

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 scheduled duration & an 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 3 Commences 12th September

- 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.

Introduction to Nutrition	\$595 (Incl. GST)
Tue. Online 6.30pm – 8.30pm	10 weeks
NUT001TUE	27 Sep – 29 Nov

The Psychology of Food	\$145 (Incl. GST)
Thu. Online 6.30pm - 8.30pm	2 Classes
NUT027THU	24 Nov – 1 Dec

Wellness Coaching Skills	\$720 (Incl. GST)
Sat. Online 12.30 pm - 3.30pm	8 weeks
WEL002SAT	17 Sep – 5 Nov
OR	
Wed. Online 6.30 – 8.30pm	12 weeks
WEL002WED	14 Sep – 30 Nov

Food as Medicine	\$555 (Incl. GST)
Thu. Online 6.30pm - 8.30pm	10 weeks
NUT002THU	15 Sep – 17 Nov

Weight Management Strategies	\$420 (Incl. GST)
Fri. Online 2.30am – 4.30am	7 weeks
NUT023FRI	16 Sep – 28 Oct

The Successful Wellness Coach	\$540 (Incl. GST)
Tue. Online 10.30am – 12.30pm	6 weeks
WEL001TUE	13 Sep – 18 Oct