

## PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

<b>Duration:</b>	<b>2 Terms</b>
<b>Commences:</b>	<b>Intake in February, May &amp; September</b>
<b>Delivery Mode:</b>	<b>On-Campus and Distance Learning</b>

### Study Plan

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

### 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.**

You are only required to choose one class option for each separate unit of study as guided by the study plan above. i.e. you only need to pick one Food as Medicine class option.

<b>Food as Medicine \$495</b>			<b>Psychology of Food \$125</b>			<b>Weight Management Strategies \$525</b>		
<b>Tuesday</b> NUT002TUE	6.00pm - 9.30pm	Intensive 30 Oct - 4 Dec	<b>Sunday</b> NUT027SUN	10.00am - 2.00pm	Workshop 4- Nov	<b>Wednesday</b> NUT023WED	9.30am - 11.30am	12 weeks 12 Sep - 5 Dec
<b>Friday</b> NUT002FRI	10.00am - 2.00pm	Intensive 9 Nov - 7 Dec	<b>Distance</b> NUT027DL		4 weeks 29 Oct - 25 Nov	<b>Distance</b> NUT023DL		12 weeks 10 Sep - 9 Dec
<b>Distance</b> NUT002DL		10 weeks 10 Sep - 25 Nov	<b>The Successful Wellness Coach \$325</b>			<b>Wellness Coaching Skills \$495</b>		
<b>Tuesday</b> NUT001TUE	6.00pm - 9.30pm	Intensive 11 Sep - 16 Oct	<b>Wednesday</b> WEL001WED	12.00pm - 3.00pm	Intensive 12, 26 Sept, 10 & 31 Oct	<b>Wednesday</b> WEL002WED	12.00pm - 3.00pm	Fortnightly 19 Sept, 3, 17 Oct, 7, 21 Nov & 5 Dec
<b>Friday</b> NUT001FRI	10.00am - 2.00pm	Intensive 21 Sep - 19 Oct	<b>Distance</b> WEL001DL		12 weeks 10 Sep - 9 Dec	<b>Distance</b> WEL002DL		12 weeks 10 Sep - 9 Dec
<b>Distance</b> NUT001DL		10 weeks 10 Sep - 25 Nov						