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OUR MISSION STATEMENT

BCNH - UK College of Nutrition and Health was formed in April 2000 by its current Principal, Breda Gajsek. The main objectives of the college are as follows:-

- To train nutritional therapists of superior technical knowledge and clinical skills.
- To teach nutritional therapy as a health science, rather than an 'alternative' medicine.
- To promote of nutritional therapy as a complementary (not alternative) discipline to orthodox medicine.
- To put students' education before profit.

THE NATURE OF OUR TRAINING

At BCNH we believe that the best possible healing results can only be achieved by a thorough understanding of human anatomy, physiology and pathology.

We believe in evidence-based practice; our course material is referenced and students must reference their work.

Experienced lecturers and practitioners train BCNH students to achieve their highest potential. BCNH teaching methods include traditional lectures, small group seminars and personal tutor support.

OUR PRINCIPLES

We believe that what Hippocrates said two and a half millennia ago, is still true today: -

'Let food be your medicine and medicine be your food'

OVERVIEW OF COURSES OFFERED BY BCNH

At BCNH we offer many types of nutrition courses for UK and international students alike: -

SFC (SCIENCE FOUNDATION COURSES) - 1-year part-time course

BSc (Hons) Complementary Therapies (Nutritional Health) - in partnership with University of Greenwich - **4-year part-time course**

BCNH Diploma in Nutritional Therapy - 3.5-year part-time course

Distance learning nutrition courses

Individual lectures and workshops (subject to demand)

Nutrition courses for health professionals (subject to demand)

Continuing professional development (CPD) courses

WHAT IS THE DIFFERENCE BETWEEN THE DEGREE & THE DIPLOMA COURSE?

Students on the Diploma course will complete all BCNH courses and only 3 out of 11 University of Greenwich Courses. Students will be able to APL the completed courses to BSc at a later date.

DEGREE & DIPLOMA COURSE ENTRY REQUIREMENTS

- 'A' Level Human Biology and 'A' Level Chemistry.
- Applicants who do not have the above, are required to complete a Science Foundation course and submit a history of educational and work experience to the Academic Board for approval.

CLINICAL ATTENDANCE

Students' clinical training is arranged in clusters to minimise the frequency of travel to London.

ACCREDITATION

BCNH course modules are CREDIT RATED by the University of Greenwich. On completion of all modules, students will be awarded a BSc (Hons) Complementary Therapy (Nutritional Health) by the university.

As a member of the NTC Schools Forum, we (BCNH - UK College of Nutrition & Health), have completed Stage 1 of the NTC Accreditation process. However, full accreditation (Stage 2) status is not available to any Training provider since Stage 2 requirements are currently being finalised by the NTC. Please consult the NTC's literature and on its web page.

Our core course curriculum is based on the Nutritional Therapy Council's (NTC) National Occupational Standards.

BCNH COURSE LOCATION

BCNH lectures and seminars are held in the heart of central London at University College London - UCL (off Gower Street or Malet Street).

University of Greenwich lectures are held at the university campus in Folcanwood (but are also available online).



FACILITIES

As students register with both, the University of Greenwich and BCNH, students can use library facilities and other resources at the UG.

OVERSEAS STUDENTS

BCNH welcomes overseas students. Several overseas students have already studied with BCNH and we have graduates practicing in countries such as Malta, Dubai, South Africa, New Zealand and Indonesia.

LIFE AFTER GRADUATION

Our graduates have gone on to work for leading nutraceutical companies and private clinics. Many have also started their own successful practices. Some are lecturing and training future nutritional therapists, others are working on community based initiatives or in catering consultancies.



WHAT PEOPLE SAY ABOUT US

This course overcame my science phobia!

It was so thoroughly and carefully taught that I realised that I could "do science" after all. Attention to detail was good and it gave me a thorough grounding in biology as well as confidence in my knowledge. Tutor was excellent - human, supportive and made it seem easy. **SFC student**

A college with a strong reputation

I chose BCNH because it has a very strong reputation for teaching nutrition thoroughly which is well founded. Each topic is covered in great breadth and depth which leaves me feeling confident in the knowledge I am gaining. The enthusiasm and commitment of the lecturers and BCNH staff is contagious and students are treated with respect, flexibility and individuality. The course is intellectually demanding and definitely needs personal commitment, but you really feel the staff want you to do well and are keen to offer support. This is important as most of the students lead busy lives trying to juggle a part time degree with career, family and personal commitments. **Lynne S (BSc student)**

Studying at BCNH is interesting and flexible

The BCNH modules are fascinating. They tend to be taught by an expert in the field, rather than by a more general lecturer e.g. the musculoskeletal module was taught by an osteopath and the gastro-intestinal module was taught by a surgeon. This makes each lecture weekend quite unique and gives the students an opportunity to ask an expert questions and hear about the lecturers own clinical experience.

The modules are well structured. There is a lecture weekend which you can either attend or catch up on at home by yourself as BCNH records all lectures and sends you a CD of the lecture plus copies of all lecture notes. There is then a theory seminar to make sure we understood the lectures and also a clinical seminar where we go through a case study. You are sent a workbook to do for each module which is good for making sure you understand the module. When the workbook is completed, BCNH send you model answers which you can use for exam revision. There is usually an assignment for each module too. In addition we have to complete "fact sheets". This builds up a portfolio which we will then have to hand out to clients when they visit us in practice.

The BCNH course is tough and demanding. It is hard work but then it has to be because when we are seeing clients we really need to understand what we are doing. The emphasis is on science and thoroughly understanding the mechanism behind everything. It is possible to complete this degree while also doing a full-time job which is great. The other students come from different fields and walks of life which make it even more interesting and everyone works well together. I have made some good friends on this course. **Level 2 student**