

ITEC Level 3 Award in Diet and Nutrition

We are delighted to introduce a new course to the Irish School of Reflexology. The ITEC Level 3 Award in Diet and Nutrition for Complementary Therapists is an opportunity for learners to focus on the development of their wider skills in complementary therapy and to gain a professional qualification in Diet and Nutrition.

The aim of the Irish School of Reflexology is to promote and support the healing journeys of our students and their clients. Our highly professional, student-centred, training is supportive and encouraging with the opportunity for students to get personalised input from tutors. The course will take you on a journey of personal growth and development that will impact the way you work and the healing services you provide in the future.



This course provides the related knowledge and understanding required to advise the client on healthy eating and well-being; in particular health and safety considerations, the role and sources of nutrients required for a balanced diet and to maintain good health, understanding of metabolism, and the basic rules and guidelines to food labelling. The course will enable learners to gain the necessary theoretical skills in order to provide healthy eating advice to their clients and to gain employment in the complementary therapy industry.



This course complements Reflexology training effectively because, as reflexologists, we know how health encapsulates the physical, mental, and spiritual energies. Health comes from an holistic approach that takes into consideration the whole picture: we are what we eat, we are what we do and we are what we think. So keeping all this in mind: what we do needs to be healing, what we eat needs to be strengthening, what we think needs to be uplifting. People today are developing a new and responsible attitude to

themselves, a new concept of sickness and health, and this in turn is leading them to preventative methods of healing therapies that gives them faith in themselves. We, as Reflexologists, can support our clients in this journey by adding this skill to our knowledge library. This qualification is geared towards learners who want to work within the complementary therapy industry.

This course is also an ideal course of study for anyone interested in nutrition for general health and wellbeing purposes e.g. sportspeople, triathletes, parents of young children, teachers and educators, people interested in health and fitness overall. The course will deliver a range of information on diet and nutrition in relation to personal health that can be used in daily life. The topics covered include: general information on healthy eating, how nutrients can be affected by the cooking, processing and refining of foods, the sources and roles of various nutrients for a balanced diet, maintaining good health and improving performance.

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Course Overview

The student will gain knowledge in the following areas:

- Diet and nutrition – to include dietary requirements such as; roles of carbohydrates, protein, fibre, vitamins, nutritional value of foods, effects of antioxidants and common ailments.
- The student will also learn about related health and safety, and client care and communication which is essential in order to work and be successful in the industry.

This qualification also provides:

- The related knowledge and understanding required to perform the healthy eating skills listed above effectively, in particular the dietary requirements and common diseases and disorders
- Opportunities for learners to focus on the development of their wider skills in a dietary advice setting, such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a healthy eating adviser.

By the end of the course, the student will have achieved the following learning outcomes:

- Know the anatomy, physiology and pathologies of the digestive system
- Know the role and sources of nutrients required for a balanced diet to maintain good health and influencing factors
- Know how nutrients can be affected by cooking, processing and refining
- Know the causes and effects of nutritional imbalance on health and wellbeing
- Provide general information on healthy eating

Suitability

- This course is for learners aged 16 and over.
- It is designed to provide occupational competency at level 3.
- It provides an sound platform for further and continued training at both level 3 and level 4.
- It is for learners who want to or already do work within the complementary therapy industry.



Opportunities for Progression:

Students who achieve this award may progress to other awards at Level 3 and 4 including:

- Level 3 Diploma in Complementary Therapies
- Level 3 Diploma in Massage
- Level 3 Diploma in Reflexology
- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 3 Diploma in Sports Massage
- Level 4 Diploma in Spa and Salon Management
- Level 4 Certificate in Sports Massage

Employment Opportunities:

Opportunities for employment, following successful completion of this course, may be found in a variety of areas:

- Complementary health clinics
- Beauty salons
- Spa
- Cruise ships
- Hotels or resorts
- Own clinic
- Health Clubs

Commitment & Qualification structure (minimum):

- Guided Learning Hours (GHL) - e.g. teaching time = 100 hours
- Total Qualification Time (TQT) - e.g. an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification = 230 hours
- Learners are required to provide a portfolio of evidence containing assignments under the supervision of the lecturer who will monitor the quality of the assignments in order to ensure that they meet the criteria.

