



Nutrition Business Certificate

Course Guide



Nutrition Business Certificate

Turn your love for health and nutrition into a business

Learn via distance education about the theory and practice of nutrition – health, weight management and energy in humans.

There are endless career opportunities in this diverse and sought after field for people wanting to make a positive change in the quality of life of humans, in jobs such as Nutrition Coach, Food Technologist or Health and Diet Advisor.

Gain knowledge on the practical, ethical and legal implications of establishing yourself as a coach and launching your own business. This additional knowledge will give you a head start by learning about specialist diets, coaching for children, adults and other coaching topics on nutrition and food.

Perfect for people looking to start a business in health and wellbeing.





About us

Careers Collectiv is about practical education with a focus on providing courses relevant to real life.

We help you gain the knowledge, skills and confidence to try a new career path, broaden your professional development, start a new business or explore a passion and deepen your understanding in a special interest.

Careers Collectiv was founded by a family who are passionate about providing quality education, accessibility for everyone and the flexibility to work at your own pace and in your own time. They have over a decade of experience in the online education sector after establishing a college specialising in the beauty industry.

Our teachers

We only use teachers who are active in their specialised industry. Learn from people who have first-hand experience in their subject matter and current industry expertise. Staff come from varied backgrounds with teaching and vocational experience from universities and vocational colleges.

Courses provide flexible options for different career pathways, self-improvement, professional development and general adult education.

We give our students the skills, tools and structure to learn in real life situations without compromising on academic excellence.



Recognition



All Careers Collectiv courses come with a certificate of attainment upon completion.

Our courses are accredited with the International Approval and Registration Centre (IARC), a non-profit association providing a quality control system for education programs and courses in international education.



Nutrition Business Certificate



3 modules



300 hours

Start a business to help clients bring about positive change

Reinforce your love for health and nutrition with a qualification towards your new and exciting career and business.

Food Coaching combines coaching skills with knowledge of nutrition to help clients choose better ways of eating and healthier diets. Coaching is about helping clients to define their goals and work out ways to achieve them.

Gain a strong foundation in marketing with our module on Social Media. This additional knowledge will help you understand your food coaching service and how to market your business.

Who is this course for?

This course is designed for students with no previous experience in nutrition or anyone in the industry looking to upskill. It's perfect for anyone passionate about health who wants to learn the skills to start a business to help others on their journey of health and wellness.

This course has 3 main core modules

- Nutrition I
 - Food Coaching
 - Social Media
- + Optional Add Ons

BONUS

Free phone consultation with one of our qualified accountants to help students who want to set up a business.





Learn from experts in their field who guide you to see, do, think and experience learning on your own terms and at your own pace.

A well rounded learning experience

The Nutrition Business Certificate gives you a deep understanding of the nutrition and health profession along with a sound foundation in meal plans and results-based nutrition guidance. Included in the course is a module on Food Coaching and Social Media to kick start your business.

A food coach can be the real difference in helping clients to develop strategies and motivation to bring about real change in their eating habits and consequently real change in their overall wellbeing.

Assignments

Each lesson in your course modules culminate in an assignment which is submitted online, marked by the school's tutors and returned to you with suggestions and feedback by qualified Australian trainers with extensive experience in Melbourne's top education colleges.

Career prospects

This course opens up different opportunities in the health and wellbeing sector. These include:

- Food and Nutrition Sales
- Nutrition Coach
- Nutrition Coaching Business
- Nutritional Food Preparation and Catering
- Food Technologist
- Consultant
- Health and Diet Advisor
- Health Promotion



Course modules

Nutrition I

1 Introduction to Nutrition

- Important factors in nutrition
- Ingredients and cooking methods
- Understanding eating
- Major food groups
- Food allergies and Intolerance introduction

2 The Digestive System

- The Alimentary Canal- Muscular Structures
- Accessory Digestive Organs
- Digestive Tract Linings

3 Absorption and Enzymes

- Physical and Mechanical breakdown
- Understanding biochemical breakdown
- Biological breakdown
- Digestive Hormones
- Digestive Enzymes
- Absorption - anatomical adaptations for absorption
- Absorption (general)
- Detoxification mechanisms
- The Urinary System
- Physiology of the urinary system
- Skin and sweat glands

4 Energy Value of Foods

- The science of nutrition
- Diet
- Energy Value in Foods
- Nutrients
- Energy Production
- Basal Metabolic Rate

5 Carbohydrates and Fats

- Types of Carbohydrates - Monosaccharides, Oligosaccharides and Polysaccharides
- Carbohydrates in the diet
- Carbohydrates in the body
- Alcohol
- Fats and fat biochemistry
- Fats in the diet
- Fats in the body

6 Proteins

- Uses in the body
- Recommended protein intakes
- Grains
- Vegetables
- Nuts and Seeds
- Beef, Poultry and Fish (meat structure)
- Meat Quality
- Eggs and Dairy
- Proteins in the diet
- Proteins in the body

7 Vitamins and Minerals

- The Recommended Daily Allowance
- The Dietary Reference Intake
- Summary of Vitamins
- Fat soluble vitamins
- Water soluble vitamins
- Common minerals
- Inorganic elements
- The Calcium Debate

8 Water

- Water in the body (function)
- Water retention
- Water loss and chronic dehydration

9 Nutrient Disorders

- Selected digestive system disorders
- Vomiting
- Peptic ulcer
- Jaundice
- Lactose intolerance
- Haemorrhoids
- Cirrhosis
- Allergies
- Cholesterol, heart disease and atherosclerosis
- Bowel Cancer
- Problems with nutrition



Food Coaching

- 1 Introduction and the Healthy Diet
- 2 Professional Standards for Food Coaching
- 3 Specialist Diets - Chronic Conditions
- 4 Specialist Diets - Overeating
- 5 Specialist Diets - Poor Nutritional Diets
- 6 Food Coaching with Children
- 7 Food Coaching with Adults and Seniors
- 8 Lifestyle Changes
- 9 Moving on
- 10 Managing your Food Coaching Service

Food coaching fills a void. Whilst there are practitioners in nutrition and diet, most don't offer coaching.

