

## 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

### Flexible Learning Options:

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule.

You can choose to:

- Attend the class lesson live in real-time online at the scheduled time **OR**
- Review the class 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 for revision to consolidate your learning.

### Course Study Plan Overview

The below study plan is the recommended study sequence for this course; however, you can pace the course program duration to suit your own personal needs. All subjects within the Professional Certificate in Food & Nutrition Coaching are offered every term.

### Study Plan

	Study Period 1	Study Period 2
Subjects	<ul style="list-style-type: none"> <li>• Introduction to Nutrition</li> <li>• The Psychology of Food</li> <li>• Wellness Coaching Skills*</li> <li>• Wholefood &amp; Plant Based Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Food As Medicine</li> <li>• The Successful Wellness Coach*</li> <li>• Weight Management Strategies</li> </ul>

## COURSE TIMETABLE - TERM 1 – Commences 19<sup>th</sup> February

\* 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.

<b>Wellness Coaching Skills</b> \$795 (Incl. GST) <b>Tue. Online</b> 5.30pm – 7.30pm 12 weeks WEL002TUE 20 Feb – 7 May 80% live online attendance requirement	<b>Introduction to Nutrition</b> \$575 (Incl. GST) <b>Wed. Online</b> 6.30pm – 8.30pm 10 weeks NUT001WED 21 Feb – 24 Apr	<b>Wholefood &amp; Plant-Based Nutrition</b> \$395 (Incl. GST) <b>Thu. Online</b> 6.30pm – 8.30pm 6 weeks NUT029THU 22 Feb – 28 Mar *Plus self-directed learning with video resources
<b>The Psychology of Food</b> \$195 (Incl. GST) <b>Thu. Online</b> 6.30pm - 8.30pm 3 weeks NUT027THU 4 Apr – 18 Apr		
<b>The Successful Wellness Coach</b> \$595 (Incl. GST) <b>Mon. Online</b> 5.30pm – 7.30pm 6 weeks WEL001MON 19 Feb – 25 Mar 80% live online attendance requirement	<b>Food as Medicine</b> \$595 (Incl. GST) <b>Tue. Online</b> 6.30pm – 8.30pm 10 weeks NUT002TUE 5 Mar – 7 May	<b>Weight Management Strategies</b> \$455 (Incl. GST) <b>Thu. Online</b> 2.30pm – 4.30pm 7 weeks NUT023THU 7 Mar – 18 Apr