



## Q. Why should I take this course?

This course has been designed to give you the edge over other courses in the field. There are no other courses that offer you a wealth of information that is comprehensive and highly practical. For example within the Nutrients sections, each of the key nutrients is explained in terms of their association with health, symptoms of deficiency, where they can be found and recommended nutrient intakes.

The structure of the course has been designed to build you knowledge from how we digest foods (and nutrients) right through to what constitutes the basis of a healthy balanced diet.

Along the way you will be learn how nutrients are affected by cooking and processing; what metabolism is; why the eating regularly is important; how to decipher food labels; and be given fresh insights into important debates surrounding diet and health, such as genetically engineered foods.

## Q. What are the entry requirements or pre-requisites to join this course?

No, there are no entry requirements, except you must be 16 years of age or over. You do not need any previous science experience. You just need a willingness to learn!

## Q. Is this course fully online?

Yes, the entire course is online: this includes the course content/ information and the end or course quiz.

We have designed the course so that ease of access to information is paramount. All course information is at your disposable: you may print all the material as you wish.

## Q. Is there a time limit in which to complete the course?

Yes, you have full unrestricted access for two months. This time period is more than sufficient more in terms of reading the course materials and completing the end of course quiz.

Research shows that longer access periods are counterproductive to learning: without specific timeframes one's motivation to go ahead and complete the course is likely to suffer.

Our aim here is simple: we want you to have enough time to study whilst ensuring that you do complete the course.

## Q. How long will it take me to complete the course?

You can comfortably complete the course within about 14 hours. This includes the end of course quiz. How you organise this is up to you, for example you could aim to study for approximately an hour every other day and comfortably complete the course within a month would require reading for approximately 1 hour every other day.

## Q. Is there any special software I need to complete the course?

No, there are no special operating system requirements: the course runs solely through the site. You simply need access to the internet via your PC, Mac, tablet or smart phone.

## Q. Do I have to submit any written assignments?

No. There is no written material to submit at all.

## Q. What assessments are in there?

At the end of the course there are a set of questions that comprise the end of course quiz. There are 27 questions which are a mix of multiple choice and true/ false type questions.

The main purpose of this quiz to test your knowledge and you are permitted to refer to the course material during the quiz.

There is no time limit in which to complete the quiz and you have an unlimited number of attempts to take the quiz.

Once you have submitted the quiz, your answers will be evaluated and you will be given a summary of correct and incorrect answers.

Upon completion of the course you will be given a course badge and upon completion and after passing the end of course quiz you will be awarded a personalised course certificate. The pass mark is 60%.

### Q. Are there any fees for retaking the end of course fees?

No. If you fail the exam, you are free to retake the course as many times as you want.

You can do this online immediately and without any further administrative step.

### Q. Can this course help with my career?

Yes, indeed!

You will gain the confidence to approach prospective employers and academic institutions with your keen knowledge in nutrition.

The course syllabus contains covers key areas that are recognised as for providing people with sound advice on how nutrition can affect and improve health.

The course will soon be accredited and this will further enhance your prospects.

### Q. Are there any extra or hidden fees?

No, there is a one-off fee only: this is the fee you pay to register for the course.

There are no extra admin fees, exam fees.

### Q. Who do I contact with queries that I have related to the course content?

Should you have any queries related to the course content, such as specific queries about the learning material, please do not hesitate to contact the course Instructor of your course either directly or through the specific course forum.

If you are experiencing difficulties with your learning progression whilst studying the course material, please do not hesitate to contact your Leader who will be more than happy to discuss your needs and find a quick resolution.

### Q. Who do I contact with queries that I have related to the administration of the course?

For any queries that are related to course admin such as payments, course enrolment, access to the curriculum and any quiz issues, please access the "Contact Us" page and then use the "Send Us a Message" facility or get in touch with the instructor directly through the course or via email [tutor@thelearning.academy](mailto:tutor@thelearning.academy).