

INTEGRATIVE CAREER PROGRAMMES  
**NUTRITION &  
DIETETICS**



INTERNATIONAL  
DIPLOMA  
(GRADE 11)

INTERNATIONAL  
ADVANCED DIPLOMA  
(GRADE 12)



WHERE PASSION  
MEETS PROFESSION



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[www.wacpinternational.org](http://www.wacpinternational.org)



## About WACP

World Academy of Career Programmes (WACP) is an educational research organization that offers career related courses in Administration, Finance, Technology, Healthcare and Design. Our association with prominent schools and higher educational institutions & universities provide students with a structured pathway to specialized qualifications in these streams.

WACP commands a robust network within the industry and thereby offers unmatched practical training, internships and placements. We are passionate about offering the right blend of practical knowledge and experience, creating a truly futuristic curriculum aimed at producing highly skilled individuals and a launch pad for entrepreneurs. Our core team of progressive leaders along with our experienced faculty and competent operations, lead us towards growth and excellence.



## About LSI

Lifeness Science Institute (LSI) is a specialised educator in the field of Integrative Nutrition and Dietetics. The Institute promotes involvement in the community with a view to cater to the nutritional needs of diverse population groups like children, women, elderly and sports persons. It also aims at developing entrepreneurial skills among its students.

LSI is India's Premier Institute to collaborate with Universities, Colleges, Institutions, etc. who offer programs in the field of Integrative Nutrition and Dietetics.

The Institute provides a comprehensive programme in Integrative Nutrition with a holistic approach to develop expertise in the field of Dietetics and Nutrition. These specialised programmes nurture students with a thorough understanding of the correlation between nutrition, fitness/athletic performance and allied health sciences with on-the-job training.

LSI's strong relationship with food Industries, hospitals and medical organizations, gymnasium, fitness centres and community welfare organizations empowers its students with the necessary exposure and practical training leading to their enhanced employability.



# What is Integrative Nutrition?

It is the integration of nutrition along with lifestyle and other alternative therapies that people use to heal.

At present, the field of healthcare sees its various systems – like Ayurveda, Yoga, Sound Therapy, Bach Flower remedy – work in silo. This often leads to gaps in well being.

Integrative Nutrition uses a combination of medical and lifestyle techniques for a truly 360-degree approach. Incorporating lifestyle practices, adequate sleep, exercise balanced nutrition, along with various alternative theories will help us achieve our goal. Furthermore, this approach can be customized as per each person's requirement so that they get what they require the most for their unique health needs.



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## Start your journey towards a Healthier tomorrow!!

Nutrition plays a crucial role in our lives affecting daily habits and health behaviours. This career choice is ideal for all those seeking to promote a holistic approach to health and wellbeing.

## EDUCATION

### EVOLVING INDUSTRY



There is a shift from curative to preventive care in the Indian market. The changing consumer behaviour in the country is also transforming the nutraceutical market, leading to an increase in consumption of dietary foods, supplements and change in lifestyle.

### RISING DEMAND FOR PROFESSIONALS



With increased public awareness of the importance of nutrition for our well-being and development, diverse career opportunities have emerged that support and utilize the fundamentals of the nutrition field. We aspire to nurture and empower our students into well-groomed, confident and successful Nutritionists.



### DIVERSE CAREER OPTIONS

We lay a high degree of emphasis on building relations within the industry; practical training, internships and workshops help in collaborating with the world of Nutrition and Lifestyle studies.

Nutrition & Dietetics give you a chance to broaden your horizon with multiple career prospects.



### IDEAL FOR GO-GETTERS

We aim to be recognized as a hub of excellence and strive towards building strong, serviceable and sustainable relationships within the industry.

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WACP offers a combination of two qualifications in Integrative Nutrition & Dietetics - International Diploma and International Advanced Diploma. Both courses together provide a broad overview of the Integrative Nutrition & Dietetics industry and are designed to provide key insights into food microbiology and nutrition, essential in maintaining a proper healthy diet daily. The courses focus on the study of essential nutrients needed by different categories of people for the body to function properly.

The International Diploma and International Advanced Diploma in Integrative Nutrition & Dietetics are suitable for students who want to pursue their career in Nutrition and Dietetics. The Programme helps in developing a keen understanding of the relationship between human health, nutrition and medicine. It will prepare students for careers in research, fitness coaching and health education.

These programmes provide theories to better know the complex understanding of the Nutrition and Dietetics industry.

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## COURSE STRUCTURE

### DP Subjects

Recommended DP subjects\* which compliment the CRS Programme

- CHEMISTRY
- SPORTS, EXERCISE & HEALTH SCIENCE
- LANGUAGE A : LANGUAGE AND LITERATURE

\*Any 2 or 3 subjects can be offered by the school

### Core Subjects

- PERSONAL AND PROFESSIONAL SKILLS
- SERVICE LEARNING
- REFLECTIVE PROJECT
- LANGUAGE DEVELOPMENT

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## CAREER RELATED STUDY (720 Guided Learning Hours)

### Introduction to Nutritional Biochemistry

- Carbs
- Proteins
- Fats
- Water

### Introduction to Food Science

- Introduction to food science
- Introduction to food groups
- Concept of organic food
- Growth of microorganisms in food
- Introduction to Various Spices & Function of Spices

### Human Health and Physiology

- Cells
- Reproductive System
- Circulatory System
- Respiratory System
- Digestive System & Excretory System
- Nervous System & Muscular System

### Introduction to Human Nutrition

- Fat Soluble Vitamins
- Water Soluble Vitamins
- Macrominerals
- Microminerals

### Pillars of Lifestyle

- Sleep Cycle & Stages & Factors that impact sleep cycle
- Factors that help in setting Circadian Rhythm
- Exercise & Physiology
- Emotional Health & Stress

### Immunology & Food Microbiology

- Immunology, Passive Immunity & Acquired Immunity
- Autoimmunity
- Impact of Microbes on Food, Benefits and Ill Effects

**Workshops, Projects, Internship  
Industry Engagement**

**Capstone Project**



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## TEACHING AND STRUCTURE

At WACP we are committed to the holistic development of our students to ensure superior outcomes and strong employability prospects. Teaching methodology comprises classroom sessions, master classes, case studies, practical training, group work and discussions. The approach is to have the right balance of theory, practice and experience. The “Real World Relevance” is vital throughout the programme.

