

PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

Duration: 2 Terms
Commences: Intake in February, May & September
Delivery Mode: On-Campus and Distance Learning

Study Plan

	Study Period 1	Study Period 2
Year 1	<ul style="list-style-type: none"> • Introduction to Nutrition • The Psychology of Food • Wellness Coaching Skills 	<ul style="list-style-type: none"> • Food as Medicine • Weight Management Strategies • The Successful Wellness Coach

Guide to Curriculum Changes for Continuing Students

Food Fundamentals is equivalent to Food as Medicine.
 Wellness Coaching in Practice is equivalent to Wellness Coaching Skills.
 Nutrition for Adolescents or Weight Management Strategies.

Food as Medicine \$495 Friday 10.00am - 2.00pm Intensive NUT002FRI 6 Apr - 4 May Monday 6.00pm-9.30pm 6 weeks NUT002MON 26 Mar - 7 May Distance 10 weeks NUT002DL 12 Feb - 29 Apr	Psychology of Food \$95 Sunday 10.00am - 2.00pm Workshop NUT027SUN 8-Apr Distance 4 weeks NUT027DL 26 Feb - 25 Mar	Weight Management Strategies \$525 Distance 12 weeks NUT023DL 12 Feb - 13 May
Introduction to Nutrition \$495 Friday 10.00am - 2.00pm Intensive NUT001FRI 23 Feb - 23 Mar Monday 6.00pm-9.30pm 6 weeks NUT001MON 12 Feb - 19 Mar Distance 10 weeks NUT001DL 12 Feb - 29 Apr	The Successful Wellness Coach \$325 Friday 11.00am - 3.00pm Intensive WEL001FRI 23 Mar, 20 Apr & 11 May Distance 12 weeks WEL001DL 12 Feb - 13 May	Wellness Coaching Skills \$495 Friday 12.00pm - 3.00pm Intensive WEL002FRI 16, 23 Feb, 9, 16 Mar 27 Apr & 4 May Distance 12 weeks WEL002DL 12 Feb - 13 May