

BC Nutrition

245 North Main St
Sebastopol, CA 95472
Phone

January 1, 2020 to December 31, 2020

MISSION + OBJECTIVES

BC Nutrition educates future leaders, thinkers, and creators in holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

Our goal is to change the way people consume food from convenience to conscious eating. We provide students with a comprehensive understanding of nutrition, culinary arts, and business practices to prepare them for career success. BC Nutrition is committed to spreading personal, community, and global wellness through increased awareness of the healing power of fresh, whole food.

Career and Vocational Support: BC Nutrition students and alumni are supported with monthly job postings, on-site and virtual career panels, and interactive social media communication, where students are able to receive input from Bauman graduates working in the field. Business education is offered through continuing education modules and our Bauman Business Institute, available to students in each of our three programs.

Mission to Educate and Change Lives: BC Nutrition is the only nonprofit, mission-driven, holistic health, and nutrition vocational training institute that offers professional, evidence-based, and non-commercial training for nutrition consultants. As a nonprofit, BC Nutrition is in the best position to offer the most value to the students and the communities it serves, without any influence from corporate agendas, from either within or outside of the organization. The school is committed to lowering the barrier of entry to holistic health education.

Culture of Service to the Community: Students who enroll at BC Nutrition are not only signing up for a nutrition consultant program but are also joining a group of like-minded individuals who have a desire to improve the lives of the members of their communities. The Bauman community is committed to making affordable nutrition programs available to underserved populations locally, nationally, and globally.

BC Nutrition understands that individual, community, and global health require nourishing connections. As such, the school partners with like-minded nonprofit organizations who are similarly committed to promoting societal health. These organizations are working to address issues concerning food waste and food insecurity and to promote more sustainable initiatives such as urban farming and community gardens.

If you are ready to turn your passion for vibrant, natural health into a rewarding career as a health coach, nutrition consultant, or natural chef, we invite you to take the next step today. You can contact us by phone at 800.987.7530 or via email at admissions@baumancollege.org. You can also visit our website at www.baumancollege.org. One of our admissions advisors will be in touch with you to discuss your career goals and help you understand your options in moving forward in your natural health education.



The Nutrition Consultant Program provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health. In the program, students study the fundamentals of nutrition: anatomy and physiology, macro- and micronutrient selection, chronic disease prevention, and the effects of food on the body. The program also emphasizes bio-individuality and the mind-body connection, uses case studies and practical applications to bring concepts to life, and equips students with foundational skills in health coaching. By completion of the program, graduates are prepared to provide expert diet and lifestyle evaluations and make recommendations for food selection, targeted nutrients, and lifestyle choices that support the improvement of their clients' health and slows the progression of chronic illness.

FEATURES OF THE NUTRITION CONSULTANT PROGRAM

- 725 hours
- 15 months
- Online delivery
- Cohorts begin quarterly (February, May, August, and November)
- For Program Start + End Dates, see page 33
- For Tuition, Fees + Payment Plans, see page 31

Components

- Foundations of Nutrition (FON)—200 hours
- Therapeutic Nutrition (TN)—525 hours
- Optional Advanced Business Curriculum

Each topic in the program introduces compelling, up-to-date research that enables students to confidently and precisely guide clients in using therapeutic foods, culinary herbs and spices, and nutrients. The multimedia components of the program are delivered with modern education technology, and students engage with their peers and faculty to assimilate content and apply concepts.

CAREER OPPORTUNITIES

Nutrition consultants trained at BC Nutrition are prepared to be leaders in the holistic nutrition industry. They are in high demand for their unique knowledge and training. Students may choose to work directly for companies or organizations or start their own businesses.

Nutrition consultants are prepared to be:

- Holistic Nutrition Consultants
- Health or Nutrition Coaches
- Nutrition Educators
- Brand Ambassadors
- In-store Wellness Practitioners
- Nutritional Product Developers
- Conference Speakers
- Workshop Leaders or Teachers
- Health Writers, Bloggers, Authors, and more

This certificate program prepares students to enter the following occupations:

- 21-1091 Health Educators

Graduates have also been employed in the following fields after completion of the program.

Additional education or experience may be necessary to enter the following occupations:

- 29-1031 Dietitians and Nutritionists
- 27-3043 Writers and Authors
- 27-3042 Technical Writers
- 27-3041 Editors
- 25-3021 Self-Enrichment Education Teachers
- 25-1071 Health Specialties Teachers, Postsecondary
- 25-1194 Vocational Education Teachers, Postsecondary
- 25-1199 Postsecondary Teachers, All Other
- 25-2023 Career/Technical Education Teachers, Middle School
- 25-2032 Career/Technical Education Teachers, Secondary School
- 25-3099 Teachers and Instructors, All Other
- 25-9021 Farm and Home Management Advisors
- 25-9031 Instructional Coordinators
- 25-9041 Teacher Assistants
- 21-1019 Counselors, All Other

PROGRAM DETAILS

Students move through classes online and engage with their classmates and instructors through discussion boards, peer activities, video conference calls, and one-on-one office hours with faculty.

Students should plan to allocate at least 15 hours per week to successfully engage in structured learning and individual study. Students should also plan to work with three “clients” (friends, family members, coworkers, etc.) during the Therapeutic Nutrition portion of the program.

Students in our Nutrition Consultant Program have complete access to all of their curriculum materials including lectures, assignments, and student grades via our unique learning management system, the BC Nutrition Student Dashboard. With this system, students can communicate with peers and faculty, submit assignments, complete lessons, and check their grades from any location with an Internet connection. The dashboard allows students to easily access course materials at any time.

