

+ Your doorway to  
becoming a  
**Recognised  
Nutrition & Health  
Coach**



## The Advanced Certificate of Nutrition & Health Coaching Program Syllabus

This recognised program is provided by Cadence Health Pty Ltd

cadence  
health

## COURSE SYLLABUS & OUTLINE

<b>Course name:</b>	<b>Advanced Certificate of Nutrition &amp; Health Coaching</b> <a href="http://www.cadencehealth.com.au/certificate-of-nutrition-and-health-coaching.html">http://www.cadencehealth.com.au/certificate-of-nutrition-and-health-coaching.html</a> <a href="http://www.cadencehealth.co.nz">www.cadencehealth.co.nz</a> <a href="http://www.cadencehealthcoaching.com/">http://www.cadencehealthcoaching.com/</a>
<b>Course code:</b>	NHC
<b>Accreditation:</b>	International Institute of Complimentary Therapies (IICT – Australia, NZ, US, Canada and UK) International Accreditation Recognition Council (IARC) Association of American Drugless Practitioners (AADP – USA and Canada) International Practitioners of Holistic Medicine (IPHM- UK)
<b>Credits:</b>	Selected units are accredited by the following bodies (points and accreditation varies by unit): CEC by Fitness Australia CPDs REPs NZ Fitness Professionals PDPs Physical Activity Australia CPEs ESSA CPD's APNA RD points for ICF coaches CPE points for individual units approved from ATMS CPE points for individual units approved from ANTA AAMT
<b>Course length:</b>	Flexible study, complete in own time within 18 months.
<b>Ongoing registration:</b>	Not industry regulated, however it is recommended to log a total of 50 hours of study over each two-year period from completion of your course. Evidence can come from any health or fitness course that is approved within the industry for continuing education points in your country of residence.
<b>Course fee:</b>	Dependent on units selected and method of payment. Unit prices quoted may vary. Please refer to our website for current prices and conditions
<b>Commencement:</b>	Daily
<b>Other:</b>	No pre-requirements unless stated within the unit.
<b>Learning methodology:</b>	Cadence Health uses a blended approach to learning that incorporates the use of written text, practical activities, and visual content and social media. Pedagogy is a priority to us and we view learning as something that occurs best when it's relevant, fun, engaging and appropriately challenging. Our private social media option is a way to bridge the distance between student and tutor, and student and student, we use it very much to support student learning and facilitate a supportive learning environment even in online study.

### Description

This course is specifically designed for individuals with a passion for health and wellness and who are looking to work with others in improving their lifestyle choices. Upon successful completion of the course students will have the ability to work with clients as a **Recognised Nutrition & Health Coach**, focusing on physical activity and healthy eating principles (from a non-diet based approach) for optimal health outcomes. As a coach, you will use a simple approach, taken from coaching psychology that aids clients working through their goals and obstacles, and utilize resources, and creates a system that enables them to be the captains of their own health fate. Health Coaches don't give advice. Rather, they work collaboratively with clients to create a plan for action. The client then takes responsibility, feels more confident as they experience small successes and ultimately achieves more significant change than they would on their own.

**Aims**

This course is provided to increase the opportunities of people within the community to access trained individuals who can assist in improving their health outcomes safely. Students completing this course shall be entitled to:

- Work as a Nutrition & Health Coach using healthy eating, physical activity and wellness coaching principles in order to assist individuals in reaching their health goals.

**Who should do this course?**

This course is ideal for those without existing qualifications in fitness or health and who are keen to work in the area of wellness using a coaching approach. Examples of people undertaking this course include:

- Parents and carers
- Sports coaches
- Weight loss consultants
- Massage therapists, aromatherapists, reflexologists, counsellors and life coaches
- Nurses, midwives and doulas
- Sea changers (yes that's anyone in non-health employment)
- Bloggers

**Free inclusions on completion to help you get off to the best start**

- Access to an International Student Identity Card and discounted travel through STA Travel
- Graduation pack explaining how to register, obtain insurance, set up a website, find work, set your price point and much, much more!
- A listing on our 'Find a Coach' page
- Endorsement logos, stickers and 'recognised' logos to use on your official materials
- Lifestyle Coach lanyard and cardholder to wear while working



## Program units

### Core units

Each of the below units must be completed prior to commencing electives. Please note international students (outside of Australia or NZ) will enrol via our Australian website, all fees are quoted therefore in Australian dollars on our website.

Module name	Hours	Details
1. Psychology, Behaviour Change & Wellbeing Management**	20hrs	Online unit, open-book exam
2. Accredited Certificate of Human Nutrition**	48hrs	Online unit*, open-book exam
3. Wellbeing Management and Health Coaching Practices**	30hrs	Blended unit of online content with phone/Skype contact with peers and mentor. Unit 1 to be completed prior to taking on this unit.
4. Foundations of Physical & Mental Health	20hrs	Online course and online assessment. Comprises two modules A. Principles of Physical Activity and B. Mental Health First Aid (international students should contact the office to discuss their options in regards to the mental health first aid module)
<b>Total</b>	<b>118hrs</b>	

\* Option to upgrade with print applicable

\*\* Makes up the Professional Certificate of Wellbeing Management

### Opting out

Students can opt out at any time, you will receive certificates for all units you have successfully completed. Where you have successfully completed Units 1 and 3 you can take with you a Professional Certificate of Wellbeing Management.

### Elective modules

Students are required to select three units from the list below. Please note course options and fees are subject to availability and change. Refer to <http://www.cadencehealth.com.au/health-coaching-electives.html> for current prices of electives). Three electives is a minimum requirement for the completion of the program, however students are welcome to undertake as many units as they require in order to satisfy their professional training needs.

