OFFICE OF ACADEMIC AFFAIRS

Certified Functional Medicine Practitioner

AFNA is the first professional practitioner pathway designed to issue one verified certificate for every completed specialization module — allowing you to build a multi-disciplinary functional medicine profile over time.

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CREDENTIAL AWARDED
Functional Medicine Practitioner Certification

ACADEMIC LEVEL
Level II - Professional

FACULTY
Teresa R.

DURATION
60h

INSTRUCTIONAL UNITS
168 units across 22 modules

ACADEMIC DEPARTMENT
Health & Wellness

PROGRAM OVERVIEW

Instead of a single, generic credential, you graduate with a portfolio of focused certifications that reflect your real expertise and professional growth. Each module builds your professional identity as a Functional Medicine Practitioner.

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Credential Conferred Upon Completion

- Certified Master Practitioner Certification - conferred by AADP
- Unique credential verification number for independent professional validation
- Minimum passing standard: 70% on all prescribed assessments
- Assessments may be reattempted without limitation
- Board Certification (BC) eligibility upon successful completion and faculty review

ACADEMIC CURRICULUM

22 modules · 168 instructional units

NO.	MODULE TITLE	UNITS
01	Welcome & Orientation	4 units
02	Functional Medicine Foundations	8 units
03	Health Coaching Mastery	8 units
04	Clinical Assessment	8 units
05	Professional Practice	8 units
06	Functional Nutrition	8 units
07	Gut Health	8 units
08	Stress & Adrenal Health	8 units
09	Sleep & Circadian Rhythms	8 units
10	Female Hormone Health	8 units
11	Perimenopause & Menopause	8 units
12	Thyroid Function	8 units
13	Metabolic Health	8 units
14	Immune System Function	8 units
15	Brain Health & Mood	8 units
16	Cardiovascular Health	8 units
17	Cellular Energy & Mitochondria	8 units
18	Detoxification & Environmental Toxins	8 units
19	Functional Lab Testing	8 units
20	Protocol Building	8 units
21	Practice Building	8 units
22	Final Exam	4 units

Module 0: Welcome & Orientation

Welcome to your certification journey. Set yourself up for success with our learning roadmap and community.

01 Welcome to Your Certification Journey
02 How This Program Works
03 Setting Up For Success
04 Your Learning Roadmap & Community

Module 1: Functional Medicine Foundations

Introduction to functional medicine, systems biology, the FM timeline, matrix, and the power of the patient story.

01 Introduction to Functional Medicine
02 What Is Functional Medicine & Why It Matters
03 Systems Biology & Root Cause Thinking
04 The Functional Medicine Timeline
05 The Functional Medicine Matrix
06 The Power of the Patient Story
07 Conventional vs. Functional Approach
08 Case Studies: Seeing the Whole Picture

Module 2: Health Coaching Mastery

Building trust, active listening, powerful questions, motivational interviewing, OARS, and the stages of change.

01 Introduction to Health Coaching
02 Building Trust and Rapport
03 Active Listening and Presence
04 The Art of Powerful Questions
05 Motivational Interviewing and OARS
06 Stages of Change and Behavior Science
07 Goal Setting and Action Planning
08 Case Studies: Coaching in Action

Module 3: Clinical Assessment

Introduction to clinical assessment, health history intake, and functional medicine diagnostic tools.

01 Introduction to Clinical Assessment
02 Conducting a Comprehensive Health History
03 Building the Functional Medicine Timeline
04 Symptom Clustering and Pattern Recognition
05 Red Flags: When to Refer
06 Structuring Your First Session
07 Documentation and Follow-Up Systems
08 Case Studies: Intake Mastery

Module 4: Professional Practice

Ethics, scope of practice, documentation, and professional standards for health coaches.

01 Introduction to Professional Practice
02 Understanding Your Scope of Practice
03 Legal Considerations for Health Coaches
04 Ethical Guidelines and Boundaries
05 Working with Healthcare Providers
06 Confidentiality and Client Rights
07 Building a Referral Network
08 Case Studies: Navigating Ethical Dilemmas

Module 5: Functional Nutrition

Macronutrients, blood sugar balance, anti-inflammatory eating, food sensitivities, and therapeutic diets.

01 Introduction to Functional Nutrition
02 Macronutrients Demystified
03 Blood Sugar Balance & Metabolic Health
04 Anti-Inflammatory Eating
05 Food Sensitivities & Elimination Diets
06 Therapeutic Diets in Functional Medicine
07 Practical Nutrition Coaching Strategies
08 Case Studies: Nutrition in Action

Module 6: Gut Health

The microbiome, gut-brain axis, leaky gut, SIBO, IBS, and the 5R protocol.