Students have four weeks from their last class to complete their final research projects. Certification will not be granted if all requirements are not met in this time frame.

PARTICIPATION

Students have a portion of their grades determined by participation and completion of online discussion board prompts.

MATRICULATION REQUIREMENT

An overall grade of 80% or higher must be achieved at the end of Foundations of Nutrition for students to matriculate into the Therapeutic Nutrition component of the program.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 37 for a discussion of the skills, hardware, and software requirements needed to succeed in this program.

CERTIFICATION

The nutrition consultant certificate title is valid in California and other states where there are no federal, state, or local requirements limiting the practice of nutrition consulting. Students should contact their local state governments to become informed about the laws of the state in which they plan to practice. For additional information about the laws in each state, please visit holisticcouncil.org.

PROFESSIONAL ASSOCIATION STANDARDS

Professional association standards require that nutrition consultants practice within the area of health education, with mutual consent between client and consultant and with full disclosure on the part of the practitioner as to services provided, fees, training, and areas of competence. A

nutrition consultant does not diagnose or treat disease. BC Nutrition carefully teaches students the proper language to use to emphasize that their educational approach is based on creating health rather than treating disease. Nutrition consultants are encouraged to work with doctors and licensed health providers when educating clients with previously diagnosed conditions. Anyone who is currently licensed (R.D., R.N., M.F.C.C., M.D., etc.) by the state in which they reside should check with their professional licensing board regarding nutrition practice requirements. BC Nutrition recommends that its graduates obtain professional liability insurance, which is available at a very reasonable rate through national carriers.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Nutrition Consultant Program is a recommended and approved training program by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected to the latest research and business practices, connect with like-minded professionals in the integrative health field, attend annual conferences, gain continuing education credits, and support the right of holistic nutrition professionals to serve in an ethical and appropriate way. For more information on NANP, visit nanp.org

HOLISTIC NUTRITION CREDENTIALING BOARD

Graduates of the Nutrition Consultant Program are eligible to sit for the [Holistic Nutrition Credentialing Board's \(HNCB\) Board Examination](#). The HNCB is a division of NANP. NANP professional members who meet the board examination qualification criteria and successfully pass the board exam will earn the designation Board Certified in Holistic Nutrition®. This credential provides national recognition of professional excellence. For more information, including a list of board exam eligibility criteria, please visit nanp.org/board-certification.

COURSE COMPONENTS

Foundations of Nutrition

NC 101 Eating for Health

NC 102 Macronutrients

NC 103 Micronutrients

NC 104 Digestion

NC 105 Chronic Disease Prevention & Management I: Blood Glucose Regulation + Inflammation

NC 106 Chronic Disease Prevention & Management II: Cardiovascular + Mental Health

NC 107 Exercise + Sports Nutrition

NC 108 Foundations of Health Coaching

Therapeutic Nutrition

NC 201 Nutritional Consulting + Analysis + Meal Planning

Business Module: Starting a Practice

NC 202 Biochemistry + Metabolism

NC 203 Immune + Autoimmune Health

NC 204 Endocrine Health

NC 205 Digestive Physiology + GI Health

NC 206 Liver Detoxification

NC 207 Cardiovascular Health

NC 208 Client Case Presentations

NC 209 Cancer

NC 210 Mental Health

NC 211 Musculoskeletal Health

NC 212 Reproductive Health + Aging

NC 213 Final Research Project

COURSE DESCRIPTIONS

TERM I: FOUNDATIONS OF NUTRITION

NC 101 EATING FOR HEALTH®

Students learn about the benefits of the whole-foods Eating for Health® model and understand how to use it to help people set beneficial lifestyle and nutrition goals. They also explore the concept of intuitive eating and understand how to eat for the health and happiness of the entire being. Students examine the health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, chemical additives, and poor-quality fats as well as specific environmental factors that can negatively affect human health.

NC 102 MACRONUTRIENTS

Students learn the chemical nature and classification of macronutrients and discuss high-quality food sources. Detailed information on macronutrient form and function is introduced. Students are guided to vary their macronutrient ratios using their own intuition and body cues by observing resulting changes in mood, energy, and productivity. Students also learn about factors that affect macronutrient needs and are introduced to nutrition analysis software.

NC 103 MICRONUTRIENTS

Students learn the importance of vitamins, minerals, and phytonutrients. Students become familiar with specific micronutrient functions, synergies, and contraindications and learn to identify specific micronutrients they may need to increase and how to address potential deficiencies. They also learn how to increase dietary intake, taking into consideration factors such as bioavailability, food preparation, and storage. Current findings regarding micronutrient

deficiency and its connection to premature aging, morbidity, and mortality are discussed. Students understand the potential needs and limitations of dietary supplements to address micronutrient deficiencies.

NC 104 DIGESTION

Digestion, absorption, elimination, and immunity as it relates to digestion are discussed. Students learn how proper digestion affects other systems of the body and can contribute to disease prevention and optimal health. Concepts such as the metabolism of macronutrients, blood glucose, and food allergies are introduced. The relationship between digestive, immune, and nervous system are also explored.

NC 105 CHRONIC DISEASE PREVENTION I: BLOOD GLUCOSE REGULATION + INFLAMMATION

Students learn about blood glucose dysregulation and inflammation as contributing factors to prevalent chronic diseases. They learn assessment, dietary approaches, and research relevant to addressing insulin resistance, type 2 diabetes, metabolic syndrome, hypoglycemia, and hyperglycemia. Students become familiar with acute and chronic inflammation as well as with the mechanisms behind chronic disease manifestations. Dietary and lifestyle approaches to ameliorating blood glucose dysregulation and mitigating chronic inflammation are also addressed.