Module name	Duration	
Menu and Meal Planning	20 hours	Perfect for those wishing to create meal plans with clients
Nutrition Psychology: Food Choice and Eating Habits	20 hours	This subject is ideal for anyone working with clients requiring improved eating habits
Super Food and Super Nutrition	20 hours	Free radicals and antioxidants, ratings of foods, functional foods, epi-genetics, telomeres and funky foods
Certificate of Weight Loss Nutrition*	30 hours	Ideal for students looking to work predominantly with weight loss clients
Certificate of Optimal Sports Nutrition*	20 hours	Ideal for those seeking to work in the area of sporting performance
Early Nutrition: Birth to adolescence	32 hours	Suited to those working predominantly with children and adolescents
Nutrition for Fertility, Pregnancy & Lactation*	20 hours	Most suited to health professionals working in this area
Business Coaching modules	Varied	Chose a selection of modules to bundle together to make your very own course in business coaching covering just the areas you need to focus on
Design & Deliver Healthy Lifestyle Courses and Facilitate Groups	20 hours	Great for those looking to run courses, seminars or to work with groups and get the most from the dynamics.
Kitchen Medicine	20 hours	Ideal for those passionate about the safe application of natural health options
Create your own Course (business coaching elective options)	Varied	Students can bundle together three modules (live webinars) from our business mentoring and coaching options, include Mental Health First Aid Accreditation
Food Groups & Dietary Diversity	12 hours	Learn to assess and measure a healthy diet, and teach clients to create charts and graphs of their diet
More units to come...		
	<b>Min of 50 hours</b>	

## Payment options

- Pay upfront for units 1 and 2 and receive a discount
- Pay by the unit as priced on the website.
- **NZ** students can enroll via our NZ office (refer to <http://www.cadencehealth.co.nz/> for NZ prices)
- Selected online nutrition units can be upgraded to printed version for an additional cost per unit

Refer to <http://www.cadencehealth.com.au/certificate-of-nutrition-and-health-coaching.html> for prices

## Enrolling upfront

We don't recommend upfront enrolment into all units as we find our students' interests change throughout their studies. However, you can discuss your options with the office as the program is very flexible. 75% of foundation units must be completed prior to undertaking electives.

## Recognition of Prior Learning (RPL)

### RPL using a previous Cadence Health unit

If you have previously studied with Cadence Health, you may be eligible for an exemption from subjects via recognition of prior learning (RPL). RPL can only be assessed on courses undertaken with Cadence Health, as part of our insurance requirements. RPL is as follows:

#### Students enrolled into a unit

- a. Within the last 12 months can move seamlessly into the Nutrition & Health Coaching program at no charge (this is classed as an exemption)
- b. Students who have undertaken a Cadence Health unit over two years prior should contact the office. In some cases you may be required to submit a short updated assessment task, or depending on the 'currency' of the course retake the subject (at a significantly reduced rate) if the course you completed has been completely superseded

#### There is no RPL for elective subjects

You will simply be required to undertake a new unit. You cannot take an elective prior to completing 75% of the foundation units unless otherwise approved by Cadence Health.

#### RPL fees – Please refer to RPL policy for fees and charges

- Cadence Health RPL application fee
- Exemption fees differ (see below)

Maximum RPL is one subject and RPL is not applicable for electives taken prior to beginning the program. See also our RPL Policy document; however, details above take precedence over the policy for this program.

#### RPL from non-Cadence Health courses

RPL for a foundation unit please refer to our Articulation from Other Colleges page on our website:

- <http://www.cadencehealth.com.au/articulation-from-other-colleges.html>

Maximum RPL is one foundation subject that meets the above criteria. An RPL fee is applicable. RPL is not possible on units completed more than two years ago. Likewise, if your qualification was completed more than two years ago and you have not maintained your industry registration to current status, RPL will not be applicable on this qualification.

#### Exemptions

Exemptions for modules within units apply only to Foundations of Physical & Mental Health. For example, qualified PTs (with either current insurance or registration or a recent Certificate 3 or above) may be exempt from completing the assessment for Module A. Principles of Physical Activity. Suitably qualified professionals maybe exempt the Mental Health module. Contact the office for details.

## Pathways to tertiary study options

Your Nutrition & Health Coaching program has pathways to various tertiary courses. The figure below indicates the Cadence Health unit and which courses it provides an exemption in.



### Become a qualified personal trainer

If you discover along the way that fitness is your thing and you want to pursue this further, chat to us about enrolling with our PT partner, the Personal Training Academy. We have arranged for our students to receive discounts on PT Academy courses such as Certificate III and IV in Fitness and for extra special attention.

Read more: [www.cadencehealth.com.au/certificate-iii-and-iv-in-fitness.html](http://www.cadencehealth.com.au/certificate-iii-and-iv-in-fitness.html)

### Begin your career in nutrition or naturopathy

Nutrition is one of the most popular health career paths and if you utterly enjoy the nutrition component of this course (which is the same as Nutrition One of a tertiary course so you will have a very good base) then chat to us.

Students successfully completing **all** elements of the Accredited Certificate of Human Nutrition course can apply for direct entry into the Bachelor of Health Science (Nutritional Medicine or Naturopath) at Endeavour College, taking with them an exemption for the Foundations of Human Nutrition subject.

Advanced standing from our courses to Endeavour's programs lasts eight years on the proviso that the student can provide evidence of continued education in the field of study during that period. Students who haven't maintained continuing education over that time have up to three years (in accordance with VET currency of skills and knowledge) to utilise their pathway option.



Read more about becoming a nutritionist: [www.cadencehealth.com.au/nutritionist-training.html](http://www.cadencehealth.com.au/nutritionist-training.html)

\*\*Contact the office and we can fill you in with all the details.

Email: [admin@cadencehealth.com.au](mailto:admin@cadencehealth.com.au)

Phone: 02 9401 1159

Skype: cadencehealth

## ACCREDITATION & APPROVAL

Let's perhaps just clarify this area. Courses, colleges and practitioners can be 'accredited', but the term is fairly loose and essentially what it means is influenced by the body that is 'accrediting'.

Cadence Health is accredited as a provider by a number of bodies around the world, what this means for you as a student is that it can assist you in gaining relevant insurance related to your scope of practice as a Health Coach and potentially be a member of an agencies that lobbies for and supports your professional interests, as well as providing possible professional benefits you can pass onto clients.

There are a number of benefits for you, as a graduate of our program, gain in securing accreditation/membership with a registering body. Membership/accreditation could be viewed as a range:

1. **Basic level** - simple membership to an organisation who provides you with a logo and membership, for example IICT.
2. **Industry membership** ranging from 'associate' to 'registered' to a body that has strong advocacy and presence in the industry and offers extensive member continuing education, lobbying and representation, for example ASLM and the Complimentary Medicine Association (CMA).
3. **Membership to, and accreditation by, an industry body** enabling health fund rebates; the minimum standard has been an Advanced Diploma and will soon be a bachelor degree.
4. **The gold standard** - registration and membership based on extensive criteria enabling providers to offer Medicare rebates (relevant for highly qualified primary health care professionals such as doctors and dieticians).

