



## **ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists Rationale**

### **Aims and objectives**

The ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists has a pre-requisite whereby the candidate must hold a therapy qualification. The ITEC level 3 Diploma in Diet and Nutrition for the Complementary Therapist is then comprised of Unit 7 which is theory only.

The main aim of the ITEC Level 3 Diploma in Diet and Nutrition for the Complementary Therapist is to enable candidates to provide healthy eating advice for their clients whom they already treat for another therapy for the purpose of improving health and lifestyle.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Complementary Therapy/Care industry
- to provide opportunities for staff in the Complementary Therapy/ Care industry to gain a Level 3 qualification
- to sustain the interest of candidates wanting to work in the Complementary Therapy industry
- to encourage knowledge and understanding for the Complementary Therapy/Care industry at Level 3
- to provide opportunities for candidates to focus on the development of the major Key Skills and the wider Key Skills in a Therapy context such as communicating with clients, working with others and problem solving.

The candidate will study the theory of the main nutrients required for a healthy diet as well as deficiencies, disorders and key illnesses associated with diet. Additionally they will develop underpinning knowledge and skills required to successfully compose a dietary plan.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Guidance sheet. The case studies are then verified by an ITEC Examiner at the end of the course. The case studies ensure that a variety of clients are consulted and the outcomes of any dietary changes must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the type of dietary changes and outcomes must be shown.

The examination consists of the following:

- Unit 7 Diet and Nutrition for Complementary Therapists multiple choice theory paper of 30 minutes duration, with a total of 25 questions
- Assessment of ALL case studies by the College Lecturer and External Verification by an ITEC Examiner.

As indicated above, all aspects of the award are examined and/or verified externally by ITEC Examiners.

### **Recommended prior learning**

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A\*-C prior to commencing the ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists. However, exemptions may be made for adult returners with experience of the work place.

Candidates must hold the pre-requisite of a therapy qualification

### **Opportunities for progression**

Once candidates have achieved the ITEC Level 3 Diploma in Diet and Nutrition for Complementary Therapists they may progress on to other ITEC or equivalent awards at Level 3, for example:

- Spa Treatments
- Aromatherapy Massage
- Reflexology
- On Site Massage
- Indian Head Massage
- Lymphatic Drainage
- Sports Massage

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in salons, health clubs, health farms, spas and liners, NHS Trusts and various aspects of the Care industry.

Professional indemnity and public liability insurance can be obtained via the Complementary Therapists Association (CThA) or other industry associations who recognise the ITEC Diploma.

### **Relationship to National Occupational Standards**

As there are currently no National Occupational Standards for Unit 7 Diet and Nutrition for Complementary Therapists, ITEC has ensured that best practice in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the Therapist.