

Functional Nutrition Program

PCC-IHP Program Overview

[The Functional Nutrition certificate program](#) at PCC-Institute for Health Professionals (PCC-IHP) is a rigorous entry-level, professional preparatory program, enabling you to start your career in nutrition!

We offer a 12 month, cohort-based program that starts every Fall term. As part of a larger college, our students benefit from the small class size and personalized teaching styles offered through the Institute for Health Professionals, while having access to the resources and services of a full college. Classes are taught via live-streaming technology, allowing students across North America to join instructors and peers twice each week.

Our program is closely aligned with NANP standards and is intentionally designed to provide students with a high quality education. To see the extensive list of our program learning outcomes [click here](#).

We are committed to your success, and to connecting you with valuable career resources. As such, we pay for one year of NANP Membership AND cover your Holistic Nutrition Credentialing Board (HNCB) certification exam. As you advance in the field, you can pursue additional certificates and degrees to increase your knowledge.

If you're interested in learning more about what you can do as a nutritionist, please see our blog post "[Explore the Many Job Opportunities for Nutritionists](#)".

1. **How are the courses within the program taught? Are classes virtual, held in person in a classroom, or both?**

PCC - Institute of Health Professional's [Functional Nutrition training program](#) is 100% online and cohort-based. During the 12 month program, we offer over 250 instructional hours in a blended format -- providing both synchronous and asynchronous learning content. Synchronous sessions are held virtually in the [flipped curriculum](#) model via Zoom twice a week: Mondays and Thursdays from 6-8pm PST, totalling four hours weekly. Additionally, we offer two hours of lecture-style asynchronous recordings to watch at your convenience each week.



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2. Are your courses self-paced, or do they keep to a specified schedule?

We are a cohort-based program. As such, our educational content and assessments follow a specified schedule that is provided at the beginning of each term.

Our one-year program starts every Fall term (in September); the program is delivered over four consecutive 10-week terms. Attendance of live class sessions is required >80% of the time to maximize learning. Assignments due dates, holidays/breaks, and other details are included in the published schedule for each course.

3. What qualifications do your instructors have?

Our instructors hold a Master's degree or higher in their respective field. All of the instructors teaching direct nutrition concepts and skills hold a Master's of Nutrition or higher, proving their expertise and commitment to this exceptional field. Instructors teaching specialized areas such as counseling, business, and herbal medicine hold relevant Master's degrees and certifications.

Additionally, all of our instructors actively work in their area of expertise, ensuring that they remain current in their field. Instructors draw from this work to provide relevant, real world examples to students.

4. How much access will students have to their instructors for questions, additional support, or having discussions outside the scheduled course time?

With four hours of live-streamed instruction and one hour of office time each week, we are delighted to provide broad access to our practice-informed instructors. In addition to the scheduled five hours of live instructor access, instructors are also available to answer questions via email.

PCC-IHP's comprehensive instructor-student interactivity greatly exceeds that of most other nutrition certificate programs, providing our students a significant advantage.

5. Is there ample interaction with other students taking the course, or are students fully independent in their coursework?

Yes, our program is cohort-based and limited to 25 students. Students continue with the same cohort for the entire 12 months, providing an interactive learning community with whom to grow. Students engage in group activities during synchronous class sessions, and asynchronously via weekly discussion boards. They are also invited to participate in optional study groups outside class.



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6. What is the school's primary food philosophy? Do you teach a variety of food philosophies for a well-rounded approach?

The PCC-IHP Functional Nutrition program provides a robust, evidence-based understanding of nutrition and various food philosophies, upon which you can build your knowledge and practice.

Our comprehensive program takes a personalized, bio-individual approach to nutrition – grounded in the perspective that one's food truly is medicine. We train students how to guide everyone towards achieving their own optimal health – utilizing high quality foods, supplements, and protocols.

7. Does the holistic nutrition program also include cooking lessons, recipe development, basic kitchen methodology?

As part of our program, the 3-week Culinary Nutrition course trains students to develop whole-foods based, health-promoting menu plans with attention to special diets and food preferences. We also equip students with resources focusing on recipe development and kitchen methodology. Upon completion of our program, some students choose to assist not just clients, but restaurants and businesses in planning and techniques to create healthy and flavorful meals/menus.

For an extensive list of our program learning outcomes [click here](#).