It can be very confusing to sort through the plethora of views on websites about accreditation, some even trying to suggest not to bother. We recommend reading our page (see link below) which we have, to the best of our abilities, provided an honest and detailed account on this area.

<http://www.cadencehealthcoaching.com.au/accreditation-and-recognition.html>

### Course recognition

Our preference is to be industry directed, Cadence Health can react quickly to the latest changes and advances in health coaching. What this means for our students and graduates is that you are trained in the very latest, industry-guided information, that is continually updated.

Units listed all hold various continuing professional education points (CPE) and CEC points for ongoing registration (for nutritionists, naturopaths, personal trainers, coaches and other professionals).

Cadence Health is a member of the:

- International Institute of Complimentary Therapies (IICT)

And accredited with the:

- International Accreditation Recognition Council (IARC)

Our courses are approved and in some cases accredited by:

- The Australasian Society of Lifestyle Medicine (ASLM)
- Fitness Australia (offering CEC points nationally)
- Physical Activity Australia
- Australian Traditional Medicine Society (ATMS) for CPE points
- Australian Natural Therapists Association (ANTA) for CPE points
- REPs NZ Fitness Industry

Students may be eligible for continuing education points with:

- The Australian Association of Massage Therapists (AAMT)

## Steps to gaining registration and insurance

### Recognised Nutrition & Health Coach

It's important when you are going to work with people and their lifestyle to be a recognised practitioner. Once you have completed your course you will be provided with details on registration options and insurance packages\*. Cadence Health have created registration and insurance packages that make it easy, inexpensive and stress free so you can make a fast start!

Graduates have a range of membership options including:

1. International Institute of Complimentary Therapies (27 countries, IICT)
2. The Complimentary Medicine Association (Australia, CMA)
3. Australasian Society of Lifestyle Medicine (Australasia, ASLM)
4. Association of Drugless Practitioners (USA and Canada, ADP)
5. International Practitioners of Holistic Medicine (UK, IPHM)

IICT offer a seamless process of registration and insurance. In order to become a 'Recognised Nutrition & Health Coach' you are required to gain registration and insurance. Packages are very competitively priced:

- Register with the International Institute of Complementary Therapists (IICT). Prices are listed below\*. IICT will then forward your insurance application. Insurance prices\* start at \$210 per year (AON – AU and NZ)
  - Associate Membership \$69 per annum
  - Full Membership \$139
  - Executive Membership \$199, includes a listing and set of personalized business cards

NZ students can also apply direct with IICT via their website.

\*Prices can vary

### Insurance options – Australia and NZ

Once you have your registration under your belt you will be directed to insurance options AON.






**Special offer!** For the first year, Cadence Health students and graduates - including PTs - can gain insurance at a very special rate of 50% discount.

<http://www.cadencehealth.com.au/registration-and-insurance.html>

- All practitioners are urged to gain registration and insurance prior to commencement of commercial activities.

### Insurance options – UK

Once you have your registration under your belt you will be directed to insurance options with AON or GBi UK.

				
Professional Indemnity <b>\$1M</b>	Professional Indemnity <b>\$2M</b>	Professional Indemnity <b>\$5M</b>	Professional Indemnity <b>\$10M</b>	Professional Indemnity <b>\$20M</b>
Between <b>\$151.14 - \$158.07*</b>	Between <b>\$179.19 - \$188.60*</b>	Between <b>\$229.68 - \$243.54*</b>	Between <b>\$274.56 - \$292.38*</b>	Between <b>\$369.93 - \$396.17*</b>
Public Liability <b>\$10M</b>	Public Liability <b>\$10M</b>	Public Liability <b>\$10M</b>	Public Liability <b>\$10M</b>	Public Liability <b>\$20M</b>
<b>Buy Online</b>	<b>Buy Online</b>	<b>Buy Online</b>	<b>Buy Online</b>	<b>Buy Online</b>

**Quote & Buy Online >**



**Mix and match Registration and insurance**

Graduates can opt who they register with from the choices listed and selection their own insurance, you are not locked into any particular membership or insurer. If you already hold professional membership you may be able to tack on a caveat to your current insurance to add the scope of 'health coaching'. Or you may simply wish to mix and match your membership and insurance options. We recommend you chat with:

- AON
- Marsh Insurance
- BizCover
- GBi

**Australasian Society of Lifestyle Medicine registration**

Associate membership of the Australasian Society of Lifestyle Medicine (ASLM) is available to all Cadence Health graduates. Full membership is open to applicants who are otherwise appropriately qualified, registered health professionals and practitioners. All eligible students receive free membership during the course of their studies.

Associate members do not have voting rights and do not receive the full range of member benefits, but have access to the member-only information resources published by the Society. It's a great way to keep informed while supporting ASLM's work. Please note that Associate membership must not be misrepresented for credentialing purposes. Other students who fall outside of these areas can apply direct to ASLM for a review on a case-by-case basis.

**Complimentary Medicine Association (CMA, Australia)**

CMA have agreed to extend graduates of our program 'associate member' status upon individual application.

"ASSOCIATE MEMBER: May be granted providing the applicant has a supportive interest in the Association's aims and objectives, is over 16 years of age and who meets the requirements of CMA. An Associate membership may also be granted to a member who wishes to retain a basic CMA membership whilst holding another associations membership, which provides them health fund status."

**Registration and insurance in the US and Canada, and the UK**

Students residing in the US and Canada have two options for registration:

1. IICT – refer to [www.iictinsurance.com](http://www.iictinsurance.com)
2. AADP (American Association of Drugless Practitioners) – refer to [www.aadp.net](http://www.aadp.net)
3. The [International Practitioners of Holistic Medicine](#) (IPHM) in the UK.

## Maintaining your registration

Continued acknowledgement of your qualification is required in most fields and while it is not currently needed in Nutrition & Health Coaching, getting into the habit of maintaining records of your ongoing education and training is ideal. We would recommend gathering evidence of around 50 hours of study over each two-year period from completion of your course. Evidence can come from any health or fitness course that is approved within the industry for continuing education points in your country of residence.

