The Certificate in Health and Wellness programme is intended to prepare those with an interest in dietetics, nutrition, wellness and fitness for service in their local church and community as they seek to share the Seventh-day Adventist lifestyle - including the benefits of a vegetarian diet and of regular exercise and physical fitness.

HEALTH PRINCIPLES
FIT FOR LIFE
NUTRITION
PERSONAL FITNESS PLAN
CONSULTATION
HEALTH PROGRAMS
Certificate in Health and Wellness

Duration and Cost: 10 weeks (£3,990)
- 1st 5-week residential: 14 July - 15 August 2014 (£1,995)
- 2nd 5-week residential 13 July - 14 August 2015 (£1,995)
- This special all-inclusive package price includes all tuition, accommodation and meals
- Financial assistance is available for participants in this programme. Please contact your Union/local Conference health ministries director for details.

Study mode/s: On-campus intensive (some modules are available online but are not included in the package pricing for each residential)

Intake: First cohort begins on 14 July 2014
Total programme credits: 20 US credits*
Programme Leader: Dr Sandra Rigby-Barrett
Offered by: Newbold College of Higher Education (UK) in partnership with Andrews University (USA)*

Programme content
The Certificate in Health and Wellness comprises the following modules:

- Health Principles
- Fit for Life
- Nutrition
- Personal Fitness Plan
- Consumer Health
- Natural Therapies
- Pilates OR Cardio Kick
- Wellness Programmes
- Health and Fitness Evangelism

Each module can be completed over successive summer residentials on the Newbold campus. Some modules are also offered online through Andrews University. Modules taken online are not included in the all-inclusive package price for tuition, accommodation and meals being offered for residential mode studies.

RESIDENTIAL 1 (Newbold Campus)
14 July - 15 August 2014

HEALTH PRINCIPLES (3 US credits)
Provides an introduction to the biblical basis of health and includes a study of the historical development and basis of the health message in the Seventh-day Adventist Church. The role of health promotion in current society is examined and current issues in nutrition, food safety, public health and wellness are discussed.

FIT FOR LIFE (1 US credit)
Provides a balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management and stress, as well as the principles of health according to the Bible and Ellen G. White. Practical tools are given to help adopt and model healthier lifestyles.

NUTRITION (3 US credits)
Includes a study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health.

PERSONAL FITNESS PLAN (1 US credit)
Includes a study of the basic-fitness concepts and principles in conjunction with a personalised exercise programme for physical fitness. Weekly independent workouts are required.

CONSUMER HEALTH (2 US credits)
Provides an analysis of the various fads in society today, and the methods and techniques used by promoters of healthcare products and services includes a study of ways in which consumers are vulnerable to certain health claims and scams, and the protection provided to the consumer by governmental agencies.

RESIDENTIAL 2 (Newbold Campus)
13 July - 14 August 2015

NATURAL THERAPIES (3 US credits)
Includes the study of simple natural therapeutic remedies, including massage, hydrotherapy and herbal therapies.

PILATES (1 US credit)
Teaches the Pilates fundamentals and essential mat work exercises, then works towards mastery of these basic skills. Pilates exercises can help to strengthen core muscles and increase flexibility, endurance, posture and body awareness.

OR

CARDIO KICK (1 US credit)
Provides the opportunity to participate in a high-intensity, cardio workout utilising kickboxing techniques and aerobic movements. In addition, students learn abdominal exercises and whole body strengthening exercises.

PLEASE NOTE - Students choose EITHER Pilates OR Cardio Kick

WELLNESS PROGRAMMES (3 US credits)
Helps participants learn the steps of needs assessment of a community, planning a community wellness programme, conducting a health promotion while utilising the resources of the community, and evaluating the programme.

HEALTH AND FITNESS EVANGELISM (3 US credits)
Explores the principles and concepts of biblical evangelism and applies those teachings within the context of health and fitness in modern society. Also covers a deeper exploration of the practical applications of physical activity from the outset of the Seventh-day Adventist Church and how it applies to today. Includes a strategic approach to developing modern methods for health and fitness evangelism to strengthen the “right arm” of the Church’s effort in ministry.

* Programme accepted by Andrews University. Subject to final memorandum of understanding.

For more information on the Certificate in Health and Wellness, visit: www.newbold.ac.uk/health-and-wellness
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