NC 106 CHRONIC DISEASE PREVENTION II: CARDIOVASCULAR + MENTAL HEALTH

Students learn the etiology of cardiovascular ailments and mental health issues. Genetics, diet, lifestyle, and other risk factors are explored. Students continue to learn about the root causes of many chronic diseases as well as the various ways diseases can manifest. They learn to support cardiovascular and mental health through therapeutic whole foods, targeted nutrients, stress reduction techniques, and lifestyle factors. The physiological implications of stress, sleep, and alcohol and drug abuse and their significance to chronic disease prevention and management are also explored.

NC 107 EXERCISE + SPORTS NUTRITION

Physical fitness and the health benefits of different levels of exercise are explored. Students learn to implement different forms of exercise, design sustainable exercise plans, and use internal cues to identify individual optimal exercise plans. Optimal nutrition and hydration to promote strength, flexibility, endurance, lifelong fitness, and injury prevention are also discussed.

NC 108 FOUNDATIONS OF HEALTH COACHING

Health coaching is a developmental and integrative approach based on four principles: stories matter, relationships engage, learning transforms, and growth heals. Students learn to navigate and support clients' health issues by addressing multiple factors that contribute to healing while focusing on the development of foundational coaching skills.

MIDTERM EXAM

Students complete a midterm exam to demonstrate their knowledge of current, practical, and relevant information presented in the course.

FOOD DEMONSTRATION

Students apply nutritional principles by preparing and presenting recipe handouts that include the health benefits of the ingredients, culture and history of the dish, and cooking instructions. Students are encouraged to present their recipes to friends, family, or elsewhere in their communities but are not required to do so. All students submit a recipe handout for feedback from their graders. Recipes are not required to be original.

TERM II: THERAPEUTIC NUTRITION

NC 201 NUTRITIONAL CONSULTING + ANALYSIS + MEAL PLANNING

Students learn the scope of practice of a nutrition consultant and explore how to work with clients in a nutrition consulting setting. Effective interviewing, communication skills, and goal setting are also discussed. Students learn to analyze the nutrient content and serving sizes of whole and refined foods. By conducting dietary evaluations, students become familiar with foods that have excellent nutrient density and diversity and learn to contrast them with commercially processed foods. Students also learn to create customized meal plans that take into account a variety of client needs and explore how nutrition analysis and meal planning can be used in a nutrition consultant's practice.

BUSINESS MODULE: STARTING A PRACTICE

Students explore topics that support starting a practice, including securing a business name, licensure and registration, choosing a legal structure, finding insurance, scope of practice, pricing services, accounting, contracts and agreements, and marketing.

NC 202 BIOCHEMISTRY + METABOLISM

Students investigate the foundations of biochemistry and metabolism and learn how amino acids, fatty acids, and carbohydrates influence cellular structure and physiological functions. Free radicals, antioxidants, phytochemicals, and the importance of hydration in the human body are also discussed. Students also learn about cellular energy production and its practical applications with clients. Mechanisms that regulate and factors that influence metabolism and body weight are also explored, and students learn about food and lifestyle recommendations that support healthy metabolism and weight regulation.

NC 203 IMMUNE + AUTOIMMUNE HEALTH

Students learn about the immune system's organs, functions, and nutritional needs. Health issues related to over- and underactive immune systems are examined. Dietary and lifestyle factors that can disrupt immune function are discussed, and students learn to support the immune system with diet and lifestyle modifications. The mechanisms of autoimmune conditions are presented, and students learn to address contributing factors and apply nutrition-based care programs to support clients with autoimmunity.

NC 204 ENDOCRINE HEALTH

Students explore the fundamentals of the endocrine system, along with the anatomy and physiology of its glands and hormones, to understand where dysfunction can arise. The interaction of stress with the endocrine system and the influence that stress has on health are discussed. Research is presented on how metabolic and endocrine imbalances lead to biochemical insufficiencies. Students are introduced to hormonal synergies and the hypothalamus-pituitary-thyroid-adrenal feedback system. Students learn to support the endocrine system through targeted diet and lifestyle interventions.

NC 205 DIGESTIVE PHYSIOLOGY + GASTROINTESTINAL HEALTH

Students learn about health issues pertaining to the gastrointestinal tract and its associated structures with special attention paid to dysbiosis, leaky gut, irritable bowel syndrome, colitis, and related conditions. Students learn how to apply dietary and lifestyle interventions including elimination diets, rotation diets, and the 4R approach to support gastrointestinal health.

NC 206 LIVER HEALTH + DETOXIFICATION

Students learn about the functional anatomy and physiology of the liver, including its role in macronutrient metabolism, vitamin and mineral storage, and the elimination of toxins with a focus on the two-phase enzymatic detoxification system. Other detoxification pathways such as the skin and lymphatic systems are also discussed. Students explore the foods, culinary herbs and spices, and nutrients needed to protect the liver from oxidative damage and free radicals, which are associated with toxicity and specific conditions affecting the liver.

NC 207 CARDIOVASCULAR HEALTH

Students explore the role of genetics, diet, lifestyle, and risk factors in cardiovascular disease. The incidence and etiology of cardiovascular disease are examined with nutrient-drug interactions explained. Students learn to support conditions affecting the cardiovascular system with key foods, culinary herbs and spices, nutrients, and lifestyle practices.

