

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 Thursday 10.00am - 2.00pm Intensive NUT002THU 5 Apr - 3 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 Thursday 10.00am - 2.00pm Intensive NUT001THU 22 Feb - 22 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 |