



## Cellular Health – Living For Longevity

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### Summary

Current research in wellbeing shows that lifestyle changes & how we use our mind, play a significant role in improving our cellular health.

Learn how to thrive and reap the benefits of healthy ageing with longer periods of good health and longevity with quality of life.

Discover changes you can make to look after your health and slow cellular ageing!

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### Duration

**14 hours**

(7 contact hours & 7 hours self-directed learning)

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

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### Learning Outcomes

By the conclusion of the subject, you should be able to:

1. Describe the effects of inflammation, stress and trauma on ageing
  2. Critically read three research articles about the benefits of relaxation, nutrition and exercise on cellular ageing
  3. Consider impact of personal levels of relaxation, nutrition and exercise on cellular aging
  4. Identify ways to enhance clients' cellular health and ageing
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### Assessment

This subject is assessed via an online quiz.

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### Pre-requisites

Nil

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### Resources

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

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### **Compulsory Textbooks**

Nil

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### **Content**

- Introduction to Cellular Health
- The Science & Evidence of Cellular Ageing
- The Science & Evidence of Cellular Health
- Personal Assessment and Application of the Science of Cellular Ageing

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### **Continuing Education Credits**

If you are attending this course as a CPE workshop, upon completion you will be issued with a certificate and letter for CPE Points.

Members of ATMS (Australian Tradition Medicine Society) can receive 7 Continuing Professional Education points for this Nature Care College CPE course.



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### **Certificate of Completion**

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

\*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](mailto:info@naturecare.com.au)