Assessment and Examination:

Your final grade will be awarded based on the following:

- Ongoing assessment throughout the course will provide regular support and inspire the achievement of individual learning goals.
- A written examination (50% of overall final mark)
- Presentation of 20 hours of case studies of clients with dietary and nutritional advice (50% of overall final mark).



Dates:

Course starts February 2021. This course will be temporarily run online due to Covid-19 to ensure the safety of all our staff and students. We hope to be able to return to in-person learning when it is safe to do so.

Course dates and times 2021:

This course is taught online over 22 weeks, one evening per week (Tuesdays from 7-10pm) and one full Saturday per month:

Week 1: Tuesday 9th February, 7-10pm.

Week 2: Tuesday 16th February, 7-10pm.

Week 3: Tuesday 23rd February, 7-10pm.

Week 4: Saturday 28th February, 9am-5pm.

Week 5: Tuesday 9th March, 7-10pm.

Week 6: Tuesday 16th March, 7-10pm.

Week 7: Tuesday 23rd March, 7-10pm.

Week 8: Saturday 27th March, 9am-5pm.

Week 9: Tuesday 6th April, 7-10pm.

Week 10: Tuesday 13th April, 7-10pm.

Week 11: Tuesday 20th April, 7-10pm.

Week 13: Saturday 24th April, 9am-5pm.

Week 14: Tuesday 4th May, 7-10pm.

Week 15: Tuesday 11th May, 7-10pm.

Week 16: Tuesday 18th May, 7-10pm.

Week 17: Saturday 22nd May, 9am-5pm.

Week 18: Tuesday 8th June, 7-10pm.

Week 19: Tuesday 15th June, 7-10pm.

Week 20: Tuesday 22nd June, 7-10pm.

Week 21: Saturday 26th June, 9am-5pm.

Week 22: Tuesday 29th June, 7-10pm.

Terms & Conditions:

- Places on preferred courses can only be secured on receipt of deposit. Due to demand, deposits and fees, including examination fees are non-refundable.
- Payment plan dates are non-negotiable. Payment can be made by cheque/postal order made payable to: Tatiana Grosso Lawless at the Irish School of Reflexology or via Paypal or bank transfer.
- Students will be given two weeks' notice by email of payment due dates and failure to make full payment could result in your place on the course being rescinded.
- Course places are strictly limited so we advise students to book a place early.
- All dates are subject to change and final confirmation in the preceding month prior to the courses starting.
- Pupils must agree to the Terms and Conditions and Code of Ethics of The Irish School of Reflexology.

Fees:

€950, deposit of €450 payable on booking.



Bookings can be made at: <https://www.irishschoolofreflexology.com/enrollment-details>

About ITEC

ITEC provides leading international qualifications, specialising in Beauty & Spa Therapy, Hairdressing, Complementary Therapies, Sports & Fitness Training and Customer Service with centres in 39 countries. In Ireland, there are more than 200 colleges and private training providers approved to deliver ITEC qualifications. ITEC supports Ireland's National Skills Strategy 2025 (Department of Education and Skills, 2016).

ITEC qualifications are recognised on national and international qualifications frameworks worldwide and are the most employer-preferred qualifications in the industry, being highly sought after by beauty, sport, fitness and therapy businesses globally. ITEC qualification holders are widely known to have a competitive advantage in the labour market. ITEC qualifications are referenced to the European Qualifications Framework (EQF) and all ITEC qualification holders are also entitled to a Europass Certificate.

For more information contact us on: irishschoolofreflexology@gmail.com

