

PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING

Duration: 2 Terms

Intake: Commencing February, June & September

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

Study options:

All subjects have a schedule duration & and online scheduled class time.

Enjoy the ease of watching the class live in our virtual classroom or watch the recording at your leisure.

You can choose to:

- Attend the scheduled class lesson live in real-time online via the Nature Care Student Portal OR
- Review the live recording and course content at your leisure in-line with your own weekly study schedule
- You can attend the live class and watch the recording as revision.

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 |
|----------|---|---|
| Subjects | <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 |

COURSE TIMETABLE - TERM 1 – Commences 21st of February

- New students select subjects from Study Period 1
- Please note that for the two coaching subjects (Wellness Coaching Skills & The Successful Wellness Coach) you must attend the class live online in real time. The subjects allow for an 80% attendance requirement.

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| Introduction to Nutrition | \$595 (Incl. GST) |
| Fri. Online 11.30am – 1.30pm 10 weeks NUT001FRI | 25 Feb – 6 May *(Excluding 15 April) |

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| The Psychology of Food | \$145 (Incl. GST) |
| Wed. Online 6.30pm - 8.30pm 2 Classes NUT027WED | 4 & 11 May |

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| Wellness Coaching Skills | \$720 (Incl. GST) |
| Sat. Online 12.30 pm - 3.30pm 8 Classes WEL002SAT | 26 Feb - 23 April (Excluding 16 April) |
| OR | |
| Tue. Online 10.30am - 12.30pm 12 Classes WEL002TUE | 22 Feb - 10 May |

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| Food as Medicine | \$555 (Incl. GST) |
| Thu. Online 6.30pm - 8.30pm 10 weeks NUT002THU | 10 Mar - 12 May |

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| Weight Management Strategies | \$420 (Incl. GST) |
| Thu. Online 9.30am – 11.30am 7 weeks NUT023THU | 24 Feb - 7 April |

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| The Successful Wellness Coach | \$540 (Incl. GST) |
| Sat. Online 12.30pm - 3.30pm 4 Classes WEL001SAT | 30 April - 21 May |
| OR | |
| Wed. Online 10.30am - 12.30pm 6 weeks WEL001WED | 23 Feb - 30 March |



Nature Care College