



Open European Academy of Economics & Politics

A collective member of High School Teachers European Society (HiSTES)
Faculty of Practical High Education

Health & nutrition coach (Nutrition Expert, Health Management and Lifestyle Modification)

Diploma supplement No. EU-25.D.M.HNC.HCA/0408/6



Inese Spillere

Introductory module	Names of modules, sections, disciplines, and topics	Number of hours	Result
Module 1. Introduction to online learning	Introduction to online learning	14	passed
	Introduction to Health&Nutrition Coaching	34	passed
	Introduction to Lifestyle Medicine	22	passed
	Practice	26	passed
Module 2. Basis of nutrigenetics. Coaching	Nutriciology and nutrigenetics	196	passed
	Coaching	67	passed
	Practice	47	passed
Module 3. Understanding and preventing disease. Integrative and preventive approaches	Digestive health	108	passed
	Detoxification system	22	passed
	Endocrine health	34	passed
	Stress management	22	passed
	Immune system health	35	passed
	Brain Health	22	passed
	Bone and muscle health (musculoskeletal system)	22	passed
	Practice	24	passed
Module 4. Health&Nutrition coaching tools	Lifestyle modification	62	passed
	Business psychology for client success. Health&Nutrition Coach Mindset	40	passed
	Building a business in the Health&Nutrition coaching profession	32	passed
	Practice	40	passed
Module 4. Certification final tests. Diplomination	Final control of educational achievements (testing)	4	passed
	Preparation and defense of the final project (practical part)	53	passed
	IN TOTAL	956	