

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"> • Introduction to Nutrition • The Psychology of Food • Wellness Coaching Skills* • Wholefood & Plant Based Nutrition | <ul style="list-style-type: none"> • Food As Medicine • The Successful Wellness Coach* • Weight Management Strategies |

COURSE TIMETABLE - TERM 3 – Commences 12th September

* 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.

Study Period 1

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|--|--|--|
| Wellness Coaching Skills \$795 (Incl. GST) Mon. Online 6.30pm – 8.30pm 12 weeks WEL002MON 11 Sep -11 Dec (excl. 2 Oct & 13 Nov) | Introduction to Nutrition \$595 (Incl. GST) Tue. Online 6.30pm – 8.30pm 10 weeks NUT001TUE 12 Sep – 14 Nov | The Psychology of Food \$145 (Incl. GST) Tue. Online 6.30pm - 8.30pm 2 Classes NUT027TUE 21 & 28 Nov |
| Wholefood & Plant-Based Nutrition \$385 (Incl. GST) Thu. Online 6.30pm – 8.30pm 6 weeks NUT029THU 14 Sep – 19 Oct *Plus self-directed learning with video resources | | |

Study Period 2

| | | |
|---|---|---|
| Weight Management Strategies \$455 (Incl. GST) Thu. Online 9.30am – 11.30pm 7 weeks NUT023THU 14 Sep – 26 Oct | The Successful Wellness Coach \$595 (Incl. GST) Tue. Online 6.30pm – 8.30pm 6 weeks WEL001TUE 12 Sep – 17 Oct | Food as Medicine \$585 (Incl. GST) Thu. Online 6.30pm – 8.30pm 10 weeks NUT002THU 28 Sep – 30 Nov |
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