

# COURSE GUIDE

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- NUTRITION
- HEALTH & WELLNESS
- FITNESS & WELLNESS
- HOLISTIC HEALTH

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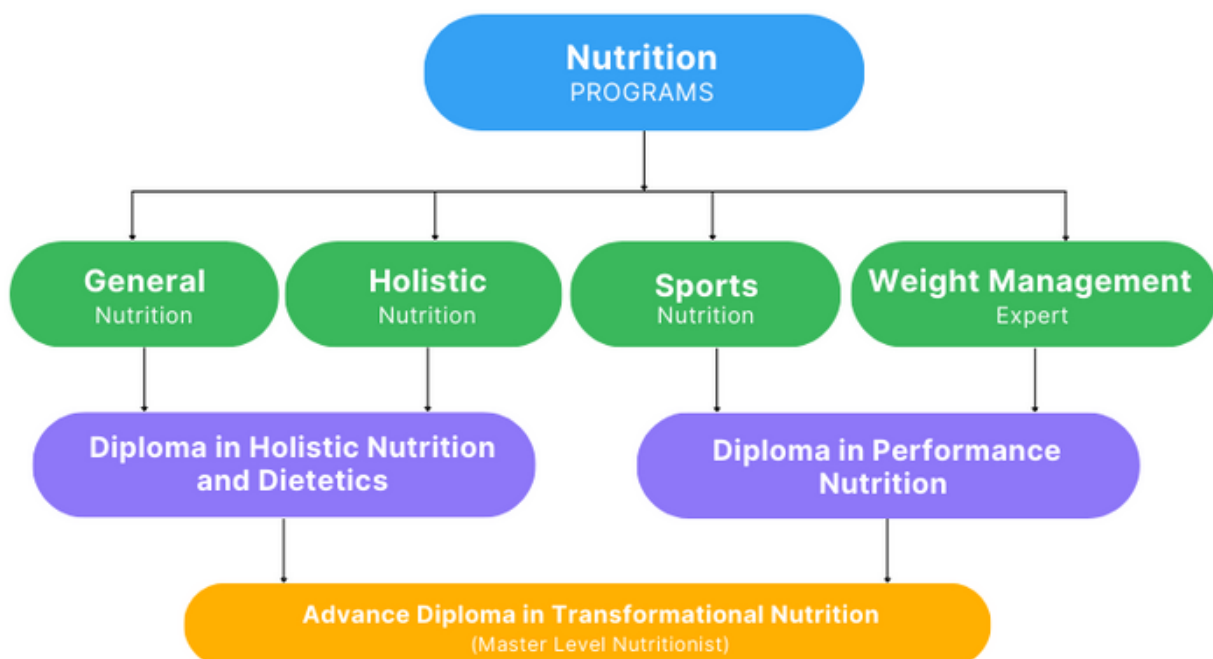
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# NUTRITION

The Nutrition program includes **Certificate**, **Diploma** and **Advance Diploma** courses. The student can select any course of their choice.

For the beginners, it is recommended that they either start with the **General Nutrition** or the **Sport Nutrition** course. They can gradually climb the ladder to a higher and advanced level of Nutrition courses.

For more clarity, please refer to the flow chart below.



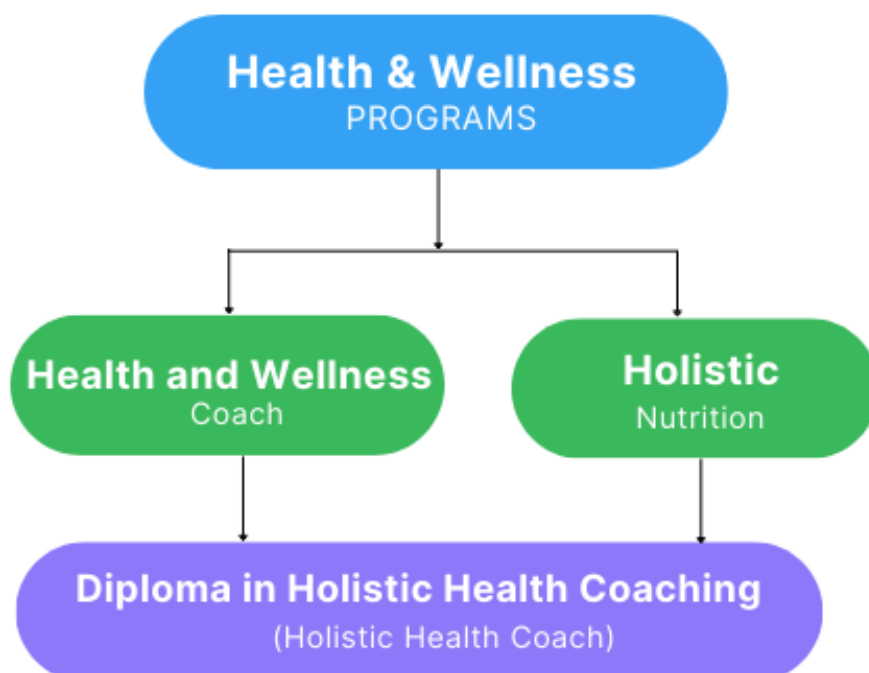


# HEALTH AND WELLNESS

The Health and Wellness program includes **Certificate** and **Diploma** courses. The student can select any course of their choice.