NC 208 CLIENT CASE PRESENTATIONS

Students conduct initial comprehensive intakes, collect data via health surveys, and provide recommendations for health recovery. Students learn to work with clients no matter where they are in their health journeys and provide customized nutritional wellness programs that are built upon week by week. Each student delivers a case presentation to demonstrate mastery of the skills learned.

NC 209 CANCER

Students learn about potential cancer-causing factors and cancer-preventative foods as well as specific nutrient needs and dietary support for individuals undergoing surgery, chemotherapy, radiation, and hormone therapy. Students explore how an Eating for Health® diet along with lifestyle interventions have value in protecting the body from cancer occurrence or recurrence.

NC 210 MENTAL HEALTH

Students learn brain anatomy, physiology, and biochemistry along with the brain's dynamic interplay with the endocrine, immune, and gastrointestinal systems. The relationship between psychological, somatic, and environmental factors as they relate to mental health is discussed. Conditions such as substance abuse, eating disorders, depression, anxiety, and bipolar disorder are examined with recommendations for nutritional support. The role of food, gastrointestinal issues, and environmental sensitivities that can trigger mood disorders, attention-deficit/hyperactivity disorder, and autism are also explored.

NC 211 MUSCULOSKELETAL HEALTH

Students are introduced to the functional anatomy of the musculoskeletal system. Nutritional alternatives to current treatments for musculoskeletal conditions are critiqued and discussed. Sports nutrition is revisited with more nutritional support.

NC 212 REPRODUCTIVE HEALTH AND AGING

Nutritional needs and health concerns related to reproduction—such as conception, pregnancy, postnatal care, and menopause—and other health issues—such as benign prostate hypertrophy and andropause—are discussed. Also covered are metabolic patterns of aging, common health issues of the elderly, Alzheimer's disease, and Parkinson's disease.

NC 213 FINAL RESEARCH PROJECT

As part of the final research project, students conduct an in-depth literature review and work with a client, combining practical and secondary research. Students submit a final research project in which they synthesize this research along with a client case report that demonstrates their knowledge and skill in working with clinical issues.

BECOME A STUDENT

ADMISSIONS ADVISORS

Our admissions advisors are here to help you. Start by reviewing the opportunities provided on our website, then call us at 800-987-7530 or set up an appointment with an advisor via the website. Our advisors are well versed in many funding opportunities and can advise you on how to best support your education.

STUDENTS + ALUMNI

Once you have chosen to take the next step and enroll as a student in one of our programs, you will immediately be connected with our vast alumni community in a number of ways. Student + Alumni Services is here to help you feel connected and supported by BC Nutrition and the community. We offer career resources, social media groups specific for students and alumni, and free product and business marketing to help you reach customers and clients.

JOB FLASH

Students and alumni have access to a monthly job flash with local and national full-time, part-time, temporary, and volunteer opportunities. The Job Flash is shared via the student and alumni groups on Facebook and LinkedIn and can be shared via email by specific request.

SOCIAL MEDIA

Connect with fellow students and past graduates of BC Nutrition through our exclusive student and alumni groups on Facebook and LinkedIn. Post your questions and learn about industry specifics through hundreds of experienced alumni professionals. Students and alumni who have their own food blogs or want some inspiration can join our alumni-run food bloggers group.

ALUMNI PRODUCTS

Our alumni are professional product developers, authors, and speakers. They offer an abundance of knowledge on holistic food and nutrition services tailored to meet individual needs and improve optimal health. To help them grow their businesses, alumni have the opportunity to market their products and services on the BC Nutrition website for free.

ALUMNI DIRECTORY

BC Nutrition graduates can add professional profiles to the BC Nutrition website to connect with potential employers, clients, fellow students, and/or alumni. The website is a great opportunity for free marketing.

BE A LEADER + VOLUNTEER

Whether alumni are looking to create positive change in their communities, enhance their education, or build their skills or resumes, there is an abundance of volunteer and speaking opportunities through which to gain more experience and share your knowledge and skills. Whether volunteering at BC Nutrition events or in the community, we encourage a spirit of service to become an effective leader locally, nationally, and globally to enhance career success.

STUDENT TUITION RECOVERY FUND

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident or are not enrolled in a residency program. It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, P.O. Box 980818, West Sacramento, CA 95798, (916) [579 8900](tel:5798900) or (888) 370-7589.

To be eligible for STRF, you must be a California resident or enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120-day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120-days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans. To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

Tuition, Fees + Payment Plans: December 1, 2020 – April 30, 2021

NUTRITION CONSULTANT PAYMENT PLANS

Total Tuition: \$6,995

Payment Plan A: Requires a down payment of \$788.61, which includes \$400 in fees, followed by 15 monthly payments of \$484.47, which includes an APR of 10%

Payment Plan B: Requires a down payment of \$4,000.00, which includes \$400 in fees, followed by 15 monthly payments of \$248.97, which includes an APR of 10%

Approximate fees for additional required items:
Independent textbook purchases: \$162

FINANCIAL ASSISTANCE

A student whose loan is received by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or taxpayer identification number.

PRIVATE STUDENT LOAN OBLIGATION

If you obtain a loan to pay for this educational program, you have the responsibility to repay the full amount of the loan plus interest and apply any BC Nutrition refunds to the loan.

SCHEDULES

Program Start + End Dates

Nutrition Consultant—Online

Winter Cohort 02/04/20 – 04/06/21²

Cohort video call sessions (once per module) will be scheduled for both the morning and evening. All calls will be recorded and available for playback following the scheduled session.