01 Introduction to Gut Health
02 The Microbiome: Your Inner Ecosystem
03 The 5R Protocol for Gut Restoration
04 Leaky Gut & Intestinal Permeability
05 SIBO & Digestive Dysfunction
06 Supporting Digestion Naturally
07 The Gut-Brain Connection
08 Case Studies: Gut Healing in Action

Module 7: Stress & Adrenal Health

Understanding the stress response, HPA axis, cortisol patterns, and adrenal support strategies.

01 Introduction to Stress and the Stress Response
02 The HPA Axis and Cortisol Patterns
03 The Autonomic Nervous System
04 Practical Stress Management Strategies
05 Adrenal Support and HPA Axis Recovery
06 The Stress-Hormone Connection
07 Building Stress Resilience Over Time
08 Case Studies: Stress and Adrenal Health

Module 8: Sleep & Circadian Rhythms

Sleep architecture, circadian biology, sleep disorders, and sleep optimization protocols.

01 Introduction to Sleep and Circadian Rhythms
02 Common Sleep Disruptors
03 Sleep Hygiene Foundations
04 Nutritional Support for Sleep
05 Sleep and Hormones
06 Cognitive Behavioral Strategies for Sleep
07 Special Populations and Sleep Challenges
08 Case Studies: Sleep Transformation

Module 9: Female Hormone Health

The menstrual cycle, estrogen, progesterone, testosterone, and hormone balancing strategies.

01 Introduction to Female Hormones
02 The Menstrual Cycle Decoded
03 Common Hormonal Imbalances
04 PMS and PMDD
05 PCOS: A Functional Medicine Approach
06 Supporting Estrogen Balance
07 Natural Progesterone Support
08 Case Studies: Women's Hormone Health

Module 10: Perimenopause & Menopause

Understanding perimenopause, symptom management, hormone therapy options, and thriving post-menopause.

01 Understanding Perimenopause
02 The Symptom Spectrum of Perimenopause
03 Lifestyle Foundations for the Menopausal Transition
04 Supplements for Perimenopausal Support
05 Understanding Hormone Therapy Options
06 Postmenopause: Thriving in the Next Chapter
07 Special Considerations in Menopause
08 Case Studies: Menopause

Module 11: Thyroid Function

Thyroid physiology, hypothyroidism, hyperthyroidism, Hashimoto's, and thyroid optimization.

01 Introduction to Thyroid Function
02 Common Thyroid Disorders
03 Thyroid Testing and Interpretation
04 Root Causes of Thyroid Dysfunction
05 Nutrition for Thyroid Health
06 Lifestyle Strategies for Thyroid Support
07 Working with Thyroid Medication
08 Case Studies: Thyroid Health

Module 12: Metabolic Health

Understanding metabolism, insulin resistance, metabolic syndrome, and weight management.

01 Understanding Metabolism
02 Insulin Resistance and Blood Sugar Regulation
03 Root Causes of Weight Gain
04 Sustainable Approaches to Weight Management
05 Dietary Approaches for Metabolic Health
06 Body Composition and Movement
07 Medications and Supplements for Metabolic Health
08 Case Studies: Metabolic Health

Module 13: Immune System Function

Understanding immunity, autoimmunity, inflammation, and immune modulation strategies.

01 Understanding the Immune System
02 Common Autoimmune Conditions
03 Root Causes of Immune Dysfunction
04 Anti-Inflammatory Nutrition
05 Lifestyle Strategies for Immune Balance
06 Gut Health and Autoimmunity
07 Supplements for Immune Support
08 Case Studies: Autoimmunity

Module 14: Brain Health & Mood

Neurotransmitters, mood disorders, cognitive function, and brain optimization.

01 The Brain-Body Connection
02 Neurotransmitters and Brain Chemistry
03 Anxiety and Depression: Root Causes
04 Cognitive Function and Brain Fog
05 Sleep and Mental Health
06 Nutrition for Brain Health
07 Lifestyle Medicine for Mental Wellness
08 Case Studies: Mental Health

Module 15: Cardiovascular Health

Understanding CVD risk factors, lipid management, blood pressure, and heart-healthy protocols.

