



Certificate in Nutrition

Please note: Course structure is current as of 1 October 2009

The **Certificate in Nutrition** program is designed to provide practical nutritional knowledge for students or anyone interested in making informed healthy food choices for themselves and their families. This program outlines the basic concepts of established nutritional principles and practices. The course also looks further into the healing properties of specific foods and beverages to enhance the students understanding of great food and nutrient choices for long-term health and vitality. The Certificate in Nutrition is well suited for anyone with a general interest in the link between good Nutrition and good health. It is also a suitable starting point for a student interested in following nutrition career pathways at a later date.

Certificate in Nutrition - Course Content

- ▶ Introduction to Nutrition - 24 hours
- ▶ Food Fundamentals - 24 hours

N.B. Most of the hours shown above represent hours of face to face teaching and do not reflect time for external study.

Certificate in Nutrition Unit of Study Descriptions and Study Options

Introduction to Nutrition (2 hours a week for 12 weeks OR Intensive OR via distance learning)

This unit will enable you to develop an understanding of the basic concepts of established nutritional principles and practice and to overview current nutritional trends in order to identify basic dietary requirements and negotiate basic dietary change as appropriate to the individual.

Food Fundamentals (2 hours a week for 12 weeks OR via distance learning))

Food Fundamentals explores the healing potential of foods, beverages and dietary patterns using the best knowledge from both traditional and scientific sources. In this unit of study you will learn how to recommend wholesome foods and beverages based on seasonally available ingredients that delight the senses whilst providing specific phytochemicals and nutrients. You will also learn how to communicate knowledge of nutritional medicine philosophy, principles and practices.

Pre-requisite: Introduction to Nutrition

Certificate in Nutrition Study Plan

The Certificate can be completed over two terms by doing one unit per term, however students have a maximum of two years in which to complete this Certificate. Please note that the units may only be offered in the terms shown below, however the course can be commenced in any term using intensives and distance learning study options

2 Term Recommended Study Plan

term one	term two
▶ Introduction to Nutrition	▶ Food Fundamentals

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.