Spring Cohort 05/05/20 – 07/06/21²

Cohort video call sessions (once per module) will be scheduled for both the morning and evening. All calls will be recorded and available for playback following the scheduled session.

1. Classes are not held on the following holidays: New Year's Eve, New Year's Day, Martin Luther King Jr. Day, Presidents' Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and the Friday following, Christmas Eve, and Christmas Day. Please contact our Admissions Department for detailed schedules.

APPLICATION + ENROLLMENT

Applying to BC Nutrition is easy with our online application process. From the BC Nutrition website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need to have all required items in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so make sure you have everything you need before you start the process.

Required documents include a copy of high school completion or higher education transcripts or diploma, a 500-word essay, and a digital photo of yourself. Detailed document requirements can be found by clicking on the "Application Requirements" link on the Application + Enrollment page of our website. Applicants will receive email notification of acceptance within two business days.

DATES TO REMEMBER

Timely application and enrollment is important in order to secure your space in the section and class of your choice. Please note the following dates:

PROGRAM APPLICATION DATE

To allow time for your enrollment contract to be processed prior to the late enrollment date, we recommend that you submit your application by this date.

Nutrition Consultant Winter Cohort – January 2, 2020

Nutrition Consultant Spring Cohort – April 1, 2020

LATE ENROLLMENT DATE

Enrollment contracts received after this date will incur a \$50 late enrollment fee.

Nutrition Consultant Winter Cohort – January 13, 2020

Nutrition Consultant Spring Cohort – April 15, 2020

SCHOOL APPROVAL + RESOURCES

BC Nutrition is a private, nonprofit educational institution approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:

The Bureau for Private Postsecondary Education P.O. Box 980818, West Sacramento, CA 95798 | Phone: (916) [574-8900](tel:9165748900) or (888) 370-7589 | Fax: 916-263-1897 | Website: bppe.ca.gov

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589, or by completing a complaint form, which can be obtained on the Bureau's website at bppe.ca.gov.

BC Nutrition is not accredited by an accrediting agency recognized by the United States Department of Education. BC Nutrition does not participate in federal or state financial aid programs.

BC Nutrition is a solid and stable institution. We do not have a pending petition in bankruptcy; we are not operating as a debtor in possession; we have not filed a petition within the preceding five years; and we have not had a petition in bankruptcy filed against us within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

FACILITIES

Each BC Nutrition location contains professional offices and reception areas. At our Berkeley facility, there are two nutrition classrooms and a culinary classroom equipped with two state-of-the-art commercial kitchens. Our administrative offices are located at our [Sebastopol](#) facility, ~~and there is one nutrition classroom at that location.~~ All students must utilize personal

computers with internet, email, and word processing capabilities; WiFi is provided to allow students internet access.

HOUSING

A variety of housing is available near BC Nutrition (hotels, apartments, private rooms, etc.). Rental prices vary depending on the type of housing chosen (shared housing, apartments, or single occupancy). BC Nutrition does not provide housing, dormitory facilities, or have any responsibility to find or assist students in finding housing.

STUDENT LIBRARY + RESOURCES

BC Nutrition's Berkeley location maintains a small library, consisting of nutrition textbooks, cookbooks, culinary reference books, wellness resources, and other reference materials available for student use. Students may access these resources upon appointment. BC Nutrition students are required to have computers to complete their studies, and students may access free WiFi at all of our locations to facilitate their online research needs. Students may utilize our classrooms to study upon appointment and provided the classrooms are not otherwise in use.

STUDENT SERVICES

Our student services manager counsels and assists students with any needs that they may have during their studies. Students who need additional assistance have access to faculty and graduate tutors

POLICIES + PROCEDURES

ADMISSION

Applicants must have a high school diploma or the equivalent; BC Nutrition does not offer an ability-to-benefit examination. Acceptance into the programs is subject to review of submitted application materials. A background in health sciences is beneficial but is not mandatory. BC Nutrition reserves the right to deny admission to any applicant.

APPLICATION PROCESS

From the BC Nutrition website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need all of the required documents (see page 34) in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so be sure you have everything you need before you start the process. Before beginning the application process, please review the computer skills and equipment requirements below. Applicants will receive notification of acceptance by email within two business days.

COMPUTER SKILLS + REQUIREMENTS

These computer skills are required for BC Nutrition students:

Basic Word Processing: Students must be able to use a word processor to create basic documents. This includes using templates; making tables; and inserting headers, footers, and graphics into documents. These skills will be required to complete assignments.

Internet Connection: Students will need access to a reliable broadband internet connection with at least 4Mbps download speed (recommended). Lower speeds may drastically impact students' experience. See the FAQs section on our website for additional information.

Basic Web Skills: Students will need to use the internet for a variety of tasks ranging from research to use of online nutrition analysis tools. Basic proficiency in the use of a web browser and the use of basic web applications will be necessary.

Web Application Skills: Students will be required to use a web-based platform to post questions, access materials, and complete assignments.

Email: Students are expected to have active Gmail accounts and to regularly check and respond to email.

Students must also ensure that they possess a computer system with minimal hardware and software requirements. For a full discussion of skills and system requirements, please visit the FAQs page on our website. There, you will find a Technical FAQs section where information on operating system, hardware, and software requirements are detailed.

LATE ENROLLMENT

It is important to apply and enroll early to secure a space in your cohort/class as cohorts/classes with insufficient enrollment may be cancelled. A non-refundable late enrollment fee of \$50 will be charged after the late enrollment date has passed.

RESUME EVALUATION

BC Nutrition does not award credit for prior experiential learning.

