



**NUTRITION
THERAPY
INSTITUTE**

Nutrition Therapist Master Certification (NTMC) Course Descriptions

Graduation and achievement of certification as a Nutrition Therapist Master requires successful completion of all 13 courses in our NTMC program, which includes a combination of core academic courses and skills development courses.

This 500-hour program provides rigorous, in-depth education in the key topics you need to know to be a skilled Nutrition Therapist Master. Our curriculum is science-based, prioritizing the science of nutrients and how they interact in human biochemistry.

Nutrition Therapy Institute
303-284-8361

NTISCHOOL.COM





Follow Your Passion

Nutrition Therapist Master Certification Program

This 500-hour program consists of twelve 10-week courses, and one 20-week course.

Courses include:

- Anatomy and Physiology for the Nutritionist
- Biochemical Foundations of Nutrition
- Nutrients: The Building Blocks
- Nutrition Therapy in Practice
- Weight Management and Sports Nutrition
- Life Cycles and Healthy Aging
- Digestion and Detoxification
- Business Readiness and Coaching Skills
- Research and Communications
- Nutritional Endocrinology and Reproductive Health
- Introduction to Herbology, Supplements, and Nutritional Lab Reports
- Pathophysiology and Clinical Applications
- Independent Study (20 weeks)



Core Academic Courses

Anatomy & Physiology for the Nutritionist

Special emphasis is placed on principles of physiological function and nutrient / body system interrelationships.

- Body systems covered: integumentary, skeletal, muscular, nervous, sensory, endocrine, cardiovascular, immune, and respiratory
- Vocabulary building in anatomy terminology enabling students to communicate with health professionals

Biochemical Foundations of Nutrition

Principles are presented in an understandable and accessible way to enable students to use the information to educate their clients. Emphasis is on application of principles to life situations.

- Introduction to basic chemistry
- Anatomy and physiology of the cell
- Quantum physics and nutrition
- Hydration
- Enzyme nutrition
- Urinary system, fluid and electrolyte balance
- Metabolism, cellular respiration and energy production

Nutrients: The Building Blocks

Content compares Academy of Nutrition and Dietetics (AND) information with holistic thought regarding the application of nutrients to a range of health situations.

- Chemical nature of macro and micronutrients including:
 - Carbohydrates, proteins, lipids
 - Water soluble and fat-soluble vitamins
 - Major minerals and trace minerals
- Special functions and benefits of nutrients within body systems
- Results of excess or deficiency of nutrient intake

Digestion and Detoxification

Study begins with investigation of the anatomy and physiology of the digestive system and inherent processes and progresses to discuss malfunctions which can lead to compromised nutrient assimilation and resulting toxicity. Colon health, liver detoxification and detox protocols, and digestive disorders are studied in the course.

- Anatomy and physiology of digestive system
- Digestive health
- The gut-brain axis
- Microbiome and dysbiosis
- Endocrine, nervous, immune and digestive systems interaction
- Detoxification physiology
- Toxins and their health implications
- Nutrition and lifestyle protocols for detox

Life Cycles and Healthy Aging

A holistic approach is emphasized in this course about the special nutrition requirements for different stages of life from preconception through the aging process.

- Anatomy and physiology of the reproductive systems
- Nutrition requirements of fertility, pregnancy and lactation, childhood, adolescence, seniors
- The aging process: factors and theories on why we age
- Applied healthy aging nutrition

Pathophysiology and Clinical Applications

Content includes pathophysiology of common health conditions along with cutting edge applied nutritional protocols for adjunctive support and recovery, including:

- Stress
- Blood sugar imbalances
- Methylation impairments
- Cardiovascular disease and inflammation
- Mental health disorders
- Sleep disorders
- Fibromyalgia and chronic fatigue
- Allergy and Histamine intolerance
- Autoimmunity
- Cancer

Weight Management and Sports Nutrition

Course begins with principles of metabolism in weight control and progresses into the study of various influences involved in weight management. Classes in sports nutrition focus on performance, recovery and specific dietary protocols.

- Study of contributing factors in weight gain, including:
 - Diet
 - Genetics
 - The microbiome
 - Hormones
- Food addiction and cravings
- Introduction to various sports performance concepts and mechanisms
- Review of strategies for optimum nutrition for sports performance
- Case study application of learned skills

Nutritional Endocrinology and Reproductive Health

A deep dive into the endocrine system and targeted nutritional strategies for hormone balance.

