

## NCA Level I Curriculum – Pilot Program

WEEK	TOPIC	HOURS	QUIZ? Y/N	LEARNING MODE
1	Becoming an NCA	2	N	Video, Online Book, Welcome Box
2	Why Your Doctor Recommends Whole Food Supplements	2.5	Y	SRP Book
3	Put Your Money Where Your Mouth Is	2.5	Y	SRP Book
4	Musculoskeletal System	2	Y	Video
5	Cardiovascular & Respiratory Systems	2	Y	Video
6	Digestive System	2	Y	Video
7	Endocrine & Nervous System	2	Y	Video
8	Basic Physical Exam & Intake	2	Y	Video
9	Whole Food Nutrition Foundations	3	Y	Video, SRP Booklet, WAP Booklet
10	Health Trends in America	2	Y	Video, Handouts
11	Foundational Nutritional Solutions for Every Clinic	3	Y	Video, Handouts
12	Popular Diet & Eating Plans	2	Y	Video, Handouts
13	Purification & Weight Loss	2	Y	1 Degree of Change, Video
14	Purification Program Implementation	2	Y	Video
15	Purification Foods & Meal Planning	2	Y upload recipe pics	1 Degree of Change, Video
16	Post-Purification Coaching and Assistance	2	Y	Video
17	Office & Business System Evaluation	3	N	Survey, Online Booklet
18	Email, Communications & Privacy	2	Y	Video
19	Trophia Simple Steps – Putting it together with patient self-health talk	2	Y	Magazine
<b>DIRECTED CONTENT TOTAL</b>		<b>42 Hrs</b>		

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WEEK	TOPIC	HOURS	QUIZ? Y/N	LEARNING MODE
20	Catch-up, Review & Exam Prep Using the NCA Study Guide		N	Online Booklet
21	Final Exam – Questions based on curriculum learning and study guide materials. A sample exam will be provided to all enrollees.		60 Points	Online, Open book, Multiple-Choice Test
<b>ON YOUR OWN AT YOUR PACE</b>	Presenters Panel Compilation Course – this course is a compilation of teaching topics presented by various Whole Food Practice presenters. Each section is designed in short segments (5-20 minutes) that can be taken at your own pace and over the course of the program.	18	Y	Online Course
<b>ESTIMATED 5-6 MONTH COMPLETION PERIOD</b>		<b>60 Hrs</b>		

Notes:

- 1) All quizzes and the final exam are online, open book and graded immediately. NCA enrollees must pass these tests with an 80% or better. Quizzes and the final exam may be taken as many times as necessary to achieve a passing score.
- 2) All segments of the NCA program are directed study, meaning that Whole Food Practice will provide the materials and timelines to achieve successful completion, and the costs associated with these materials are included in the tuition.
- 3) Completion timelines are guidelines. Enrollees will be encouraged to maintain a schedule of study that keep them on track, but no penalty will be assessed if more time is needed.