INTERNATIONAL STUDENTS

BC Nutrition does not offer student visa services but will vouch for student status as necessary. Please note that international students participating in the online programs are responsible for all international calling and shipping fees incurred during their program participation.

ENGLISH LANGUAGE REQUIREMENT

BC Nutrition accepts students who are proficient in the English language, both written and verbal. No English language services are available. Instruction is not provided in any language other than English. Non-native English speaking students must demonstrate proficiency in the

English language, equivalent to the 12th grade level and up, through submittal of a TOEFL certificate, High School Diploma, or English proficiency displayed in the application essay and through an interview appointment with the Admissions Department. It is required that all copies of student transcripts or diplomas are submitted in English.

PAYMENT PLANS

BC Nutrition payment plans can be arranged. An installment payment plan for any BC Nutrition program will incur a finance fee on the tuition balance due. Students choosing to be on a payment plan must commit to monthly automatic credit card charges. Payment in full of all fees must be received in order for a student to receive certification for a particular program and to continue with additional training. Tuition payments are due once a month (see contract for exact dates). There will be a \$35 charge for all declined scheduled credit card payments. Educational services may be withheld from a student whose payment (including late fee) is more than 10 days late. BC Nutrition reserves the right to refuse payment plan services to any individual.

STUDENT CONDUCT + GRIEVANCES

All students enrolled at BC Nutrition (classroom or distance learning) must conduct themselves in a manner that promotes a peaceful learning environment. Students are expected to behave with respect and care toward fellow students, faculty, and staff. The use of cell phones, including texting, is not permitted in the classroom. BC Nutrition has a zero tolerance policy for drugs, alcohol, and weapons. Students who display conduct issues will be referred to the student services manager for guidance and discipline. If necessary, the matter will be discussed with the Executive Council for appropriate resolution. BC Nutrition maintains the right to dismiss students for conduct that is disruptive to the class or conduct that reflects or impacts unfavorably on BC Nutrition's reputation or operation. Reinstatement after dismissal will occur only with the consent of the Executive Council in response to a written request and personal interview. In all cases, the student should be informed of the grievances against them, and the student shall be given a fair opportunity to refute the grievance. The institution will not be arbitrary in its actions.

Students seeking to resolve problems or voice complaints should contact the student services manager (by email at student.services@baumancollege.org) who will investigate, record, and, if possible, resolve the issue. Matters that are unable to be resolved will be forwarded to the Executive Council for further review and action.

OBSERVABLE IMPAIRMENT POLICY

BC Nutrition seeks to maintain safety for all students in the kitchen and classroom. If a student is observed to be behaving in an unsafe manner in the kitchen or classroom, even as a result of a legal drug prescription, they may not participate in actions that the instructor deems unsafe. This may include utilizing knives or kitchen equipment. Students may still observe class at the discretion of the instructor.

GRADING, CREDITS + RECORDS

All assignments are given numerical grades and/or content feedback. A file review is available by appointment to discuss any questions pertaining to coursework and progress in the program. After all requirements are satisfied, a certificate will be awarded. Replacement certificates can be purchased for \$25 each. Upon request, two transcripts will be provided at no charge. Additional copies will be available for \$25 each. BC Nutrition student records are kept confidential and maintained primarily through electronic files that are backed up on a daily basis and stored in two separate secure geographical locations. These records are kept forever. All physical files containing California Code requirements are kept for a minimum of 5 years following a student's completion or withdrawal. BC Nutrition reserves the right to terminate the enrollment of any student who consistently displays sub-standard work and/or performance and is deemed by the Director of Academics to lack the skills needed to achieve vocational certification (see Standards for Student Achievement on page 42). A prorated refund of tuition charges will be returned to the student should this situation occur.

PROGRAM TRANSFERS

A student transferring within the Nutrition Consultant online program to a different cohort (e.g., spring to summer) will be assessed a transfer fee of \$100. Tuition fees paid upon initial enrollment will be reviewed, and a student will either be assessed additional prorated tuition fees or refunded prorated tuition fees based on the current tuition charges of the program into which they wish to transfer. Students who are enrolled in one program may only transfer to the other program at the beginning of a module, and only if they are current and up-to-date with all assignments. Transfers are not possible in the Natural Chef Program nor between programs.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at BC Nutrition is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the [Nutrition Consultant Online](#) program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of the coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting the institution to which you seek to transfer after attending BC Nutrition to determine if your coursework will transfer.

LEAVE OF ABSENCE

NUTRITION CONSULTANT

If a student finds it necessary to take a leave of absence from a current program and all payments are current, the student must complete a Leave of Absence Form and submit an administrative processing fee of \$100 to the Student Services Department, via email at student.services@baumcollege.org or U.S. mail at P.O. Box 940, Penngrove, CA 94951.

During a leave of absence, a student's academic and administrative files are placed on suspension for a maximum of six months. Paid tuition fees will be applied toward the new term/cohort to which the student returns, and the student will not be subject to additional fees unless tuition, STRF, and/or materials have changed. Third-party funded students must gain consent from their funding resources in order to take a leave of absence and are subject to all stated policies. During a leave of absence, all access to BC Nutrition resources and services are suspended. A leave of absence from a program is only permitted once.

CANCELLATION

STUDENT'S RIGHT TO CANCEL

A student has the right to cancel the enrollment agreement and obtain a refund. The institution shall, for culinary students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$200 and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later. The institution shall, for distance learning students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$200 and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later. After this date, a student will be charged for the first program module (NC 101). Henceforth, cancellation must take place within eight days after the student has been given access to the curriculum materials for the next module(s) from the student dashboard; otherwise, tuition for the module(s) will not be included in the prorated refund.