## System requirements

- **Operating System:** Windows 8, 7, Vista, XP or 2003 Server, Mac OS X 10.6 – Snow Leopard or newer
- **Web browser:** Google Chrome, Mozilla Firefox, Safari 3.0 or newer, Internet Explorer 7 or newer
- **Internet:** Cable modem, DSL or better connection. This program works best with high speed broadband with good connectivity. Some mobile devices may lack the plugins required to run this program.
- With the creation of numerous apps you can download this allows student to use PCs, laptops or devices to study.

## CORE UNIT/SUBJECT DETAILS

There are four core units. Each must be completed in order to move on to electives and gain the full certificate.

### UNIT 1: Psychology, Behaviour Change & Wellbeing Management

#### Description

This unit explores the research and science around areas of human behaviour to enable us to better understand ourselves and others. Topics covered include learning, habit formation, personality, motivation, decision making, and self-efficacy. The material then moves on to topics around behaviour change including MINDSPACE and the Transtheoretical Model of Change describing the stages of change so we can better support clients in making permanent positive health change. The unit covers areas of wellbeing coaching including working from a non-diet based approach for healthful eating, the importance of holistic health approaches, stress management, and creating balance.

This unit lays down the theory for the practical application in ensuing units.

#### Learning outcomes

By the end of the course, students shall be competent in:

1. Defining wellbeing/health coaching
2. Reasoning why wellbeing coaching does not include the provision of advice
3. Identifying skills required for effective coaching practices
4. Demonstrate the use of effective coaching communications that involve listening, questioning and reflection
5. Demonstrate familiarity with the ICF Core Coaching Competencies
6. Define motivational interviewing
7. Provide examples of 'change talk'
8. Explain basic learning theory
9. Describing factors involved in habit formation and altering
10. Explaining the affect of self-efficacy and its role in change
11. Defining basic personality typing according to the Big 5 Theory
12. Describing the Locus of Control theory
13. Identify the role of incentives in behaviour change
14. Demonstrating elements required in promoting health behaviour change
15. Identify the stages of the Transtheoretical Model of Change
16. Explaining why healthy eating support is best done from a non-diet based approach
17. Demonstrate an understanding of stress management strategies
18. Describe an example of life flow

#### Industry application

- 15 Fitness Australia CECs; 15 ESSA CPEs; 20 CPEs from ATMS and APNA points pending

#### Delivery

- 20 hours of self-paced online study
- Onlien course text/workbook included in the fee

#### Assessment

Three assessments representing 100% of course assessment, consisting of:

- Thoughtful commentary – brief review of a video
- Session work flow – template only of a session flow
- Research methodology – signature of having read the file (no grade assigned)
- Open book assessment – short answer questions

Feedback will be provided by your examiner

## UNIT 2: The Certificate of Human Nutrition

### Description

We believe we have the best course out there! Yes, our course covers all you need to know about diet and nutrition, energy, and lifespan nutrition (sports, weight loss, infant and childhood, and nutrition for older adults). But we go that little bit further to make your distance learning not so distant. Our course is framed by a non-diet based approach. We know that being overly focused on numbers can be a distraction. We also teach you that it is not enough to simply load clients up with information. Particular attention must be paid to helping clients make positive permanent behaviour changes. After all, most of us know an apple is a better option than a cake, but sticking with the apple is the challenge. You will not find many courses out there that provide you with this level of training.

### Learning outcomes

By the end of the course, students shall be competent in:

- Demonstrating a thorough understanding of the principles of healthy eating
- Providing basic healthy eating information
- Evaluating a diet for healthfulness based on variety, quality and individualism
- Providing basic meal plans whereby unhealthy options are swapped for healthful food
- Applying nutrition principles to common dietary health issues
- Assessing dietary intakes and making basic recommendations for improvement

### Pathway to the degree

Students successfully completing all elements of this course can apply for direct entry into the Bachelor of Health Science (Nutritional Medicine or Naturopathy) at Endeavour College, taking with them an exemption for the Foundations of Human Nutrition subject (NMDF121).

### Industry application

- 3 PDPs with Physical Activity Australia
- 20 CECs REPs NZ
- Level B FitRec Approved

### Delivery

Standard version is online however you can upgrade to add a printed set of materials for an additional cost. Refer to the website for costings - <http://www.cadencehealth.com.au/certificate-of-human-nutrition.html>

- Self-paced, work through text, study guide and assessment chapter by chapter (too easy!)
- Self-testing study guide and answers
- Online standard course text (included in fees) - Cooper, L, (2016), 4th Ed, The Science of Nutrition and Diet, Cadence Health, Sydney, Australia.
- Private student portal and online practice quizzes

### Assessment

One open-book assessment that can be completed as you work through the course. Designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- Online Multiple-choice questions
- Short answer questions
- Case study section

Students wishing to gain the exemption for the unit in the degree with Endeavour College will be required to submit their completed Study Booklet also.

It is ideal to have completed Psychology, Behaviour Change & Wellbeing Management before this unit as it will assist with your Food Audit question in your assessment.

## UNIT 3: Wellbeing Management & Health Coaching Principles

### Prerequisite

- Psychology, Behaviour Change & Wellbeing Management

### Description

This unit is specifically the application of the theory unit studied previously. Coaching skills work to counsel, motivate, support, educate, facilitate and collaborate; there are many aspects to this seemingly inconspicuous label. The concept of health or wellness in health coaching goes beyond the absence of disease; it is a broader picture, more holistic, after all each area of our existence affects the other. Health coaches understand that ill-health may not just be a consequence of poor eating. It may also be from stress at work, or from a relationship that has gone off course. An understanding and appreciation of the intricacies of life give health coaches a compassion that enables them to be free from judgment and to appreciate the road an individual is travelling. Health coaches are patient and appreciate that it is not for them to solve the problems of others, which can rob them of the chance to learn from their life experiences. Successful nutrition and health coaches will:

- Respect their clients
- Be motivated and have initiative
- Be balanced and good role models
- Set aside negative thinking and hold a positive attitude
- Be authentic in their work and aims
- Be resilient, resourceful, adaptive and supportive
- Be confident in effective communication including reflective techniques and listening
- Be committed to each client's personal fulfillment and self-actualisation
- Be able to support clients in creating their health vision
- Be enthusiastic about health and others' health journeys
- Impact positively on clients' lives

