

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Adv Certificate in Therapeutic Diets & Wellness Coaching

Practitioner Level



LAPT — London Academy of Professional Training

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Reference PC-PNW-P • Petcare Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	PC-PNW-P
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Advanced Pet Nutrition

5 chapters · 30 classes 90 marks

• 1 Understanding Nutritional Needs of Different Pet Species — 6 classes

› 1.1 Identifying Nutritional Requirements Across Pet Species

› 1.2 Comparing Digestive Systems of Common Pets

› 1.3 Evaluating Macronutrient Needs for Diverse Pets

› 1.4 Exploring Micronutrient Essentials for Pet Health

› 1.5 Assessing the Impact of Life Stages on Pet Nutrition

› 1.6 Implementing Species-Specific Diet Plans

• 2 Bioavailability and Digestibility of Key Nutrients — 6 classes

› 2.1 Understanding Bioavailability in Pet Nutrition

› 2.2 Exploring the Impact of Digestibility on Pet Health

› 2.3 Analyzing Sources of Key Nutrients in Pet Diets

› 2.4 Comparing Digestibility Among Different Pet Food Types

› 2.5 Evaluating Nutrient Absorption in Pets

› 2.6 Applying Bioavailability Concepts to Formulate Better Pet Diets

• 3 Nutritional Imbalances and Their Health Implications — 6 classes

› 3.1 Identifying Common Nutritional Imbalances in Pets

› 3.2 Understanding the Causes of Nutritional Deficiencies

› 3.3 Analyzing the Symptoms of Overnutrition and Undernutrition

› 3.4 Evaluating the Impact of Nutritional Imbalances on Pet Health

› 3.5 Implementing Strategies to Correct Nutritional Imbalances

› 3.6 Developing Wellness Plans to Prevent Nutritional Issues

• 4 Therapeutic Diets for Managing Pet Health Conditions — 6 classes

› 4.1 Understanding Therapeutic Diets: Foundations and Principles

› 4.2 Identifying Pet Health Conditions: Signs and Symptoms

› 4.3 Matching Diets to Conditions: Strategies for Nutritional Intervention

› 4.4 Formulating Therapeutic Diets: Ingredients and Nutrient Profiles

› 4.5 Implementing Dietary Changes: Best Practices for Transition

› 4.6 Evaluating Outcomes: Monitoring and Adjusting Diet Plans

• 5 Integrating Wellness Coaching with Pet Nutrition — 6 classes

› 5.1 Understanding the Role of Nutrition in Pet Wellness

› 5.2 Analyzing the Nutritional Needs of Different Pets

› 5.3 Exploring the Principles of Wellness Coaching for Pets

› 5.4 Developing Customized Nutritional Plans for Pets

› 5.5 Integrating Mindfulness Techniques in Pet Feeding

› 5.6 Evaluating the Impact of Nutrition on Pet Behavior and Health

• 1 Understanding Pet Nutritional Needs — 6 classes

- › 1.1 Exploring Basic Pet Nutritional Needs
- › 1.2 Identifying Species-Specific Dietary Requirements
- › 1.3 Analyzing Nutrient Sources for Pets
- › 1.4 Evaluating Commercial Pet Food Options
- › 1.5 Understanding the Impact of Homemade Diets
- › 1.6 Applying Nutritional Knowledge to Optimize Pet Health

• 2 Evaluating Dietary Ingredients and Their Effects — 6 classes

- › 2.1 Understanding Nutritional Composition of Common Ingredients
- › 2.2 Analyzing The Impact of Macronutrients on Health
- › 2.3 Investigating Micronutrients and Their Health Benefits
- › 2.4 Examining the Role of Phytochemicals and Antioxidants
- › 2.5 Evaluating Additives and Preservatives in Diet
- › 2.6 Assessing Dietary Ingredients for Wellness Coaching

• 3 Assessing Dietary Impacts on Pet Health — 6 classes

- › 3.1 Understanding Nutritional Needs of Pets
- › 3.2 Identifying Common Dietary Issues in Pets
- › 3.3 Evaluating Pet Food Labels and Ingredients
- › 3.4 Analyzing the Effects of Diet on Pet Health
- › 3.5 Assessing Dietary Changes with Pet Behavior
- › 3.6 Formulating Dietary Recommendations for Pet Wellness

• 4 Investigating Nutritional Deficiencies and Excesses — 6 classes

- › 4.1 Understanding Nutritional Deficiencies: Causes and Consequences
- › 4.2 Identifying Common Nutrient Deficiencies in Diets
- › 4.3 Exploring Nutrient Excesses: Health Implications
- › 4.4 Analyzing Nutrient Deficiency and Excess in Case Studies
- › 4.5 Assessing Client Diets for Nutritional Imbalances
- › 4.6 Developing Strategies for Correcting Nutritional Imbalances

