

Nutrition and Healthy Lifestyle Promotion

Diploma

Program Code: 10231

Campus: North

Length: 4 semesters starting in September

The Lifestyles of Health & Sustainability industry (LOHAS) is a rapidly growing, multi-billion dollar industry, and this program prepares you for a career promoting health, nutrition and wellness to individuals and groups of all ages. Graduates can find employment planning and promoting a healthy lifestyle in workplaces and roles such as:

- corporate and community food and food service organizations
- educational facilities
- fitness and wellness centres
- government agencies
- entrepreneurial ventures in nutrition and health coaching, menu planning, meal preparation, and nutritional analysis
- nutrition and health coaching
- weight management clinics

Taught by registered dietitians and other regulated health-care professionals in-class and in the unique Humber Centre for Healthy Living, ours is the only diploma program of its kind in Canada. Students participate in an experiential learning course, and qualifying students can also participate in an optional study abroad opportunity, adding another component to this program that will give you the education and experience you need to help clients be their healthiest selves.

Work Placement

All students will complete a 15-week experiential learning course involving our on-campus Humber Centre for Healthy Living. Components of this placement include:

- nutrition awareness events: students develop and deliver group educational workshops, displays and sessions for community, business and industry partners in various settings
- practising nutrition coaching to Humber students and staff: students provide nutrition education for clients and support them in developing and achieving their health and nutrition related goals. This includes diet assessment, recommendations and development of a client tool kit

Courses

Semester 1	Proposed Fall 2020 Delivery
GNED 101: An Introduction to Arts and Sciences	Online
NUTR 109: Math Food and Nutrition	Online
NUTR 110: Fundamentals of Nutrition	Online
NUTR 115: iSucceed in Food and Nutrition	Online
NUTR 116: Introductory Culinary Skills Lab	In-person
NUTR 151: Allergens and Advanced Food Safety	Online
WRIT 100: College Reading and Writing Skills	Online

Semester 3	Proposed Fall 2020 Delivery
MKTG 155: Marketing and Health Promotion	Online
NUTR 203: Exercise Science for Healthy Living	Online
NUTR 205: Recipe Development and Menu Planning	In-person
NUTR 230: Nutrition Throughout the Lifecycle	Online
NUTR 261: Nutrition Counseling and Communication	Online
Select 1 from the following courses	
GNED: General Elective	Online

Semester 2	Proposed Delivery
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	Online
Select 1 from the following courses	
GNED: General Elective	Online

Semester 4	Proposed Delivery
NUTR 204: Food Supply and Technology	
NUTR 259: Applied Nutrition	Online
NUTR 260: Nutrition and Chronic Disease	
NUTR 262: Entrepreneurship	
NUTR 263: Natural Health Products and Emerging Science	
WORK 250: On-Campus Internship	

Important: For information on Fall 2020 course delivery modes, please visit the [Fall 2020 Course Delivery Modes page](#) ➔

Admission Requirements

Applicants must meet all the requirements below in order to meet minimum program eligibility. Meeting minimum eligibility requirements does not guarantee an offer of admission. Admission decisions will be available via MyHumber, or by email and mail. Admission decisions will not be released by phone.

Admission selection is based on the following 3 requirements:

1. 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)

- Grade 11 or Grade 12 Biology (SBI3C, SBI3U or SBI4U or equivalent)
- One Grade 11 or Grade 12 C, M or U courses in addition to those listed above

or

- [Mature student status](#)

or

- [College](#) or [university](#) transfer status

2. ENGLISH LANGUAGE PROFICIENCY

All applicants whose first language is not English must meet Humber's [English Language Proficiency Policy](#).

3. INTERNATIONAL CREDIT EVALUATION

Canadian citizens or permanent residents with international education are required to provide a WES or ICAS evaluation.

How to Apply

Applications are made through ontariocolleges.ca. See program page for details.

International Academic Equivalency

Admission equivalencies for Humber depend on your country of study. Please see admission requirements on the program page to enter your location.

Post-Admission Requirements

Once you have been accepted, and have confirmed your offer, you may need to complete a further set of requirements related to your program (Post-Admission Requirements).

Professional Industry Standards

Once admitted into the program, you will be expected to follow professional industry standards for decorum, uniform, hygiene and personal presentation. Practical lab classes have strict uniform and attendance standards and policies which are mandatory for successful completion of these key courses.

It is mandatory to wear a Humber issued uniform in practical lab classes in this program. Admittance to these classes is not permitted if you are not in uniform. The cost for the uniform has been added to your first semester tuition fees. In order for the uniform to be available for the first day of class, students must submit their size requirements via an online order form.

[Uniform Order Form](#) >

Computer Skills

Computer skills, specifically proficiency in Microsoft Word, Excel and PowerPoint are extremely important to successfully complete the program.

Fees

The 2020-2021 fee for two semesters is:

- domestic: \$4,197.69
- international: \$15,874.00

Fees are subject to change.

Pathways

Humber offers a number of transfer options and pathway opportunities. Visit [humber.ca/transferoptions](https://www.humber.ca/transferoptions) or refer to the program page.

Contact Information

Program Specific Questions

Tracie Sindrey, program co-ordinator
416.675.6622 ext. 5725
tracie.sindrey@humber.ca

Admissions Questions

Domestic Students
416-675-5000
enquiry@humber.ca

International Students

Contact the International Centre
[international.humber.ca/contact](https://www.international.humber.ca/contact)
1-416-675-5067

Every attempt is made to ensure that information contained on this website is current and accurate. Humber reserves the right to correct any error or omission, modify or cancel any course, program, fee, timetable or campus location at any time without prior notice or liability to users or any other Person.

On October 21, 2019, the Provincial Government of Ontario announced the renaming of the Ministry of Training, Colleges and Universities (MTCU) to the Ministry of Colleges and Universities (MCU). Both names may appear on this website.

Select information only is included in this printable PDF. For complete program details, refer to [humber.ca/programs](https://www.humber.ca/programs).

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