For the beginners, it is recommended that they start with the **Health and Wellness Coach** course. A certified Health and Wellness Coach can become a **Holistic Health Coach** after passing the additional **Holistic Nutrition** course.

For more clarity, please refer to the flow chart below.

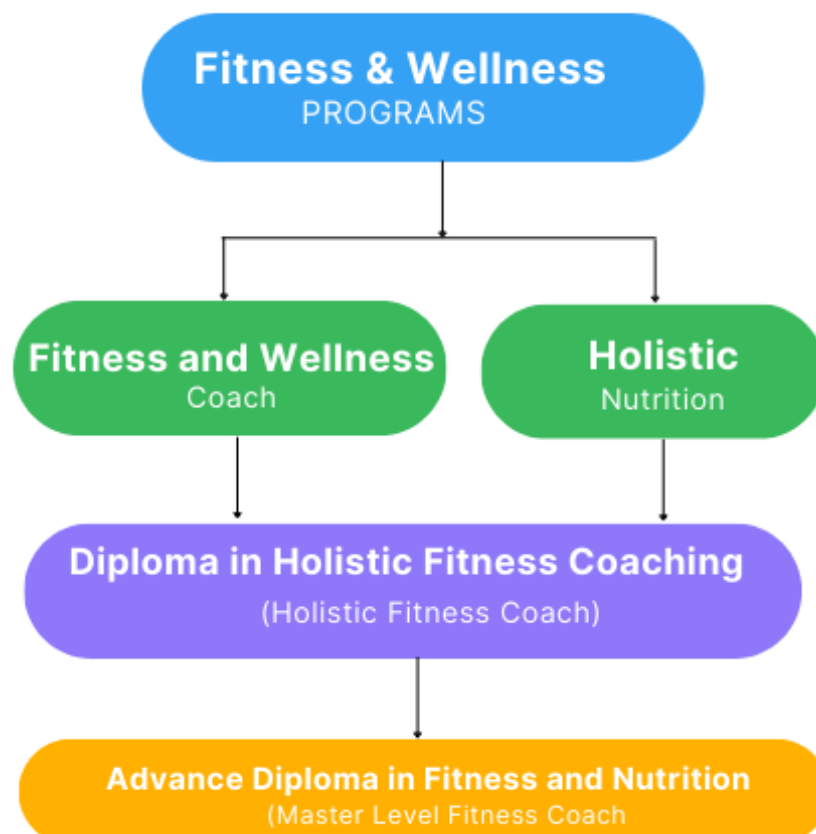


# FITNESS AND WELLNESS

The Fitness and Wellness program includes **Certificate**, **Diploma** and **Advance Diploma** courses. The student can select any course of their choice.

For the beginners, it is recommended that they start with the **Fitness and Wellness Coach** course. They can gradually climb the ladder to a higher and advanced level of Fitness courses.

For more clarity, please refer to the flow chart below.



# HOLISTIC HEALTH



## **Hijama (Wet Cupping):**

Our Hijama course dives into the ancient practice of wet cupping, a holistic method that promotes overall well-being. Students will learn about the principles, techniques, and benefits of Hijama, including its potential for detoxification, pain relief, and improved circulation. By mastering this traditional therapy, students can enhance their knowledge of holistic health practices and potentially offer healing solutions to others.

## **Holistic Psychology:**

In our Holistic Psychology course, students will explore the fascinating connection between mind, body, and spirit. They'll gain insights into alternative mental and emotional well-being approaches, going beyond traditional psychology. From mindfulness techniques to energy healing methods, students will learn how to integrate holistic practices into their lives and potentially support others in achieving a balanced mental and emotional wellness.



# How to get certified

To get certified in our courses, follow these steps:

- **Enrollment:** Visit our website and navigate to the course page of your choice. Click on the "Enroll Now" button and follow the instructions to create an account if you're new or login if you're an existing user.
- **Course Materials:** Once enrolled, you'll gain access to the course materials, including video lectures, readings, and supplementary resources. Take your time to go through the modules at your own pace.
- **Learning and Assessments:** Engage in the course content actively. Participate in quizzes, assignments, and practical exercises to solidify your understanding of the concepts taught.
- **Certification Criteria:** To be eligible for certification, you'll need to meet certain requirements, which may include completing all course modules, achieving a minimum passing grade in assessments, and actively participating in any required discussions or projects.
- **Final Assessment:** All courses have a final exam as part of the certification process. Prepare for and complete these as instructed.
- **Certification Award:** Once you've successfully met all the certification criteria, you'll receive a digital certificate of completion. This certificate showcases your achievement and can be added to your professional portfolio.

It's important to note that the certification process may vary slightly depending on the specific course and its requirements. Make sure to review the course details and guidelines provided to you during enrollment.

# Sample certificates

After passing the final exam, the students will receive two certificates for the same course.

- INHS will award the first certificate for course completion
- The University will award the second or the final certificate and the transcript.





# Sample certificates



# Do You Have Any Questions?

YOU CAN REACH US VIA EMAIL.

[info@nhsinstitute.com](mailto:info@nhsinstitute.com)

**Enroll  
Now!**



INSTITUTE OF NATURAL HEALTH SCIENCE