• 5 Formulating Customized Dietary Plans — 6 classes

- › 5.1 Understanding Client Dietary Needs
- › 5.2 Analyzing Nutritional Goals and Health Objectives
- › 5.3 Exploring Common Dietary Restrictions
- › 5.4 Creating Balanced Meal Plans
- › 5.5 Integrating Nutritional Preferences and Cultural Factors
- › 5.6 Evaluating and Adjusting Dietary Plans for Effectiveness

• 1 Foundations of Integrative Health in Pet Nutrition — 6 classes

- › 1.1 Understanding Integrative Health in Pet Nutrition
- › 1.2 Exploring Core Nutritional Needs for Pets
- › 1.3 Identifying Holistic Diet Components
- › 1.4 Analyzing the Impact of Balanced Diets on Pet Health
- › 1.5 Integrating Nutritional Supplements for Pets
- › 1.6 Implementing Personalized Diet Plans for Pets

• 2 Therapeutic Diets: Balancing Nutritional Needs — 6 classes

- › 2.1 Understanding Nutritional Balance
- › 2.2 Exploring Food Groups and Their Functions
- › 2.3 Analyzing Common Therapeutic Diets
- › 2.4 Assessing Nutritional Needs and Deficiencies
- › 2.5 Designing Personalized Diet Plans
- › 2.6 Implementing Strategies for Client Success

• 3 Herbal and Natural Supplements in Pet Health — 6 classes

- › 3.1 Exploring Herbal and Natural Remedies for Pets
- › 3.2 Understanding the Benefits of Popular Pet Supplements
- › 3.3 Assessing Safety and Efficacy of Herbal Supplements
- › 3.4 Tailoring Supplement Choices to Specific Pet Needs
- › 3.5 Integrating Herbal Supplements into Pet Diets
- › 3.6 Evaluating Case Studies in Pet Health with Supplements

• 4 Mind-Body Connections in Pet Wellness — 6 classes

- › 4.1 Understanding the Mind-Body Connection in Pets
- › 4.2 Exploring Behavioral Signals for Pet Wellness
- › 4.3 Identifying Stress Indicators in Animals
- › 4.4 Implementing Mindfulness Techniques for Pets
- › 4.5 Utilizing Diet to Support Mental Health in Pets
- › 4.6 Crafting Integrative Wellness Plans for Pets

• 5 Developing Holistic Wellness Plans — 6 classes

- › 5.1 Understanding the Core Principles of Holistic Wellness
- › 5.2 Identifying Client Needs through Comprehensive Assessments
- › 5.3 Crafting Personalized Wellness Plans
- › 5.4 Integrating Nutrition and Lifestyle Strategies Effectively
- › 5.5 Incorporating Mind-Body Approaches in Wellness Plans
- › 5.6 Evaluating and Adjusting Wellness Plans for Optimal Results

• 1 Understanding Pet Nutritional Needs — 6 classes

- › 1.1 Exploring Basic Pet Nutritional Needs
- › 1.2 Identifying Essential Nutrients for Pets
- › 1.3 Comparing Nutritional Requirements Across Pet Species
- › 1.4 Analyzing Commercial Pet Food Labels
- › 1.5 Assessing Dietary Strategies for Common Pet Conditions
- › 1.6 Designing Tailored Diet Plans for Pets

• 2 Assessing and Formulating Therapeutic Diets — 6 classes

- › 2.1 Understanding Client Dietary Needs
- › 2.2 Identifying Common Therapeutic Diets
- › 2.3 Conducting a Nutritional Assessment
- › 2.4 Formulating Personalized Dietary Plans
- › 2.5 Tailoring Diets for Specific Health Conditions
- › 2.6 Evaluating and Adjusting Dietary Prescriptions

• 3 Implementing Wellness Coaching Strategies — 6 classes

- › 3.1 Understanding Core Wellness Coaching Principles
- › 3.2 Conducting Initial Client Assessments
- › 3.3 Developing Personalized Wellness Plans
- › 3.4 Implementing Goal-Setting Techniques
- › 3.5 Using Motivational Interviewing in Coaching
- › 3.6 Evaluating Progress and Adjusting Wellness Strategies

• 4 Monitoring and Adjusting Pet Wellness Plans — 6 classes

- › 4.1 Understanding Pet Wellness Metrics
- › 4.2 Identifying Indicators of Pet Health
- › 4.3 Utilizing Tools for Wellness Tracking
- › 4.4 Analyzing Data to Adjust Wellness Plans
- › 4.5 Implementing Changes in Wellness Strategies
- › 4.6 Evaluating the Impact of Wellness Adjustments

• 5 Case Studies in Therapeutic Diets and Wellness — 6 classes

- › 5.1 Understanding Client Profiles in Therapeutic Diets
- › 5.2 Analyzing Dietary Needs for Wellness Coaching
- › 5.3 Identifying Common Nutritional Deficiencies
- › 5.4 Designing Customized Diet Plans
- › 5.5 Implementing Wellness Strategies Effectively
- › 5.6 Evaluating Outcomes and Adjusting Plans