- Develop working understanding of the biosynthesis of hormones and mechanism of hormone actions
- Explore endocrine synergism
- Thyroid function, imbalance and nutritional support
- Female endocrine function and nutritional protocols for relevant disorders
- Contraceptives
- Breast health
- Male endocrine function and nutritional protocols for relevant disorders
- Osteoporosis and bone health

Introduction to Herbology, Supplements and Nutritional Lab Reports (online only)

This course provides information about adjunct tools for use in the current nutrition therapy paradigm.

- An introduction to herbs and their appropriate use in a nutrition practice
- A review of supplements including government regulations, pros and cons of recommending them and explanation of ways to incorporate the selling of supplements in your practice
- A primer on available lab testing and their appropriate application in a nutrition practice
- Presentations by leaders in the field of supplementation

Research and Communications (online only)

This course is specifically tailored to meet the needs of Nutrition Therapists. You will learn how to use information resources that are specific to health-related information (such as PubMed) and how to properly cite sources in health-related articles (using AMA style). You will discuss evidence-based medicine and learn how to evaluate whether a scientific study is of high or low quality. You will touch on legal and ethical issues pertaining to writing health-related content. In addition to being the prerequisite foundation for the Independent Study project, this course also provides skills necessary for creating content for your future nutrition therapy practice. Students will learn:

- Search, manage, and critically evaluate journal articles and research studies
- Write a literature review including:
 - Topic selection
 - Creating an outline
 - Drafting
 - Revising
 - Editing
 - Citation
 - Visual presentation of data



Skills Development Courses

Nutrition Therapy in Practice

This is the cornerstone of how to practice nutritional therapy. Content includes implementation of food journaling, personal diet assessment, application of nutrient components of foods to specific needs.

- Diet analysis, menu planning and recipes
- Client assessment
- Development of client assessment forms and case study
- Proactive food choices for health conditions
- Popular diet reviews
- Case study application of learned skills

Business Readiness and Coaching Skills

A business course geared specifically toward building the skills necessary for graduates to achieve success as nutrition professionals. Appropriate for those wanting to be in business for themselves or work for someone else. (Spans terms two and three, or three and four depending on time of year the student signs enrollment agreement)

- Students begin by exploring the importance of self-awareness and how this relates to their business as nutrition practitioners
- Learn how to interact with clients in a powerful way that enables them to reach their goals and uncover blocks to achieving optimal health in a holistic manner
- Introduction to business principles that support practitioners in owning a business and becoming successful entrepreneurs
- Learn to prioritize your own wellbeing with a map and goals on how to do so

Independent Study

The Nutrition Therapist Master Certification program culminates with Independent Study which offers the student the opportunity for concentrated research in a particular area of interest and the development of an area of specialization to prepare for the workplace. This course takes place over the span of terms five and six. Research and Communications is a prerequisite for Independent Study.



Tuition

Nutrition Therapist Master Certification

Comprehensive, rigorous training in the therapeutic use of nutritional applications

Total Tuition Cost: \$11,970

(Does not include application fees or books)

Financially Flexible

Our Tuition features a pay-as-you-go arrangement, with no costs up front. Students pay as they sign up for each class.

Payment plans

Tuition for each class may follow payment plans. Such plans may be divided into multiple payments over the course of the class. No interest is charged.

For more information about tuition rates for specific courses, please visit the [Tuition Page](#)



Apply Today

If you share the values of our program, we invite you to apply...

Admission to NTI is based on our assessment of your ability to succeed in the program. Students come from a diversity of educational and professional backgrounds, from those with PhDs to those with one year of college or no post-secondary education but life experience. Ages range from early 20s to late 60s. Many of our students have studied nutrition on an informal basis and are motivated by their passion for the subject and desire to help others.

You may apply anytime.

NTMC Program Enrollment

Go to the NTI website at learn.ntischool.com and click Start Your Application to create a profile.

Applicants to the Nutrition Therapy Institute submit the following enrollment documents:

- Application fee of \$75
- Advocacy fee of \$35
- Personal resume to include professional and educational experience
- Letter of intent, minimum of 250 words, to include personal and professional goals you expect to achieve at NTI
- One letter of recommendation highlighting your characteristics and past accomplishments that lend evidence to your ability to complete the program successfully
- College transcripts, or high school diploma or GED and three years of work experience
- Enrollment Agreement

Single Course Enrollment

Prospective students may take one class with a [Single Course Enrollment Agreement](#) before applying to the full program. The full program application is then submitted for approval before progressing to the second course. Application fees are required with the full program application.



For More Information

To learn more about NTI and the Nutrition Therapist Master Program, please call 303-284-8361 or visit our website:

www.ntischool.com

Our admissions counsellors would be happy to meet with you, either in-person or on the phone. We welcome you to visit the school and sit-in on a class.



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Creating Optimal Health Through Nutrition Education

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