### Learning outcomes

By the end of the course, students shall be competent in:

1. Describing the importance of data measurement in the science of coaching practices
2. Explaining the role of a Wellbeing Assessment in a coaching model
3. Demonstrating effective motivational interviewing, in particular the use of the four foundational principles
4. Describing the AGAR approach to a coaching session
5. Showing a confidence in the use of rulers for benchmarking with clients
6. Demonstrate a familiarity with 'change talk' and how to elicit and foster it in clients
7. Describing the benefit of using a decisional balance sheet
8. Explaining the essential elements of a vision statement
9. Demonstrating an understanding of the role of goal setting
10. Explaining the iGROW model in coaching practices
11. Providing at least three examples of processes of change
12. Describing how coaching tools can assist change process
13. Reflecting a confidence in encouraging clients to explore deeper underpinning values
14. Demonstrating coaching practices that create a safe and trusting environment
15. Conducting an initial session which demonstrates the above practices and a clear confidence with honouring the client's choices

### Delivery

- Blended – online content, mentor sessions are conducted via phone and/or Skype and assessments submitted online

### Industry application

- 15 ESSA CPDs
- 3 PDPs Physical Activity Australia
- 12.5 CPDs REPs NZ

### Assessment

Three assessments representing 100% of course assessment, consisting of:

- Peer-to-Peer Review – brief review with a peer of a recorded audio session
- Coaching session – Student to mentor session and debrief
- Case study – students conduct a case study and submit

Feedback will be provided by your examiner

## UNIT 4: Foundations of Physical & Mental Health

**Cadence Health is the only health coaching provider to offer this unique and critical training  
International Students need to contact the office before enrolling in this subject.**

### Description

A two-module unit

- **Module one** takes a look at just what the world guidelines and research say about physical activity and exercise. Covering, statistics on healthy movement around the globe and why people don't exercise, how much is enough, how often is required and what type of activity it takes to live a healthy lifestyle and get health benefits from activity. World guidelines from major countries are discussed in order to find a consensus on just how much activity we need for good health. You will cover body measurements and how these assist us in creating healthful states of being, as well as their issues and limitations in the real world. You'll learn what level of physical activity is most ideal for good health and how to support clients in achieving this safely.
- **Module two** consists of a Mental Health First Aid unit (delivered externally by an expert agency in this field) and covers depression, anxiety disorders, eating disorders, psychosis and substance use problems. A range of crises are reviewed from suicidal thoughts and behaviours, self-injury, panic attacks, traumatic events, acute effects from substance use, psychotic states to aggressive behaviours. You will gain an understanding of the signs and symptoms of the mental health challenges that far too many of us most cope with in society today, whether directly or indirectly, as well as understand the support that has been shown to be effective in research. You will receive a text book by post, the course is run online privately via a highly specialised mental health organisation.



### Learning outcomes

By the end of the course, students shall be competent in:

- Understanding challenges to being physically active
- Explaining the influence of physical activity on health
- Demonstrating a physical activity plan in line with individual needs and physical activity guidelines
- Demonstrate an understanding of mental health issues
- List symptoms of major mental health issues
- Describe appropriate support for those experiencing mental health challenges

### Industry application

- CPDs for health industry

### Delivery

Module 1:

- Self-paced with study activities inside text
- Online course text/workbook (included in fees)
- Private student portal and online resources
- Online test representing 100% of module tasks

Module 2:

- This module is run entirely by Mental Health First Aid
- Online learning provided by Mental Health First Aid
- Printed textbook for domestic students **(included in fees for Australian and New Zealand Students only. For international students to avoid international post charges please contact the office)**
- Online assessments for each topic

Module one exemption: Available for those with current Certificate 3 in Fitness or above, or current industry insurance as a PT or sports scientist

Module two exemption: Available for those with a relevant tertiary degree and current industry recognition

### Ongoing accreditation

Students have the option to complete formal accreditation to qualify as a Workplace Mental Health First Aider after completion of Module 2.

## ELECTIVE SUBJECT DETAILS

There is a range of elective subjects. The options may change without notice. However, the office will advise you at the time of your enrolment. New subject areas may also be added. If you have previously completed one of the units listed in the elective options, we recommend you select another elective. RPL is not possible on electives.

### Principles of Meal & Menu Planning

#### Description

This is a single unit, ideal as an elective choice for our Nutrition & Health Coaching (NHC) students and it also forms part of our Meal & Menu Planning program (you will gain a certificate for both programs in completing this as part of your NHC). This unit covers how to collate data on meals, how to work with clients to create healthful eating plans, and how to continue to evolve meal and menus for health. Course work involves extensive activities in planning and assessing, recipe creation and evaluation, software for meal planning with clients and much more.

#### Learning outcomes

By the end of the course, students shall be able to:

- Show an understanding of nutritional requirements across the lifespan based on endorsed guidelines and values
- Demonstrate a knowledge of dietary requirements for good health – variety, unprocessed, dynamic
- Display an ability to provide a meal plan that meets the overt needs of a client – energy, nutritional needs (servings, calories), taste and appeal
- Identify factors that promote and inhibit food intake (nutrition psychology)
- Explain how these factors can be used in achieving healthy eating habits
- Work with specialised dietary needs – coeliac, lactose, vegetarian (but not diagnosing or treating)
- Be able to design, provide and implement the plan within a coaching framework
- Recognise when to refer on and develop referral systems

#### Delivery

- Self-paced
- In course activities to consolidate understanding
- Online course text/workbook (included in fees)
- Private student portal and online resources

#### Topics

- Meal and menu planning: What is it? Who does it? Why and how?
- Meal and menu planning essentials
- Non-diet approach to healthful eating
- Software options and course application
- Meal and menu planning process - flexibility, meeting client needs, end-user focused, relevance, motivation, evaluation, healthfulness, food psychology
- Food factors - variety, quality, quantity, individuality
- Data gathering and collation
- Data collection tools - common dietary assessment tools, using the applications
- Data assessment and application to planning
- Data assessment tools - macro- and micro-nutrient profiling, energy, dietary variety and diversity, food group compliance, healthy eating ratings
- Bringing it all together and making it functional
- Nutritional planning, evaluation and review
- Energy and nutrient assessment tools - calculating estimated energy requirements (EERs)
- Cultural considerations and special dietary requirements - religion and regions of the world, allergies and intolerance, lactose, gluten and coeliac disease
- Professional considerations - working with clients, rights, obligations and duty of care, referring and referral systems

#### Assessment

One online assessment, designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions.