A student may withdraw from a program after instruction has started and receive a prorated refund for the unused portion of the tuition if 60% or less of the program has been completed. Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resalable condition will be granted if returned within two weeks after the first day of instruction. A 50% refund of the Student Services and Technology Fee will be granted if cancellation occurs within 45 days after the first day of instruction. After that point, the fee will be charged in full. A student is not considered withdrawn until a written cancellation has been received. Cancellation shall occur when a student gives written notice of cancellation at the address of the school shown on the top of the student's enrollment contract. The cancellation notice can be sent by mail, email, or hand delivery. If sent by mail, cancellation is effective when deposited in the mail, properly addressed, and with postage prepaid.

Students who are funded by third-party payers will have any cancellation refund paid directly from BC Nutrition to the third-party payer, not to the student. Refunds will be processed within 45 days of proper cancellation. Students who wish to cancel must be current with their financial obligations to the school. Tuition charges and fees will continue to accrue until a student's financial account is settled. Should a student wish to re-enroll after a cancellation, BC Nutrition will review eligibility for the student's readmittance based on the circumstances under which the

student canceled. Re-enrollment will only be considered for the same program and must be processed within two years of the student's original enrollment date in order to receive credit for previous coursework.

STANDARDS FOR STUDENT ACHIEVEMENT

Attendance: Students must comply with BC Nutrition attendance requirements.

Grade Average: Students must achieve a minimum 80% to graduate and receive certification.

Assignments: Students must complete assignments to demonstrate competency. Students who engage in plagiarism will lose their opportunity for certification.

Nutrition Consultant Completion Projects: Written reports, oral case presentations, and a final research project marks the successful completion of the Nutrition Consultant Program. Throughout this program, students are expected to present oral case histories demonstrating their ability to complete a client intake, conduct appropriate questionnaires, devise a nutritional wellness program, and monitor client progress.

ServSafe® Food Handler Certification: Natural chef students must pass the ServSafe® Food Handler exam in order to be certified as natural chefs.

Financial Obligation: Students must satisfy all financial contract agreements with BC Nutrition.

INSTITUTIONAL FEES

- Late Enrollment: \$50
- Declined Credit Card: \$35
- Competency Exam: \$150
- Transfer Fee: \$100
- Nutrition Consultant Repeat Class: \$50
- Replacement Certificate: \$25
- Leave of Absence: \$100
- Additional Transcripts (first 2 copies provided for free): \$25 each

FEES PAID TO OTHERS

- Textbooks for Nutrition Program: ~\$162
- Servsafe® Food Handler online course and exam for Natural Chef Program: \$15

FACULTY + STAFF

Ed Bauman — Ph.D.

Founder + President

Ed has been a pioneer in the field of holistic nutrition since the early 1980s. His vision and leadership have inspired thousands of people to transform their lives in the form of wellness, community, and peace. He received his M.Ed. from the University of Massachusetts, and a Ph.D. in health promotion from the University of New Mexico. He created the Eating for Health® model to teach individuals to make nutritionally comprehensive food choices and founded BC Nutrition in 1989 with a mission to change the world through better nutrition and healthful living. He is a special advisor for the National Association of Nutrition Professionals and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. He was co-editor of the *Holistic Health Handbook* and *Holistic Health Lifebook*, and author of *Confronting Cancer in Our Community*, *Recipes and Remedies for Rejuvenation Cookbook*, *The Whole-Food Guide for Breast Cancer Survivors*, *The Flavors of Health Cookbook*, and *Eating for Health: Your Guide to Vitality and Optimal Health*.

Rosie Ueng — M.S.

Director of Academics

Rosie holds a B.A. in biochemistry from the University of California, Berkeley and an M.S. in holistic nutrition from Hawthorn University. Her experience over the past two decades combines years of laboratory research, science instruction, and curriculum development, along with a fervor for good food and health. She has worked in commercial kitchens, as a professional caterer, and is also the consulting chef for the Weston A. Price Foundation. Rosie brings her experience working with private clients and teaching workshops in the community to the classroom, as an instructor for both the Nutrition Consultant and Natural Chef programs.

Susan Arthur — B.A., N.C.

Nutrition Consultant Instructor

Susan has a B.A. in psychology from Sacramento State University and has been teaching and counseling in the field of holistic health and nutrition since 1989. She is a certified nutrition consultant from BC Nutrition and has been an instructor at Bauman since 2006. Her studies in psychology included an emphasis on nutrition and behavior modification. In her nutrition practice, she emphasizes the whole person, working on all aspects of their life experience to encourage lasting change and well-being. Susan has provided hundreds of clients from diverse backgrounds with individualized nutritional support.

Nishanga Bliss — D.Sc., L.Ac.

Nutrition Consultant Instructor

Chef Nishanga has been a holistic physician since 1999. She is a licensed acupuncturist, nutritionist, and professor of Chinese medicine at the Acupuncture and Integrative Medicine College in Berkeley, CA. Nishanga is the author of *Real Food All Year: Eating Seasonal Whole*

Foods for Optimal Health and All-Day Energy, and has a blog, Gastronicity, where she writes about the intersections of food, health, and sustainability.

Susan Chritton — M.Ed., P.C.C., N.C.C.C.

