

# May 2025 Syllabus

## Nutritional Therapy Practitioner Program

Program Unit	Date 2024-2025	Module	Assignment Due Dates
Onboarding	May 1st	Onboarding and Login Test (No live calls this week, onboarding information will be sent via email)	<b>** ALL ASSIGNMENTS MUST BE SUBMITTED BY 5:00 PM PACIFIC ON THE SPECIFIED DATE. BE SURE TO CONVERT TO YOUR LOCAL TIME ZONE.</b>
Unit 1	May 5-11	Welcome (WEL Week 1)	WEL Assignment: Due 5/16/25
	May 12-18	Food Relationships and Practices (FRP Week 1)	
	May 19-25	Food Relationships and Practices (FRP Week 2)	FRP Assignment: Due 5/30/2025
	May 26-June 1	Anatomy and Physiology (A&P Week 1)	
	June 2-8	Anatomy and Physiology (A&P Week 2)	A&P Assignment: Due 6/13/2025
	June 9-15	Basics of Nutrition (BON Week 1)	
	June 16-22	Basics of Nutrition (BON Week 2)	
	June 23-29	Basics of Nutrition (BON Week 3)	BON Assignment: Due 7/4/2025

	Open June 23- July 4	Unit 1 Assessment	Complete Unit 1 Assessment by July 4th
Unit 2	June 30-July 6	Nutrient Dense Diet (NDD Week 1)	
	July 7-13	Nutrient Dense Diet (NDD Week 2)	
	July 14-20	Nutrient Dense Diet (NDD Week 3)	NDD Assignment: Due 7/25/2025
	July 21-27	Sleep (SLE Week 1)	
	July 28-Aug 3	Sleep (SLE Week 2)	SLE Assignment: Due 8/8/2024
	Aug 4-10	Break	
	Aug 11-17	Stress (STR Week 1)	
	Aug 18-24	Stress (STR Week 2)	STR Assignment: Due 8/29/2025
	Open Aug 18-29	Unit 2 Assessment	Complete Unit 2 Assessment by Aug 29th
Unit 3	Aug 25-31	Digestion (DIG Week 1)	
	Sept 1-7	Digestion (DIG Week 2)	
	Sept 8-14	Digestion (DIG Week 3)	
	Sept 15-21	Digestion (DIG Week 4)	
	Sept 22-28	Digestion: Biotransformation and elimination (DIG Week 5)	DIG Assignment: Due 10/3/2025

	Sept 29-Oct 5	Blood Sugar Regulation (BSR Week 1)	
	Oct 6-12	Blood Sugar Regulation (BSR Week 2)	
	Oct 13-19	Blood Sugar Regulation (BSR Week 3)	
	Oct 20-26	Blood Sugar Regulation (BSR Week 4)	BSR Assignment: Due 10/31/2025
	Open Oct 20-31	Unit 3 Assessment	Complete Unit 3 Assessment by Oct 31st
Unit 4	Oct 27-Nov 2	Case Study Intensive 1	
	Nov. 3-9	Case Study Intensive 2	
	Students may work on the assessment throughout Unit 4	Practical Case Study Assessment	Complete Practical Case Study Assessment by Nov 14.
	Nov. 10-16	Break	
Unit 5	Nov. 17-23	Introduction to Supplements (SUP Week 1)	
	Nov. 24-30	Supplement Applications (SUP Week 2)	
	Dec. 1-7	Supplement Considerations (SUP Week 3)	SUP Assignment: Due 12/8/2025
Unit 6	Dec. 8-14	Introduction to the Nutrition Analysis and Clinical Application Process (NACA Week 1)	

	Dec. 15-21	Client Paperwork: A Deep Dive into the Initial Interview Form and Food & Mood Journal (NACA Week 2)	My Why Discussion Assignment: Due 1/5/2025
	Dec 22-28	Break	
	Dec 29-Jan 4	Break	
	Jan 5-11	Client Paperwork: A Deep Dive into the NAQ V2 and Associated Forms (NACA Week 3)	
	Jan 12-18	Forming Client Goals and Recommendations (NACA Week 4)	
Unit 7	Jan 19-25	Introduction to the Practitioner Forms (NACA Week 5)	
	Jan 26-Feb 1	Introduction to Nutri-Q (NACA Week 6)	Student completed intake paperwork: Due 2/23/2026
	Feb 2-8	Class Client: Sam Cobb's Intake Paperwork and Initial Interview (NACA Week 7)	Send Practice Client 1 their intake paperwork and ask that it be completed by 2/23/2026. Schedule your Initial Interview for the week of Mar 2-8.
	Feb 9-15	Spotlight on Lab Testing Part 1	
	Feb 16-22	Spotlight Lab Testing Part 2	
Unit 8	Feb 23-Mar 1	Class Client: Sam Cobb Practitioner Paperwork and Recommendations Visit (NACA Week 8)	Annotate Practice Client 1's intake paperwork in preparation for the Initial Interview.

			Sam Cobb Completed paperwork: Due 3/2/2026
	Mar 2-8	Practice Client 1: The Initial Interview and Draft Recommendation Plan (NACA Week 9)	Conduct your Initial Interview with Practice Client 1 this week and submit initial folder and draft recommendation plan: Due 3/09/2026
	Mar 9-15	Foundational Connections (NACA Week 10)	
Unit 9	Mar 16-22	The Recommendations Visit (NACA Week 11)  Introduction to the Capstone	Update recommendation plan if needed, conduct Recommendations Visit, and finalize folder based on Clinical Mentor feedback. Completed folder and reflection: Due 3/23/2026  Send paperwork to Capstone Client and ask that it be returned by 3/29/2026  Capstone clinical work due 4/19/2026
	Mar 23-29	Continuing Sessions: Check Ins and Follow-Ups (NACA Week 12)	Check-in with Client 1
	Mar 30-Apr 5	Evaluating Client Progress (NACA Week 13)	Send Follow-Up paperwork to Practice Client 1 with a due date of 4/6. Schedule your Follow-Up session for the week of 4/13-19

Unit 10	Apr 6-12	Case Study Review (NACA Week 14)	Analyze and annotate Follow-Up paperwork, create Clinical Presentation form, and draft updated recommendations to submit by 4/8/2026
	Apr 13-19	Practice Resources (NACA Week 15)	Conduct Follow-Up session with Practice Client 1: Update recommendation plan if needed, conduct Follow-Up Visit, and finalize folder based on Clinical Mentor feedback. Completed folder and reflection: Due 4/20/2026  Capstone Client paperwork: Due 4/17/2026
<b>Final Homework Deadline April 27, 2026</b>			
Unit 11	Apr 20-26	Capstone Presentations (NACA Week 16)	
	Apr 27-May 3	Capstone Presentations (NACA Week 17)	
	May 4-8	Graduation. Canvas access ends May 8th *Graduation call will be held May 4 <sup>th</sup> at 5 pm Pacific*	