We are committed to the holistic development of our students to ensure superior outcomes and strong employability prospects. Our teaching methodology is focused on knowledge, application of knowledge and enhancing skills. The modern and enhanced curriculum has a blend of immersive industry exposure through the training & internships, intensive personal & professional development through the classroom sessions, master class, case studies, workshops, combined with CSR activities all come together to create an experiential learning process.



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## EXPERIENTIAL LEARNING

### SESSIONS



WACP will provide comprehensive CRS Training to the school faculty

### ASSIGNMENT & PROJECTS



Assignment and projects are a part of our curriculum. These provide our students ample opportunities to meet, interact and build relations with popular and experienced individuals in the Integrative Nutrition & Dietetics industry, under the able guidance of our dedicated faculty.



### WORKSHOPS

To keep our students updated with the current affairs in the Integrative Nutrition & Dietetics Industry, we frequently organize uniquely designed workshops that focus on Health and Lifestyle themes shortlisted by our team of experts.



### INTERNSHIPS

A professional internship is an integral part of the curriculum that prepares the students to take on the clinical challenges later on in life. It will give practical exposure on top of your theoretical knowledge and is surely going to open up many doors for a lucrative career opportunity.

### MASTER CLASSES



Master Classes intend to enrich students' learning experiences through industry visits and talks. Guest speakers from various areas of Integrative Nutrition & Dietetics share their knowledge and help students form ideas and insights about the industry.

### CASE STUDIES



Our curriculum includes the use of case studies in order to highlight various practical and situational issues. The brainstorming and discussions help streamline our student's thought processes and sharpen analytical abilities by exploring, identifying and solving issues.

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## ASSESSMENT

- WACP CRS has ongoing, continuous assessment, and students will receive Certification only after successful completion of the assignments & assessments.
- In line with WACP Commitment to practice-based education, a large part of the assessment will relate to the demonstration of the student's ability to synthesize classroom learning with real life scenarios of managing and running business.
- Students will encounter many different kinds of assessment methods, for example: written exams, written assignments, portfolios, project work, reports, individual or group oral presentations and practical skills assessment.
- The CRS will be assessed summatively, end of year assessments will take place in Year 1 & Year 2. It will be externally moderated by WACP.

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# INNOVATIVE & INTERACTIVE LEARNING TECHNOLOGY



### BYOD PROGRAM

The Bring Your Own Device (BYOD) Program enhances the students' learning experience through the use of online and mobile technologies within and outside the classroom, allowing them to work on course materials, participated in a collaborative learning environment, thus making them tech-savvy.

### PREZI PRESENTATION



This is an inventive and refreshingly unique presentation tool that allows students to express their ideas skillfully and explore their creativity.



### COMMUNICATION AND COLLABORATION

We provide education on Google Apps. Our students learn to use portals like Webmail Services, Shared Calendars, Hangout and the Drive. G Suite allows our faculty to collaborate with students, give them instant feedback, track individual progress and help students streamline their writing and research.

### YOUTUBE BROADCASTING



We broadcast our students' presentations and creations on YouTube; providing them with an opportunity to share their ideas and creations with the world.

### EDUCATIONAL NEWSLETTERS



Our Educational Newsletters feature our institutes' highlights and students' achievements, and also report latest industry trends, growth and major event.

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**HIGHER EDUCATION**



**PATHWAY**

LSI offers Undergraduate and Masters Degree programmes in Nutrition & Dietetics to all students who complete the IBCP programme with CRS in International Diploma and International Advanced Diploma. Many International universities offer higher education in Nutrition & Dietetics at graduation and post graduation levels. WACP counsels its students and assists them in planning their higher education journey by linking them with prominent universities worldwide.

**RIGHT PLACE, RIGHT TIME**



The global industry continues to grow, change and diversify every year. In fact, Nutrition & Dietetics is one of the world's fastest growing employment sectors and it is predicted to continue growing strong for the coming years.



**VARIED DESIGNATIONS**

The Integrated Nutrition & Dietetics industry has numerous positions to be filled such as

- **Sports and fitness Nutritionist**
- **Clinical Dietician**
- **Nutrition Researcher**
- **Food Safety and Quality Auditor**
- **Lifestyle Wellness Coach**

**TARGET INDUSTRIES**



Job Opportunities in

- **Health and Wellness**
- **Private Healthcare Industry**
- **Nutrition Education and Research**
- **International Food Organisations**
- **Nutripreneur** and a lot more.

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**PROFESSIONAL CERTIFICATION**

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## CERTIFICATES

The WACP - CRS Certifications are coveted qualifications which recognize outstanding students by substantiating their conduct and professionalism to prospective employers. Academic excellence, dedication, project work, ingenuity and originality of ideas, communication skills coupled with a certain degree of confidence and flair are a few of the requisite attributes necessary to be awarded the WACP-CRS Certifications. It boosts one's academic and resume credentials and gives an added advantage over other candidates in the world. WACP offers higher education career counselling to IBCP students so that they can make informed career choices. In some countries due to regulations and requirements of institutions we may offer "Certificate" qualifications instead of "Diploma" qualifications.





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