01 Understanding Cardiovascular Disease
02 Blood Pressure and Vascular Health
03 Cholesterol and Lipids: Beyond the Basics
04 Blood Sugar and Diabetes Prevention
05 Nutrition for Heart Health
06 Exercise and Cardiovascular Fitness
07 Stress, Sleep, and Heart Health
08 Case Studies: Cardiometabolic Health

Module 16: Cellular Energy & Mitochondria

ATP production, mitochondrial health, fatigue syndromes, and energy optimization.

01 Understanding Cellular Energy Production
02 The Fatigue Epidemic
03 Nutrition for Optimal Energy
04 Exercise and Mitochondrial Biogenesis
05 Sleep and Cellular Restoration
06 Stress, Cortisol, and Energy Depletion
07 Supplements for Mitochondrial Support
08 Case Studies: Energy and Mitochondrial Health

Module 17: Detoxification & Environmental Toxins

Phase I/II detox pathways, environmental toxin exposure, and detox support protocols.

01 Understanding Environmental Toxins
02 The Body's Detoxification Systems
03 Nutrition for Detoxification Support
04 Reducing Toxic Exposures in Daily Life
05 Lifestyle Practices That Support Detoxification
06 Supplements for Detoxification Support
07 Mold Illness and Environmental Sensitivity
08 Case Studies: Detoxification

Module 18: Functional Lab Testing

Comprehensive lab panels, optimal ranges, GI-MAP, DUTCH, and organic acids testing.

01 Introduction to Functional Lab Testing
02 Blood Chemistry Basics
03 Complete Blood Count Interpretation
04 Thyroid Testing
05 Lipid Panels and Cardiovascular Markers
06 Hormone Testing
07 Gut and Microbiome Testing
08 Case Studies in Lab Interpretation

Module 19: Protocol Building

Building individualized protocols, supplement selection, and treatment plan development.

01 Introduction to Protocol Building
02 Client Assessment and Goal Setting
03 Nutrition Protocol Design
04 Lifestyle Protocol Design
05 Supplement Guidance Within Scope
06 Program Sequencing and Phasing
07 Tracking Progress and Adjusting
08 Case Studies: Protocol Building

Module 20: Practice Building

Defining your niche, creating packages, marketing, client enrollment, and sustainable growth.

01 Introduction to Practice Building
02 Defining Your Niche and Ideal Client
03 Creating Coaching Packages and Pricing
04 Marketing Foundations and Client Attraction
05 Consultation Process and Client Enrollment
06 Practice Systems and Operations
07 Building Referral Networks
08 Sustainable Growth and Practice Evolution

Final Exam

Comprehensive assessment covering all modules. 70% required to pass.

01 Certification Review

02 Final Assessment Preparation

03 Final Certification Exam

04 Your Next Steps

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ENROLLMENT AND ACCESS

Program Access

- Lifetime access to all course materials
- 100% online, self-directed delivery
- Curriculum updates applied automatically

Student Support

- Dedicated academic support team
- Response within 24 business hours
- University community access

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ACADEMIC PATHWAY

FNA programs are structured across five progressive levels. Students may begin at Foundation (free mini-diploma) and advance at their own pace. This is your 5 - Level Journey to $10k+/ Month

FM Health Coach

Level I — Foundation Module 0-4 FM Principals, Coaching Skills, Clinical Intake, Ethics
Explore core concepts, terminology, and clinical frameworks. Graduates receive the Foundation Certificate and are equipped to begin client conversations with confidence. rReady to start practicing

CERTIFIED PRACTITIONER

Level II — Core Clinical Module 5-8 Nutrition, Gut Health, Stress, Adrenals, Sleep
Master diagnostic tools, evidence-based protocols, and intake workflows. Graduates earn the Certified Practitioner designation and are ready to work with real clients. $2-4K/month potential earnings

ADVANCED PRACTITIONER

Level III — Advanced Practitioner Modules 9-17 Specialized: Hormones, Thyroid, Metabolism, Mental Health, Detox
Handle complex clinical cases, charge premium rates, and develop specialty expertise. Advanced modules include case-study-based assessments $5-8K/month potential earnings

MASTER PRACTITIONER

Level IV — Master FM Practitioner Module 18 Lab Literacy: Functional lab Interpretation
Achieve expert-level command of the specialty. Master modules are individually reviewed by credentialed faculty and include a capstone clinical project. Premium price unlock

CERTIFIED PRACTICE BUILDER

Level V — Practice Builder Modules 19-20 Protocol Design, Business Building
Launch, price, and scale your private practice or coaching business. Covers client acquisition, branding, income systems, and ethical business structures.$10,000+/ month systems

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All programs undergo peer review by credentialed faculty member before publication.

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