## Super Nutrition & Super Foods

### Description

At last a course that takes you through how we know when a food can be classed as a super food, who needs them and why. You'll look at free radicals in depth, progress onto antioxidants, ratings of foods including ORAC, cover functional foods and look at the newest area of food nutrition and epi-genetics specifically looking at telomeres and nutrition. Ideal for those working in the nutrition, fitness or weight-loss industries. Ensure that when you work with clients on their eating habits that you can assist them to choose the best nutrition for their needs.

### Learning outcomes

Upon completion of this program, students shall be competent in:

1. Briefly explaining the relationship between nutrition and health
2. Defining the principles of a healthful diet
3. Providing a range of criteria that may help define a super food
4. Explaining the role of oxygen in oxidative stress, free radicals and aging
5. List the two major free radicals
6. Name three classes of antioxidants
7. Name at least two naturally occurring antioxidants
8. List at least two dietary antioxidants
9. Name at least three antioxidant food compounds
10. Describe a bioflavonoid and give a dietary source
11. Name one food rating system
12. Define 'functional foods'
13. List at least six foods commonly referred to as superfoods
14. Explain the potential benefit of omega-3s and fish oils
15. Describe the role of probiotics in health
16. Explain the potential benefit of fermented foods in health
17. List at least three foods that are less commonly known as superfoods
18. Explain the limitations of supplements for health
19. Explain why fresh foods are preferential over supplements

### Delivery

- Self-paced
- Online course text/workbook (included in fees) – Cadence Health, Sydney, Australia
- Private student portal and online resources

### Topics

- The relationship between food and health
- The way we view food is unhealthy for many of us
- How can we know what the best way of eating is?
- Why are diets failing? What exactly is a good diet?
- Defining super foods
- Free to be radical but at what cost? Oxidation and oxidative stress
- Reactive oxidative species
- Nutrient density, nutrient diversity
- Antioxidants and free radicals (ROS and RNS)
- Dietary antioxidants - nutrients and compounds
- What does the research say?
- Rating the power of foods
- Oxygen radical absorbance capacity (ORAC)
- The latest on telomeres, nutrition and health
- Functional foods
- The business of functional foods around the world
- Food focus: What foods make the grade?
- Cruciferous vegies / Healthy oils / Fish / Probiotics / Fermented foods / The whole story on yoghurt / Common herbs and spices / The lesser famous foods, Amla, Cocoa, Incaberries, Maca, Ayurvedic diet, a2 milks
- Food vs supplements

### Assessment

One online assessment, designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions.

## Nutrition psychology; Food choice & eating habits

### Description

Marketing has long sought to understand the science of consumer behaviour, but just how much do we understand about our own eating habits? Why is it that some foods have more appeal to us than others? Why are some foods harder to say 'no' to? And why is it so hard to change our eating habits? If you have been on a crusade to change your eating habits, or have ever wondered why it's so hard to change the trend of increasing waistlines, or you have a fussy foodie, then this course is going to be right up your alley. It delves into the science and the psychology behind our eating habits to help make sense of why some habits die hard, and just how they came about in the first place. Ideal for those working in the nutrition, fitness or weight-loss industries.

### Learning outcomes

By the end of the course, students shall be competent in:

- Demonstrating an understanding of the influence of life-stage on food preferences
- Listing the common health models used in health initiatives
- Describing basic internal food regulation mechanisms
- Explaining the difference between food preference and taste preference and between liking and wanting
- Briefly describing how we learn flavour
- Listing common influences over eating as a behaviour
- Explaining the importance of palatability on food preference
- Describing some of the ways in which marketing and advertising affect food intake and preferences
- Listing some of the emotional, personality and motivational influences over eating and the issue of body weight and dieting
- Explaining how learning and decision-making styles influence food choice
- Listing ethical and personal considerations when dealing with individuals' eating habits

### Industry application

- Holds 14 CECs for PTs;
- 15 ESSA CPDs

### Delivery

- Self-paced
- Self-testing study guide and answers
- Online course text/workbook (included in fees) – Cadence Health, Sydney, Australia.
- Private student portal and online resources

### Topics

- Commonly used models in health initiatives
- Understanding the consumer
- Internal factors of taste and food regulation
- Food choices and preferences
- Learning and its effect on food choice
- Inhibition of the desire to overeat
- Media, marketing and labelling
- Emotional influences on food choice
- Impulse, inhibition, eating restraint and intake
- The influence of stress and coping
- Personal factors in weight control
- Motivation and weight control
- Emotional response to experiences by locus of control
- Making changes, ethical and professional considerations

### Assessment

One online assessment, designed to assist students in applying their newly gained knowledge to real life situations, is an open book format representing 100% of course assessment, consisting of:

- Multiple-choice questions
- Short answer questions



## Design & Deliver Healthy Lifestyle Courses

### Description

This unit is designed for those who are specifically looking to create and run **healthy lifestyle courses or seminars** at a community level or **work with groups**. Syllabus design, creating learning outcomes, writing session plans and delivering appropriate and engaging content is a skill. And, of course there are many factors that influence successful group coaching, including understanding group dynamics, facilitation of group performance to result in optimal outcomes, working through barriers, implementing collaborative approaches and collective engagement, devolving responsibility and accountability and conflict resolution. Community and group education is an excellent means of both improving community health and assisting your business growth.

### Learning outcomes

By the end of the course, students shall be able to:

- Demonstrate ability to create an informative course syllabus
- Explain the relevance and aspects of session plans
- Describe what drives content inclusion and flow
- List elements in effective delivery
- Briefly describe the role, relevance and function of effective assessment
- List relevant pedagogical considerations in developing effective training
- Identify and clarify group and individual goals and interact effectively with group members who have diverse styles, aspirations, cultures and perspectives
- Establish a functional group in line with organisational policies and procedures
- Analyse problems and barriers to group development and participation and develop appropriate strategies to address and resolve them
- Communicate clearly and concisely with the group and handle uncertainty and conflict in a positive manner before it adversely affects group performance
- Encourage group to openly propose, discuss and resolve issues and create opportunities to celebrate and promote group and individual success by providing positive leadership.

