Boost Brain Health

Summary

This empowering short course explores the science behind brain health and provides practical strategies you can apply to everyday life.
Explore ways to protect your brain and reduce the risk of cognitive disorders. You will learn about diet and lifestyle changes that may improve brain health and prevent disease.

Learning outcomes:

1. Explore possible causes and contributors to cognitive degeneration
2. Discover what research tells us about brain-protective foods
3. Explore a diet designed to support brain health
4. Identify behaviours associated with improved mental performance
5. Discuss practical lifestyle choices that may help prevent or slow cognitive decline
6. Understand the role of melatonin and quality sleep in brain preservation

Content

Topics covered include:

- Brain Health &
  - Diet
  - Supplements
  - Lifestyle
  - Sleep and melatonin

- Steps to reduce the risk of cognitive disorders

Assessment

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned.
Assessment quizzes are open book and held online.

This subject is assessed by:

- 1x on-line quiz

Pre-requisites

Nil

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Duration

4 hours

(2 contact hours & 2 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this subject. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Compulsory Textbooks

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

Certificate of Completion

On completion of this short course, you will automatically receive a Certificate of Completion.

*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing info@naturecare.com.au