

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.

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 time.

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| Food as Medicine \$495 Friday 10.00am - 2.00pm Intensive NUT002FRI 27 Jul - 24 Aug Monday 6.00pm - 9.30pm Intensive NUT002MON 23 Jul - 27 Aug Distance 10 weeks NUT002DL 28 May - 12 Aug | Psychology of Food \$95 Saturday 10.00am - 2.00pm Workshop NUT027SAT 30 - Jun Distance 4 weeks NUT027DL 16 Jul - 12 Aug The Successful Wellness Coach \$325 Wednesday 12.00pm - 3.00pm Intensive WEL001WED 30 May, 13, 27 Jun & 18 Jul Distance 12 weeks WEL001DL 28 May - 26 Aug | Weight Management Strategies \$525 Distance 12 weeks NUT023DL 28 May - 26 Aug Wellness Coaching Skills \$495 Wednesday 12.00pm - 3.00pm Intensive WEL002WED 6, 20 Jun, 4, 25 Jul, 8 & 22 Aug Distance 12 weeks WEL002DL 28 May - 26 Aug |
| Introduction to Nutrition \$495 Friday 10.00am - 2.00pm Intensive NUT001FRI 8 Jun - 6 Jul Monday 6.00pm - 9.30pm 6 weeks NUT001MON 28 May - 16 Jul Distance 10 weeks NUT001DL 28 May - 12 Aug | | |