



Nutrition 101

Course Calendar

Nutrition 101 Course - Self Directed Learning at Your Own Pace

This online self-directed course covers foundational health sciences core content. It will provide an in-depth introduction to human nutrition, with an emphasis on nutrients and their dietary sources, functions, and relationships to health, to allow students to provide safe, effective, and ethical massage therapy. Topics will include the energy-containing nutrients, selected vitamins and minerals and weight management. This course will also explore current popular topics and emerging diet-disease relationships.

Course Highlights:

100% online and self-paced
No scheduled meeting times
Includes 7 tests and an assignment

Learning Outcomes:

1. Explain the basic principles and concepts of human nutrition and their role in overall health and wellness.
2. Describe the structure, function, and dietary sources of carbohydrates and explain their importance in energy production.
3. Identify the different types and functions of proteins, including their role in growth, repair, and maintenance of body tissues.
4. Differentiate between various types of dietary fats and discuss their impact on health and disease prevention.
5. Explain the functions, food sources, and health implications of essential vitamins in the human body.
6. Describe the role of major and trace minerals in maintaining physiological processes and overall health.
7. Analyze the relationship between nutrition, metabolism, physical activity, and weight control. Evaluate dietary habits and nutritional choices using current nutritional guidelines and recommendations.
8. Develop strategies to support healthy eating patterns and weight management across the lifespan.

Course Topics:

There are 7 modules in this program. After every module there is a multiple choice test and an assignment at the very end. You must receive 50% on the test to progress to the next module. Students will be allowed 3 attempts to pass each test. It is in the best interest of the student if they try the test the first time without looking at their notes. The tests are not meant to be "open book".

Course Fee:

The cost of the course is \$149.00 CAD payable on the OCHT e-store or by e-transfer.

International Students:

This course is self-directed and online so students from outside of Canada are also welcome to enrol.

Enrolment:

Students will be contacted after they have either applied at ocht.ca or requested information.

Certificate:

Upon successful completion of this course, the student will be issued a Certificate of Completion and an Official Transcript.

List of Modules in the Program

1. Introduction to Nutrition
2. Carbohydrates
3. Proteins
4. Fats
5. Vitamins
6. Minerals
7. Weight Control