



Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

NATURAL NUTRITION DIPLOMA PROGRAM

Tuesday 2-Year Night Group – VAN0320N-2YR (Tue)

6:30 p.m. to 10 p.m. – Room 100

March 3, 2020 to March 18, 2022

SPECIAL FIRST DAY ADMINISTRATION TALK: March 3, 2020 from 6 p.m. to 6:30 p.m. (corequisite immediately follows)
Double Night (DN): 6:30 p.m. to 10 p.m. on the date indicated

| Course Name | | Course Dates |
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| Module 1 | Fundamentals of Nutrition (Part 1) | 2020: March 5 (DN) 10 [SPRING BREAK] 24, 31; April 7, 14, 21 |
| | Fundamentals of Nutrition (Part 2) | April 28; May 5, 12, 19, 26 |
| | Anatomy & Physiology | June 2, 9, 16, 23, 30; July 7, 14, 21, 28 [SUMMER BREAK] |
| Module 2 | Nutritional Symptomatology | September 1, 8, 15, 22, 29; October 6, 13, 20, 27 |
| | Nutritional Literature Research | November 3, 10, 17 |
| | Motivational Interview Skills | November 19 (DN) 24; December 1 |
| | Hormone Health | December 8, 15 [WINTER BREAK] 2021: January 5, 12, 19 |
| | Body-Mind-Spirit: The Mind Connection | January 26; February 2, 9, 16, 23 |
| Module 3 | Body-Mind-Spirit: The Spirit Connection | March 2, 9 [SPRING BREAK] 23, 30; April 6 |
| | Allergies | April 13, 20, 27; May 4, 11 |
| | Eco-Nutrition | May 18, 25; June 1, 8 |
| | Biochemistry & Epigenetics | June 15, 22, 29; July 6, 13, 20 (July 27 - see corequisite schedule) [SUMMER BREAK] |
| | Pathology & Nutrition | September 2 (DN) 7, 14, 21, 28; October 5, 12 |
| Module 4 | Lifecycle Nutrition: Pediatrics | October 14 (DN) 19, 26; November 2 |
| | Lifecycle Nutrition: Sports | November 9, 16, 23 – All classes 6 p.m. to 10 p.m. |
| | Lifecycle Nutrition: Perspectives on Aging | November 30; December 7, 14 [WINTER BREAK] |
| | Fundamentals of Business | 2022: January 4, 11, 18, 25 |
| | Introduction to the Practical Use of Herbs | February 1, 8, 15, 22 [STUDY BREAK] |
| SPECIAL DATES – see also Corequisite Schedule | | |
| Interim Transcript provided following each module | | |
| Checkpoint Meeting | TBA | |
| Case Study 2 Due | November 10, 2020 | |
| Case Study 3 & 4 Due | March 2, 2021 | |
| Body-Mind-Spirit Book Report Due | After the Spirit course, but no later than February 22, 2022 | |
| Case Study 5 & 6 Due | September 2, 2021 | |
| Case Study 7 & 8 Due | February 22, 2022 | |
| Final Written Exam | Friday, March 18, 2022 | |



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COREQUISITE SCHEDULE

Tuesday 2-Year Night Group – VAN0320N-2YR (Tue)

Classes from 6:30 p.m. to 9:30 p.m. – Room 100; Cooking Classes in Room 102

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| Study Skills | Tue. March 3 | 2020 |
| Cooking Class: Kitchen Culture & Knife Skills | Th. April 23 | |
| Cooking Class: Ancient Grains & Legumes | Th. May 28 | |
| Supplements | Th. June 25 | |
| Ayurveda I | Th. July 16 | |
| Ayurveda II | Th. July 30 | |
| Cooking Class: Probiotic Foods & Beverages | Th. September 10 | |
| Cooking Class: Eating Plants from Land, Lake & Sea | Th. October 1 | |
| Case Study: Lifestyle Assessment Form | Th. October 29 | |
| Disordered Eating | Th. November 5 | |
| Case Study: Nutri-Systems Profile/Links & Connections | Th. December 3 | |
| Cooking Class: Healthy Broths | Th. December 17 | |
| Case Study: Meal Planning | Th. January 7 | |
| Weight Loss, Detoxification & Cleansing | Th. January 21 | |
| Case Study: Session Demonstration | Th. February 4 | |
| Cooking Class: Practical Food Preparation for Busy Lives | Th. February 25 | |
| Therapeutic Diets | Th. March 25 | |
| Body~Mind~Spirit Integration | Th. April 8 | |
| Cooking Class: Alternative Baking & Raw Sweets | Th. April 22 | |
| Autoimmunity | Th. May 13 | |
| Case Study: Follow-Up Visit/Facilitated Study Session | Th. May 27 | |
| Cooking Class: Raw Food Fundamentals | Th. June 4 | |
| Urban Garden Field Trip | <u>Sat.</u> June 12 (9:30 a.m.-1 p.m.) | |
| Fats | Th. July 22 | |
| Lowering Toxic Load | <u>Tue.</u> July 27 | |
| TBA | Th. September 16 | |
| Cooking Class: Global Cuisines | Th. September 30 | |
| Cooking Class: Eating for Growth & Performance | Th. November 25 | |
| Case Study: Facilitated Study Session | Th. December 16 | |
| Business Marketing | Th. January 27 | 2022 |
| Final Exam Prep | Th. February 17 | |