### Industry application

- Holds 15 ESSA CPDs

### Delivery

- Self-paced
- Self-testing study guide and answers
- Online course text/workbook (included in fees) – Cadence Health, Sydney, Australia.
- Private student portal and online resources

### Assessment

One online assessment, designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- Multiple-choice questions
- Short answer questions

## Certificate of Weight Loss Nutrition

### Description

Flexible, short distance course (yes we know the contents look enormous, but we make it easy to follow) in weight loss nutrition, focusing on the physiology of weight gain and body fat reduction with a look at the psychology behind eating. You won't be bored with a rehash of the whole basic nutrition you have already covered in Cert III or IV, this course focuses on weight loss nutrition.

For those looking to work in the weight loss industry, we recommend taking this elective with the Nutrition Psychology subject.

### Learning outcomes

By the end of the course, students shall be competent in:

- Demonstrating a thorough understanding of the current theories of fat deposition
- Applying theories of body fat loss to their own health and physical status
- Critically assessing and evaluating weight loss strategies

### Industry application

- Holds 18.5 REPs NZ CPD points

### Delivery

Standard version is online, however you can upgrade to add on a printed set of course materials for an additional cost (Australia and NZ only). Refer to website for costings.

- Self-paced
- Self-testing study guide and answers
- Online standard course text/workbook (included in fees)
- Private student portal and online resources

### Topics

- Introduction to issues of overweight and obesity
- Issues of overweightness in Australia
- Health risks associated with body fat and body weight
- Current understanding and beliefs about overweightness
- Body fat distribution and measurement of body mass
- Elements of a healthy diet and application to fat loss
- In depths look at dietary fats
- Physiology of the fat cell
- Energy balance
- Food labelling
- Physical activity and overweight
- The psychology of behaviour modification and weight loss
- Programs, plans and the way forward

### Assessment

One online assessment, designed to assist students in applying their newly gained knowledge to real life situations, is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions.

## Certificate of Optimal Sports Nutrition

### Description

This nationally recognised sports nutrition course is based on the latest research and presented in a practical and easy to follow format. Developed by a nutritionist who worked extensively with elite athletes from various sports such as tennis, rugby union and rugby league, this course is not just theory. It is based on real clinical situations with actual cases from elite athletes. Additional support is offered by the twice NRL Premiership winning Sea Eagles Fitness Coach (2003-2015), now Director of Athletic Performance for Canterbury Bankstown Bulldogs, Don Singe for those looking for additional information on strength and conditioning.

### Learning outcomes

By the end of the course, students shall be competent in:

- Demonstrating a thorough understanding of the current theories of sports nutrition
- Applying theories of sports nutrition to athletes/teams to improve health and physical performance
- Critically assessing and evaluating the success of a sports diet

### Industry application

- Holds 25 CPDs from REPS NZ

### Delivery

- Self-paced
- Self-testing study guide and answers
- Online course text (included in fees) – Sports Nutrition and the Sporting Diet, 2<sup>nd</sup> Ed 2013, Cadence Health, Sydney, Australia.
- Private student portal and online resources

### Topics

- Elements of a healthy diet
- Hydration and sports
- Hydration techniques
- Testing and measures of hydration
- Body temperature
- Sports specific diet
- Carbohydrates and fats: the fuelling foods
- Protein for energy production
- Body shape and measures of body mass
- Supplements in sport
- Sporting agents and performance
- Putting it into practice: Preparing for the event

### Assessment

One assessment, designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions

## Nutrition for fertility, pregnancy & lactation

### Description

The essential dietary, nutritional and lifestyle factors involved in fertility, conception, pregnancy and lactation. Topics include influences on fertility, understanding conception, timing and conception, reducing the risk of miscarriage, nutritional and lifestyle recommendations and creating a healthy diet to improve conception, safe eating in pregnancy, nutrient requirements post-birth, allergy links, breastmilk production and dietary influences. This course is ideal for midwives, personal trainers and other health care professionals working in the area of women's health. We have large groups of midwives from numerous women's clinics, fertility clinics and hospitals undertaking this professional training course.

Application of this course is done carefully and scope of practice as a coach must be followed!

### Learning outcomes

By the end of the course, students shall be competent in:

- Providing women with nutritional support, care and advice during pregnancy and the postpartum period
- Critically reflecting on nutritional practices and implementing well-developed nutritional counseling in their day-to-day practice
- Understanding how social, environmental and economic factors impact on nutritional support
- Applying nutrition principles to improving fertility and conception, outcomes for pregnancy and infant feeding

### Industry application

- Holds 25 CPDs from REPS NZ

### Delivery

- Self-paced
- Self-testing study guide and answers
- Online course text (included in fees) – Nutrition for Fertility, Pregnancy and Lactation: Nutrition and lifestyle for a natural approach to improving conception and its outcomes, Cadence Health 2<sup>nd</sup> Ed 2013, Sydney, Australia.
- Private student portal and online resources

### Topics

- Natural fertility
- Infertility, fertility and conception
- Understanding conception
- Pre-conception care, improving fertility and prevention of miscarriage
- Diet and nutrition in pre-conception care
- Elements of a healthy diet
- Dietary guidelines in brief
- Nutrients reviewed
- Pregnancy nutrition
- Lactation and breastmilk
- Nutrition for nursing mothers

### Assessment

One final assessment, designed to assist students in applying their newly gained knowledge to real life situations is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions

## Early Nutrition: Birth to adolescence

### Description

Comprehensive and practical, this course will ensure you feel confident that your little one or children in your care are getting the best start to set them up with lifelong good health. This course offers a rare insight into Childhood Nutrition that you are unlikely to find elsewhere. **Covering global guidelines spanning birth to adolescence**, all you need to know about early nutrition and healthy eating is in this course. Suited for parents, carers, childcare workers, educators, coaches, counsellors, nurses and GPs, the language is friendly and the content is fully referenced with extensive tools, guidelines and readings to take your understanding as far as you require.

