUTR 116: Introductory Culinary Skills Lab

NUTR 151: Allergens and Advanced Food Safety

WRIT 100: College Reading and Writing Skills

Semester 2

NUTR 154: Nutrition for Healthy Living

NUTR 231: Physiology for Nutrition

NUTR 232: Techniques of Healthy Cooking

NUTR 236: Healthy Weights and Weight Loss

WRIT 200: Workplace Writing Skills

Select 1 from the following courses

GNED: General Elective

Semester 3

MKTG 215: Marketing and Health Promotion

NUTR 203: Exercise Science for Healthy Living

NUTR 205: Recipe Development and Menu Planning

NUTR 230: Nutrition Throughout the Lifecycle

NUTR 261: Nutrition Counselling and Communication

Select 1 from the following courses

GNED: General Elective

Semester 4

NUTR 204: Food Supply and Technology

NUTR 257: Applied Nutrition

NUTR 260: Nutrition and Chronic Disease

NUTR 262: Entrepreneurship

NUTR 263: Natural Health Products and Emerging Science

WORK 254: Field Experience Nutrition and Healthy Lifestyle Promotion

Admission Requirements

Admission selection is based on the following 3 requirements:

. Academic

To be eligible for admission, you must possess the following:

Ontario Secondary School Diploma (OSSD) or equivalent including these required courses:

Grade 12 English (ENG4C or ENG4U or equivalent)

Grade 12 Mathematics (MAP4C, MCT4C, MDM4U, MCB4U, MGA4U, MCV4U or MHF4U or equivalent)

Two Grade 11 or Grade 12 C, M or U courses in addition to those listed above

or

Mature student status