

OFFICE OF ACADEMIC AFFAIRS

Functional Medicine Health Coach Certification

FNA 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 Health
Coach Certification**

ACADEMIC LEVEL

Level I - FM Health Coach

FACULTY

Teresa R.

DURATION

40h

INSTRUCTIONAL UNITS

16 units across 20 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 Functional Medicine Health Coach - 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

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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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Functional Medicine Practitioner Certification

PROGRAM PROSPECTUS

ACADEMIC PATHWAY

FNA programs are structured across five progressive levels. Students may begin at Foundation (free mini-certificate of completion 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. Ready 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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PROGRAM PROSPECTUS



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



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