There are many people who lack both motivation and knowledge, or who struggle with fad diets or other poor eating choices, who can benefit from having someone work with them to help them make worthwhile changes. Many of these people just don't realise how their diet is affecting their well-being, whether it's feeling sluggish or bloated or contributing to other health issues.

As a food coach, you are there to help motivate clients to make better choices, keep them on track and offer support and feedback.

Social Media

Instagram

- Introduction to Instagram
- Tips and Tricks to Develop Compelling Content
- Growth Strategy
- Ads for Lead Generation
- Ads Made Simple

Facebook

- Getting started with Facebook
- Types of Facebook Ads
- How an Effective Facebook Strategy Will Grow Your Business
- Increasing Conversions
- Targeting the Right Audience
- Aspects of your Ad Content
- Setting up your Facebook Page
- Promoting your Facebook Page
- How to Advertise
- Budget Setting
- Tracking and Analysing your Facebook Marketing Strategy
- Facebook Advertising Tips
- Measuring Facebook Ads



Optional Add Ons

Nutrition II

Learn how to plan a better diet for yourself or to support others. Gain an understanding of nutritional requirements, how to prepare food to retain nutrients, planning balanced diets and assessing nutritional needs of special groups.

Start optimising nutrition for yourself and others. Nutrition II is based on science yet offers practical skills in preparing food to ensure nutrient retention, and planning balanced diets for individual or group needs. It teaches you to take what is known about energy, protein, fats, carbohydrates, vitamins and minerals and apply it in a practical way to daily life.

Learn what you need to keep your body running in optimal condition.

Nutrition III

Learn about food allergies, sensitivities, nutritional disorders and other problems associated with diet. This elective module will help you understand that consumption of food not suited to the individual can lead to discomfort, disease and in some cases, death.

Many people react to foods adversely and don't even realise it is their food that is causing the problem. This can range from something as mild as a sensitivity that results in discomfort, or a severe allergy that can present in migraines, skin conditions, ill health.

Detoxification is another important topic covered in this elective as we are commonly exposed to harsh toxins from our food, our environment, our skin care products and more. Learn about how to relieve a system which is overloaded with unwanted toxins.

Children's Nutrition

Learn about the difference between adult and child nutrition, how to best meet a child's nutritional needs, and strategies to encourage healthy eating in children. Also taking a look into food sensitivities in children, balancing macro nutrients and how to encourage a "health-positive" lifestyle with children.

Nutritional habits are developed in people from a very young age and can be hard to break. Helping a child avoid a sweet tooth and dislike for vegetables from a young age will be paving an important roadmap for their adult body image and health.

This module maintains a holistic approach around what to eat, nutritional requirements from the early ages through to the teen years and even nutritional benefits in pregnant women for a baby in the womb.



Optional Add Ons (Continued)

Sports Nutrition

Well-planned eating practices help athletes to train hard, stay healthy and injury-free, and compete at their best.

When you exercise, your body uses up food for energy, and knowing the right foods to eat and when is naturally crucial to their performance.

Understanding high performers body composition can be complicated by the fact that the physical characteristics (including genetics), will vary from one individual to another; and the nutritional components used in some athletes will vary to those performing in a different sport.

An athlete's nutritional needs are principally determined by training load (ie intensity, frequency and duration of daily workouts), the type of exercise and body mass. If you want to be a master in this niche field then this elective module is perfect for you.

Nutrition for Weight Loss

The journey of weight loss can be one of the biggest challenges or achievements in a person's lifetime. It can be a very sensitive subject to a lot of people and having the knowledge, education and empathy to nurture someone through this journey will be one of the most rewarding experiences in this field.

Developing an understanding in health, nutrition and mindset is critical for someone to be able to achieve their weight loss goals and targets. Throughout the module you will learn to understand the key concepts behind obesity, implementing measures to prevent obesity and planning diets that are sustainable for a lifetime rather than 'quick fix solutions'.

Most people without a nutritional background will starve themselves and use unhealthy strategies to cut weight which is where you can really add value to educate them about losing weight using sustainable techniques which will become a way of life and not a fad.



Course overview



Course duration

This course is made up of 3 in-depth modules which includes 38 lessons and optional add ons.

The amount of study time required to complete this course is approximately 300 hours of study.

There are options to reduce the modules from this program. Just speak to one of our team members for more information.



Supporting you in your studies

With our courses you are not on your own. Careers Collectiv provides the highest level of support possible.

Your tutor will provide you with their email and contact number to ensure you always have support throughout your course. Our tutor support service is available to you 24 hours, 7 days a week.



24/7 Access

Online 24/7 access to your course allowing you to fit your study in with your schedule.



Certification

A certificate of attainment will be issued upon completion of your course.

Careers Collectiv benefits

- Study from anywhere, anytime
- No experience required
- No set deadlines
- Lifetime access to your course

Flexible payment options

This course can be paid off through an interest free payment plan for \$25 per week.

The overall price will vary depending on the options you select. We also offer a discount for upfront payments.

To find out more about the course that best suits your needs, talk to one of our career advisors on **1300 001 703**.

Call our career advisors for payment options on **1300 001 703**

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