

## PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

**Duration:** 2 Terms

**Intake:** Commencing February, June & September

**Study options:** On-line virtual classroom delivery which means you can study on-line from anywhere at any time!

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

### Course Study Plan Overview

In order to complete the Certificate, students must follow the published study plan and re-enrol in the sequence outlined in order to meet the required pre-requisites and co-requisites. Students must complete the Certificate in the duration outlined, otherwise you may put yourself at risk of not completing.

### Study Plan

	Study Period 1	Study Period 2
<b>Subjects</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>

## COURSE TIMETABLE - TERM 2 – Commences 7<sup>th</sup> of June

- *You can attend the scheduled online lesson live in real time OR you can review the course content and live recording at your leisure in-line with your own weekly study schedule.*
- *New students select subjects from Study Period 1*
- *Due to the practical components of Wellness Coaching Skills and The Successful Wellness Coach Saturday online classes have compulsory live attendance. If you are unable to attend the live online classes at the scheduled time, you must enrol in the Distance Learning option.*

Introduction to Nutrition	\$595 (Incl. GST)
<b>Tue. Online</b> NUT001TUE	6.30pm - 8.30pm 10 weeks 22 Jun – 24 Aug

The Psychology of Food	\$145 (Incl. GST)
<b>Wed. Online</b> NUT027WED	6.30pm - 8.30pm 2 Classes 4 & 11 Aug

Wellness Coaching Skills	\$720 (Incl. GST)
<b>Sat. Online</b> WEL002SAT	12.30pm - 4.30pm 6 Classes 19 Jun, 3, 17, 31 Jul, 14 & 28 Aug
OR	
<b>Distance</b> WEL002DL	12 weeks 7 Jun – 29 Aug

Food as Medicine	\$555 (Incl. GST)
<b>Thurs. Online</b> NUT002THU	6.30pm - 8.30pm 10 weeks 24 Jun – 26 Aug

Weight Management Strategies	\$420 (Incl. GST)
<b>Fri. Online</b> NUT023FRI	2.30pm – 4.30pm 7 weeks 11 Jun – 23 July

The Successful Wellness Coach	\$540 (Incl. GST)
<b>Sat. Online</b> WEL001SAT	9.00am - 12.00pm 4 Classes 3, 17, 31, Jul, 14 Aug
OR	
<b>Distance</b> WEL001DL	12 weeks 7 Jun – 29 Aug