

EUROPEAN BACHELOR'S IN HEALTHY LIFESTYLE, NATUROPATHY & WELLNESS - LEVEL 6 EQF



Level
6 EQF (European
Qualifications Framework)



Duration
9 to 18 months



Credits
60 ECTS



Target group
Students - people seeking
employment - employees
and professionals in the
sector



Admission requirements
Candidates holding a level 5
EQF qualification or a
qualification equivalent to the
attainment of 120 ECTS



Course Structure
Full-time or work-study



Pedagogical methods
Theoretical courses, tutorials
and practical work
Case studies and professional
scenarios
Individual and group projects



Professional assessments :

- Quiz (2h)
- Study Case (3h)
- Continuous assessment
- Activity report and professional support (30 min)

CCE :

- Quizzes (1h20)

Modern language :

- Reading Comprehension (1h)
- Listening (45min)

The FEDE, as a certifier, is in charge of the assessment processes

- Organisation and planning of exam sessions
- Development of topics and model answers
- Ensuring compliance with examination regulations and supervision (anonymity, integrity, confidentiality)
- Assessment and marking of papers
- Reporting results, issuing diplomas, diploma supplements and certificates

www.fede.education/en/fede-quality-charter

Since the turn of the century, healthy living, naturopathy and wellbeing have evolved significantly, driven by a growing interest in holistic approaches. Scientific advances and interest in natural practices have increased the demand for qualified professionals.

The European Bachelor's in Healthy Lifestyle, Naturopathy & Wellness aims to train skilled practitioners, combining theory and practice to provide an in-depth understanding of these disciplines. Graduates will be equipped to offer natural and sustainable wellness solutions, while respecting high ethical standards, without taking the place of healthcare professionals.

LEARNING OUTCOMES

- Carry out vitality and lifestyle assessments as part of a preventive approach, offer personalised recommendations to optimise wellbeing.
- Design preventive lifestyle programmes, incorporating individualised strategies to promote wellbeing.
- Provide vital healthcare advice, helping individuals to adopt healthy, balanced lifestyles tailored to their specific needs.
- Understand the legal, accounting, administrative and tax aspects of setting up a naturopathic practice

PROGRAMME

PROFESSIONAL SKILLS (1012-1106 HOURS)

Fundamentals of Physiology and Pathology Human anatomy - The five senses - The digestive / endocrine / genitourinary / cardiovascular / haematological / immune / locomotor / nervous / respiratory / integumentary systems - Biology - Microbiology

Naturopathic Approach to Systemic Imbalances Imbalances in the senses / cardiovascular / digestive / endocrine / neuro-glandular / genitourinary / haematological / immune / locomotor / metabolic / nervous / reproductive / respiratory and ENT systems

The Basics of Naturopathic Vital Hygiene Alternative naturopathic practices - Main complementary techniques - Top 10 approaches

Preventive Measures and Support in Food Hygiene Food hygiene - Biochemistry - Carbohydrate, lipid and protein metabolism - Micronutrients - Vitamins - Additives - Bio dietetics

Stress Prevention and Management Relaxation techniques - Flowers and flower essences

Other Major Naturopathic Procedures Herbal medicine - Essential oils - Gemmotherapy Reflexology - Massages - Physical exercise

Tools and Steps in the Naturopathic Assessment Morphology - The naturopathic assessment - Morpho-physiology - Morpho-psychology

Naturopathic Advice and Conducting Sessions Naturopathic tools and approaches - Client file management

Naturopathic Approach to Population Groups Vital hygiene for pregnant people - Vital hygiene for children/adolescents/seniors/athletes

Setting Up Legislation, professional ethics and case law - Professional recognition and organisations - Business development techniques - Legal, accounting and tax aspects - Marketing and communication - Monitoring and continuous training

Professional assignment (≥12 weeks)

Internship - Apprenticeship - Salaried employment

CAREER DESTINATIONS

- Naturopathy Practitioner
- Lifestyle And Naturopathy Advisor
- Wellness Coach
- Sales Advisor in the wellness sector
- Employee in a specialized center: thalassotherapy, health and beauty centres, spas, fitness centres, hydrotherapy and balneotherapy centres, etc.
- Wellness Centre Manager

FEDE'S ASSET - EUROPEAN DEGREE

EUROPEAN CULTURE AND CITIZENSHIP (40H)

The European project: Culture and Democracy for Active Citizenship

- Importance of History (OHE - Observatory on History Teaching in Europe)
- Contemporary Europe
- Europe and the World
- Cultures and diversity in Europe
- European citizenship
- The Workings of the European Union
- Importance, challenges and future of European construction
- Focus on corruption (GRECO)

Intercultural management and human resources

- Culture and cultural diversity
- Intercultural communication in an organisation
- Managing intercultural aspects and resolving cultural conflicts
- Working in Europe
- Social protection systems in Europe
- Corporate Social Responsibility (CSR)

MODERN LANGUAGE (60-80 HOURS)

Modern language 1 - CEFR Level B1
German, English, Spanish, French, Italian, Portuguese
Modern language 2 and 3 (optional)
German, English, Arabic, Chinese, Spanish, French, Italian, Portuguese