### Learning outcomes

By the end of the course, students shall be competent in:

- Demonstrating a familiarity with world organisations and with local government infant and childhood feeding policies
- Demonstrating a thorough understanding of the principles of childhood nutrition
- Applying nutrition principles to common dietary health issues and needs during childhood
- Assessing dietary intakes and making basic recommendations for improvement
- Preparing age and culturally relevant foods, snacks and drinks to meet children's preferences and needs
- Maintaining food safety standards

### Delivery

- Self-paced
- Self-testing study guide and answers
- Online course text (included in fees) – Best Start to Health; Healthy Eating and Good Nutrition for Infants and Children, Cadence Health 2<sup>nd</sup> Ed 2016, Sydney, Australia.
- Private student portal and online resources

### Topics

- Influences on eating habits
- Principles of a good diet, dietary guidelines and nutrients
- Growth and development in childhood
- Feeding baby
- Dietary recommendations, growth and development
- Nutrients in our food
- Vitamins and minerals
- Healthy eating habits
- Health and eating habits
- Food safety

### Assessments

Final examination, designed to assist students in applying their newly gained knowledge to real life situations, is an open book format representing 100% of course assessment, consisting of:

- An online eTest consisting of multiple choice and true or false questions

## Create Your Own Course: Business Coaching & Mentoring modules

### Description

Business mentoring can be a pivotal point in your business success. Whether starting out, or confused about just what to do next, or if you're at crunch time around expansion, having a mentor to support you through the process is invaluable. Most successful entrepreneurs have a mentor in 'their corner' to filter out the 'white noise' we so easily get caught up in, and to focus on the areas of success and innovation.

Students are required to select three modules to create a subject to represent one elective. All modules come with a recording of your live session so you can look back as you need to, these sessions are often jam packed so it's great to be able to review the session in your own time afterwards.

### Modules available or due for release include:

By the end of the course, students shall be competent in:

- Private 1:1 address your needs
- From idea to market place
- Unlock entrepreneurial vision
- Starting out in business: From passion to career
- Ensuring your site converts to sales
- Introduction to digital marketing and Facebook sales
- Finding your people and speaking to them
- Mental Health First Aid Accreditation

### Delivery

- Choose a selected number to form your own 'course' which can be used as an elective in this program
- Various – live recorded webinars, play and pause webinars, Skype/Zoom or phone 1:1s

### Assessments

- Participation only

## Kitchen Medicine: Natural health

### Description

This unit provides a great insight into the healing power of plants, it focuses on safe and readily accessible herbs and plants to bring together a practical look at the compounds in plants and how these give rise to plant health benefits. You will review history, regulation, body systems, some chemistry around the major constituents in plants so you can recognise their potential effect, as well as production methods and a materia medica of the major herbal remedies. You'll culminate your unit with having created a lovely blended tea as your assessment.

### Learning outcomes

By the end of the course, students shall be competent in:

- Defining 'herb' incorporating the WHO definition
- Explaining the safe use of herbal medicine
- Providing a review of the current regulation and use of herbal medicine globally
- Listing body systems that herbal medicines act upon
- The body systems and how herbal medicine interacts with them
- Describing the philosophy of holistic health
- Naming different types of herbal medicine
- Naming the compounds in plants with health effects and where each are present
- Distinguishing between medicinal herbs in cultivation
- Comparing chemical components of medicinal herbs in terms of their effects on the body
- Preparing simple and safe herbal preparations in a domestic situation

### Delivery

- Self-paced
- Online course text (included in fees) – Kitchen Medicine: Natural Health, 2016, Cadence Health, Sydney, Australia
- Private student portal and online resources

### Topics

- The history and evolution of herbal medicine
- Guidelines and trends of herbal plant use worldwide
- Environmental considerations, green growing practices and permaculture
- Review of human body systems- digestive, circulatory, respiratory, endocrine, immune etc.
- Understanding inflammation, immune response, and gut health
- Review of plant chemistry- alkaloids, flavonoids, tannins and more
- Latest scientific evidence of the use of plants in medicine
- Introduction to plant monographs- review of plants with antibacterial, blood sugar, cancer, longevity, cognitive function, physical performance, pregnancy, stress, and mood effects
- Plant monographs- selection of 23 notable plant remedies and their actions, uses and application
- External preparations including creams, steam baths, rubs, oils etc.
- Safely incorporating herbal remedies into your lifestyle- Ayurvedic options, honey use, recipes

### Assessments

- Develop a herbal tea blend- tasks include product planning, creating a recipe, and product development.

## Food Groups & Dietary Diversity: Assessing and measuring health eating

### Description

This course draws the best from the Dietary Guidelines (DGs), and uses food groups and dietary diversity measures so that you can support clients in their healthy eating. Of course the DGs can seem a little limited, in fact, it's all in the way you use the extensive data they are based on as to how useful they are for you and clients. This course uses evidence-based dietary assessment techniques, easily accessed meal evaluation apps and a non-diet based approach along with coaching for wellbeing strategies. You will learn to use a collaborative framework that supports clients in making their own informed decision about their lifestyle choices, after all we know that it takes more than information to change eating habits permanently. You will be able to assist clients in creating charts and graphs on their diet and then making improvements, and the course offers you numerous templates to assist this change process.

### Learning outcomes

By the end of the course, students shall be competent in:

- Listing the food groups and examples from each
- Sourcing data that provides food group requirements for age and gender
- Explaining the importance of dietary diversity in health
- Demonstrating to clients the use of basic measures of dietary diversity and food group adequacy
- Outlining the scope of practice for nutrition support
- Demonstrating an understanding of professional boundaries which reflects the scope of practice

### Industry application

- Holds 25 CPDs from REPS NZ,
- 7 CEC points for PTs

### Delivery

- Self-paced
- Case studies and self-assessments
- Online course text (included in fees) – Dietary Diversity, Food Groups and Healthy Eating Habits, 2015, Cadence Health, Sydney, Australia
- Private student portal and online resources

### Topics

- Eating habits and health
- Benefits of healthy eating
- Healthy eating principles
- Review of basic nutrition principles
- Guidelines and food groups
- Client tools to review a diet
- Measures of healthy eating
- Dietary diversity
- Food groups and servings measures
- Healthy Eating Index
- Variety checkers
- Professional considerations

### Assessments

- An online eTest consisting of multiple choice questions