Bauman Business Institute Instructor

Susan is an executive career coach, career management fellow, master personal brand strategist, and author of *Personal Branding for Dummies*. She guides professionals looking to engage their authentic selves in the world by looking within to discover not just what they can do but who they are. With her wealth of credentials and extensive experience in career development, Susan is able to draw on her ability to identify each individual's uniqueness and then arrange the variables in his or her life to map out a strategic direction. Susan's work in career development stems from more than two decades in the career field including teaching graduate career counseling at the University of San Francisco.

Diane Fischler — B.A., N.C.

Nutrition Consultant Instructor + Administrator

Diane is a BC Nutrition certified nutrition consultant and has a B.A. in anthropology from the State University of New York at Stony Brook. She has been a BC Nutrition faculty member since 2005 and a distance learning instructor since 2007. In that time, she has successfully ushered many enthusiastic students through the program. She also taught nutrition at Northern California Functional Restoration Program, a pain management clinic. Diane has a lifelong interest in health and wellness with an emphasis on stress reduction and cardiovascular health.

Rachel Forman-Lau — NC

Nutrition Consultant Instructor

Rachel is a graduate of the BC Nutrition Nutrition Consultant Program and has been a BC Nutrition Instructor since 2019. Rachel also has a professional certification in culinary arts. She is a practicing nutrition consultant in the Bay Area, working with clients individually and in a group setting. Her favorite part about working with students and clients is teaching them that healthy food is delicious and so much more!

Thais Harris — B.A., N.C.

Nutrition Consultant Instructor + Bauman Business Institute Mentor

Thais holds a B.A. from the California Institute of Integral Studies, attended the University of Southern Santa Catarina's International Relations program in Brazil, and is a certified nutrition consultant through BC Nutrition. She is the co-founder of Nourish Together, a nutrition and wellness private practice focusing on helping couples achieve optimal health. Thais also works as the nutrition education manager at Ceres Community Project, a nonprofit organization supporting primarily low-income people struggling with serious illnesses by providing free and home-delivered nourishing, organic, and locally produced meals; nutrition education; and the caring support of the community. As a business owner, Thais draws from her experience in graphic and web design, human resources management, and accounting.

Jenny Helman — N.C.

Nutrition Consultant Instructor

Jenny graduated with honors from BC Nutrition as a nutrition consultant in 2014. In 2016, she was chosen to receive the Going Up award from the NANP in recognition of the visibility, success, and distinction she has achieved in the holistic nutrition industry. She runs her private practice, Healdsburg Nutrition, in Sonoma County, CA, where she offers individualized programs and workshops. She also teaches nutrition education at Ceres Community Project.

In her spare time, Jenny enjoys working in her garden with her husband, where they cultivate vegetables, fruit trees, and healing herbs.

Donna Morton — P.T., N.C.

Nutrition Consultant Instructor

Donna is a BC Nutrition certified holistic nutrition consultant and has been an orthopedic physical therapist since 1986. She was inspired to bring nutrition into her physical therapy practice to bridge a large gap in the conventional treatment of musculoskeletal pain and dysfunction. She is on the faculty at the Nyingma Institute in Berkeley where she has been teaching Tibetan yoga and meditation since 2002. She also facilitates group classes, retreats, and workshops in the areas of nutrition education, natural posture and movement training, meditation, and yoga. Her whole-person integrative approach employs modalities from east and west to guide and support individuals, groups, and communities toward realization of greater health, well-being, and sustainable living.

Irema Sivcevic — M.S.

Nutrition Consultant Instructor

Irema holds an M.S. in Holistic Health and Nutrition Education from Hawthorn University and a B.A. in Electrical Engineering from the University of Sarajevo, Bosnia and Herzegovina. She worked as an engineer for over twenty five years, but Irema's passion for healthy food steered her toward the field of holistic nutrition. She has taught nutritional workshops and worked as a clinical nutritionist alongside functional and integrative medicine practitioners. Irema also maintains a private nutrition consulting practice, is Board Certified in Holistic Nutrition®, and is an Usui Shiki Ryoho Reiki Master.

Julie Thenell — M.S., N.C.

Nutrition Consultant Instructor

Julie received her undergraduate and graduate degrees in education from the University of Wisconsin-Oshkosh, her nutrition consultant certification from BC Nutrition in 2014, and is Board Certified in Holistic Nutrition®. Since graduating from BC Nutrition, she has maintained a private nutrition consulting practice, JTC Nutrition, helping individuals regain control of their health during periods of high stress and transition. Julie enjoys her work as a student mentor and currently serves on the board of the National Association of Nutrition Professionals (NANP).

Tanja-Maria Zeise — M.D., N.C.

Nutrition Consultant Instructor

Tanja received her M.D. from Freie University Berlin in Germany. She is a BC Nutrition certified nutrition consultant, completed the Foundations of Narrative Health Coaching program through Teleosis Institute, studied the principles of homeopathy, and is a member of the NANP. Before enrolling in BC Nutrition's Nutrition Consultant Program, Tanja researched diabetes at the University of New Mexico. In addition to having a private nutrition consulting practice, Tanja teaches at the College of Marin and is a researcher, writer, editor, and instructor at BC Nutrition.

STAFF

Founder + President

Ed Bauman, Ph.D.

Director of Academics

Rosie Ueng

Nutrition Consultant Program

Damian Bramer – Distance Learning Teaching Assistant

Diane Fischler – Distance Learning Administrator

Admissions

Shanon Nelson – Admissions Manager + Advisor

Linda Ford – Admissions Advisor

Administration

Vicko Cesko – Director of Technology

Joan Lombardi – Accounting Manager

Gwenyth Shears – Student Services Manager