

PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

Duration: 2 Terms

Intake: Commencing February, June & September

Academic Year: The academic year consists of 3 x 12-week Terms

Flexible Learning Options:

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule.

You can choose to:

- Attend the class lesson live in real-time online at the scheduled time **OR**
- Review the class recording and course content at your leisure in-line with your own weekly study schedule.
- You can attend the live class and watch the recording for revision to consolidate your learning.

Course Study Plan Overview

The below study plan is the recommended study sequence for this course; however, you can pace the course program duration to suit your own personal needs. All subjects within the Professional Certificate in Food & Nutrition Coaching are offered every term.

Study Plan

New Students starting in Term 2 – Please enroll in Study Period 1 subjects

	Study Period 1	Study Period 2
Subjects	<ul style="list-style-type: none"> • Introduction to Nutrition • The Psychology of Food • Wellness Coaching Skills* • Wholefood & Plant Based Nutrition 	<ul style="list-style-type: none"> • Food As Medicine • The Successful Wellness Coach* • Weight Management Strategies

COURSE TIMETABLE - Term 2 – Commences 3rd June

* Please note that for the two coaching subjects (Wellness Coaching Skills & The Successful Wellness Coach) you must attend the class live online in real time. The subjects allow for an 80% attendance requirement.

Wellness Coaching Skills \$795 (Incl. GST) Mon. Online 5.30pm – 7.30pm 12 weeks WEL002MON 3 Jun – 2 Sep (excl. 10 Jun & 8 Jul) 80% live online attendance requirement	Introduction to Nutrition \$575 (Incl. GST) Tue. Online 6.30pm – 8.30pm 10 weeks NUT001TUE 4 Jun – 13 Aug (excl. 9 Jul)	Wholefood & Plant-Based Nutrition \$395 (Incl. GST) Thu. Online 6.30pm – 8.30pm 6 weeks NUT029THU 6 Jun – 18 Jul (excl. 11 Jul) *Plus self-directed learning with video resources
The Psychology of Food \$195 (Incl. GST) Thu. Online 6.30pm - 8.30pm 3 weeks NUT027THU 1 Aug – 15 Aug	The Successful Wellness Coach \$595 (Incl. GST) Tue. Online 5.30pm – 7.30pm 6 weeks WEL001TUE 4 Jun – 16 Jul (excl. 9 Aug) 80% live online attendance requirement	Food as Medicine \$595 (Incl. GST) Wed. Online 6.30pm – 8.30pm 10 weeks NUT002WED 19 Jun – 28 Aug (excl. 10 Jul)
		Weight Management Strategies \$455 (Incl. GST) Thu. Online 9.30am – 11.30am 7 weeks NUT023THU 6 Jun – 25 Jul (excl. 11 Jul)