8. What type of business guidance is offered by the program? Do you provide business development courses, electives, counseling or resources?

The PCC-IHP program intentionally includes a Business & Practice Considerations course to support students in preparing to offer client services after they graduate. The course guides students through:

1. Creating their plan for operating a successful Functional Nutrition Therapy practice.
2. Selecting a business entity and starting a nutritionist practice.
3. Identifying key customers.
4. Outlining their marketing strategy.
5. Designing a revenue model for your practice.
6. Determining start-up costs and basic budget expectations.
7. Putting people and processes in place to grow a practice.
8. Creating an Action Plan for the first 12 months of your business.



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Additionally, PCC-IHP has a close and long-standing partnership with the local Small Business Development Center (SBDC). This organization offers students and graduates resources and free one-on-one consultations to small businesses, both virtually and in the same building that houses PCC-IHP.

9. Will this program help me find a job or prepare for a career?

Being a part of a college, PCC-IHP students are encouraged to utilize PCC's Career Services and other resources in seeking employment and/or preparing for life after graduation. Our Career Service Professionals can assist with resume writing, interview preparation, networking and other valuable skills.

As previously mentioned, our Small Business Development Center (SBDC) also serves graduates seeking to develop their own business or independent practice.

PCC-IHP has an established network of industry partners who share internship, networking, and other opportunities that we pass along to students. PCC-IHP also covers your NANP Student Membership, giving you access to NANP job postings, HEALCon, networking, and other valuable career resources.

10. What is their NANP Board Exam pass/fail rate? How many students sit for the NANP Board Exam? Do they offer study groups in preparation for the Board Exam?

Our pass rate in 2020 was 100%.

We attribute our students' success to many things including the following:

1. Our expert instructors, who are committed to supporting students, guiding them through understanding key concepts and objectives at a deep and real-world level.
2. Our cohort-based model, in which students learn both together and from one another. Students develop a community of support that they can utilize throughout their nutrition career.
3. Students have access to recordings of live-streamed classes, discussion boards and other resources, allowing them to review material as needed.
4. We provide students with a unique, program-specific HNCP study guide, offering students an index of key areas to study in preparation for the board exam.



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11. How long has the school been in business? Tell me a little about your school. Are you approved by NANP?

Portland Community College's - Institute of Health Professionals (PCC-IHP) was founded over 25 years ago. The larger institution of PCC was founded in 1924 and is accredited by the Northwest Commission on Colleges and Universities (NWCCU). As a PCC-IHP student, you have access to PCC libraries, databases, student services and career resources.

PCC-IHP first created a holistic certificate in nutrition in 2010. The program was redesigned significantly twice -- in 2016 and in 2020, resulting in the current [Functional Nutrition Certificate Program](#), which is recognized by the Oregon Board of Education.

We have been approved by the NANP for our educational standards three times, with the most recent approval occurring in March, 2021. Our current NANP approval extends through 2026. As an institution, we are committed to continuous quality improvement (CQI) every term, ensuring our program remains current and educationally engaging.

12. What is the financial status of the institution? Is the school financially solvent?

PCC serves more than 60,000 students annually. Being part of a larger college institution, PCC-IHP has solid backing and is in good financial standing.

The Institute for Health Professionals (IHP), the specialized department within PCC that houses the Functional Nutrition Certificate Program, began more than 30 years ago. IHP has served thousands of students, and has been a self-supporting Institute, generating positive revenue and cash flow for the college.

IHP proudly helps students begin or advance their careers in healthcare. We are confident in our commitment to students in supporting them to complete their education, then have continued access to records and resources post-graduation.



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13. Does the program accept scholarships or offer financial assistance to students?

As a non-credit, professional development certificate program, our students do not qualify for FAFSA funding. We do, however, accept scholarships, grants, educational awards, and employer contributions; these can be applied directly to your program tuition.

Additionally, we provide various interest-free payment plans, allowing you to spread payments throughout the year-long program.

14. How do I join your program?

We welcome people from all backgrounds and careers -- whether you are looking to start a career in nutrition or are desiring to enhance your existing healthcare practice.

Applications become available in late Spring and are accepted through the Summer. As our program is cohort-based, space is limited. We encourage you to apply early to ensure your place in the program!

Questions?

[Click here](#) to request more information or contact [Amy Evans](#) or [Zrinka Glavas](#).



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