• 1 Understanding Pet Nutritional Needs — 6 classes

- › 1.1 Exploring Basic Pet Nutritional Requirements
- › 1.2 Identifying Species-Specific Dietary Needs
- › 1.3 Analyzing the Role of Macro and Micronutrients in Pets
- › 1.4 Evaluating Pet Food Labels for Nutritional Content
- › 1.5 Formulating Balanced Diets for Various Pet Ages
- › 1.6 Adapting Diets for Pets with Health Conditions

• 2 Nutritional Deficiencies and Their Implications — 6 classes

- › 2.1 Understanding Common Nutritional Deficiencies
- › 2.2 Exploring Causes of Nutritional Deficiencies
- › 2.3 Identifying Symptoms and Risks of Deficiencies
- › 2.4 Analyzing the Impact of Deficiencies on Health
- › 2.5 Strategies for Addressing Nutritional Deficiencies
- › 2.6 Applying Knowledge to Formulate Therapeutic Diets

• 3 Principles of Therapeutic Diet Formulation — 6 classes

- › 3.1 Understanding Therapeutic Diets and Their Importance
- › 3.2 Exploring Nutritional Science Behind Therapeutic Diets
- › 3.3 Identifying Common Health Conditions Addressed by Therapeutic Diets
- › 3.4 Analyzing Dietary Components for Health Optimization
- › 3.5 Designing Custom Therapeutic Diets for Individual Needs
- › 3.6 Reviewing Case Studies in Therapeutic Diet Success

• 4 Implementation of Therapeutic Diets in Pet Health Management — 6 classes

- › 4.1 Understanding the Role of Therapeutic Diets in Pet Health
- › 4.2 Identifying Nutritional Needs for Different Pet Conditions
- › 4.3 Designing Balanced Diet Plans for Pets with Chronic Illnesses
- › 4.4 Customizing Diets for Weight Management and Fitness in Pets
- › 4.5 Implementing Diet Plans and Monitoring Pet Health Outcomes
- › 4.6 Evaluating and Adjusting Diets Based on Pet Health Progress

• 5 Evaluating the Effectiveness of Therapeutic Diets — 6 classes

- › 5.1 Understanding Key Concepts in Therapeutic Diets
- › 5.2 Exploring Methods for Evaluating Diet Effectiveness
- › 5.3 Analyzing Case Studies of Successful Therapeutic Diets
- › 5.4 Identifying Metrics and Indicators in Diet Assessment
- › 5.5 Comparing Different Therapeutic Diet Evaluation Tools
- › 5.6 Applying Evaluation Techniques to Real-World Scenarios

• 1 Principles of Wellness in Pets — 6 classes

- › 1.1 Understanding Pet Wellness: Core Concepts
- › 1.2 Identifying Wellness Needs in Pets
- › 1.3 Developing a Wellness Plan for Pets
- › 1.4 Implementing Therapeutic Diets for Pets
- › 1.5 Monitoring and Adjusting Pet Wellness Plans
- › 1.6 Communicating Wellness Strategies with Pet Owners

• 2 Communication Techniques for Effective Pet Wellness Coaching

— 6 classes

- › 2.1 Understanding Pet Wellness Needs and Goals
- › 2.2 Building Rapport with Pet Owners and Pets
- › 2.3 Mastering Active Listening Techniques
- › 2.4 Asking Effective Questions in Wellness Coaching
- › 2.5 Utilizing Empathy to Enhance Communication
- › 2.6 Implementing Feedback for Positive Outcomes

• 3 Building a Pet Wellness Plan — 6 classes

- › 3.1 Understanding Pet Needs and Nutrition Basics
- › 3.2 Identifying Wellness Goals for Pets
- › 3.3 Creating Customized Pet Diet Plans
- › 3.4 Implementing Routine Wellness Practices
- › 3.5 Monitoring and Adjusting Pet Wellness Plans
- › 3.6 Engaging Pet Owners in Wellness Coaching

• 4 Behavioral Aspects of Pet Wellness — 6 classes

- › 4.1 Understand the Basics of Pet Behavior
- › 4.2 Identify Behavioral Triggers in Pets
- › 4.3 Analyze the Role of Environment in Pet Wellness
- › 4.4 Explore Techniques for Positive Behavioral Reinforcement
- › 4.5 Implement Behavioral Modification Strategies
- › 4.6 Evaluate Case Studies in Pet Behavioral Health

• 5 Evaluating and Adjusting Wellness Strategies — 6 classes

- › 5.1 Understanding Wellness Strategy Evaluation
- › 5.2 Identifying Key Metrics for Wellness Success
- › 5.3 Analyzing Client Feedback and Progress
- › 5.4 Adjusting Approaches Based on Evaluation Findings
- › 5.5 Implementing Changes in Wellness Strategies
- › 5.6 Monitoring and Reassessing Adjusted Plans