



Pathway to Nutrition Certificate

Course Guide



Pathway to Nutrition Certificate

Turn your love for health and nutrition into a career that makes a difference to people's wellbeing

Learn via distance education all about the science behind food and nutrition so you can manage your own health and also help others.

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, weight loss specialist or working in retail sports nutrition.

Many people who are passionate about their own health and fitness contemplate turning this passion into a career. Having a passion and love for health and nutrition is important but if you are considering a career in this field, this course will provide you with the necessary knowledge and skills to work in this industry.

Perfect for people starting a career in health and wellbeing, looking to start a business or want to understand how to have a healthy and nutritious diet.





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.



Pathway to Nutrition Certificate



3 modules



300 hours

Start working to help people achieve their optimal health and fitness

Reinforce your love for health and nutrition with a qualification and take that first step towards a new and exciting career in an industry that you love. Developed in response to industry demand, the Pathway to Nutrition Certificate will teach you the theory and practice of nutrition – health, weight management and energy in humans.

Gain a strong foundation with our module focused on different food groups and cooking elements. This additional knowledge will give you a head start, learning about vitamins and minerals, how to treat different body types, design diets for specific goals and other health topics that are typically found in a dietitian's course.

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 for a career in helping others on their journey of health and wellness.


This course has 2 main core modules

- Nutrition I
 - Nutrition II
- + 1 free elective module of your choice is included as part of this course

BONUS

Free optional modules on Instagram and Facebook marketing and a 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 Pathway to Nutrition 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 free elective module where you can choose a diverse range of specialities to give you broader knowledge and additional qualifications.

This course provides the tools you need to educate and inform the community about human nutrition and how it's implemented. Turn your love for health into a career that helps make genuine changes and improvements for peoples lives.

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



Nutrition II

1 Cooking and it's Effect on Food and Nutrition

- The Nutritive Value of Food after Cooking
- Meat and Poultry
- Fish
- Plant Foods – fruits, vegetables, cereals, pulses
- How different methods of cooking and processing effects nutrients in food
- Baking
- Blanching
- Braising
- Grilling
- Poaching and Boiling
- Pressure Cooking
- Roasting
- Sautéing
- Steaming
- Preparing and Cooking Vegetables and nutrient loss management
- The benefits of cooked food
- Preserving the nutrition in food
- Key points for preserving different vitamins

2 Food Processing and Nutrition

- Canning and pasteurisation
- Homogenisation and pasteurisation of milk
- Milling and grain processing
- Flours
- How processing affects dietary carbohydrate and fiber
- Effect of wet-heat treatments
- Why do simple carbohydrates leech when wet-heat treated

- Effect of food processing on starch and cellulose
- Fiber in processed flour
- Freezing
- Dehydration
- Effect of soils and fertilisers on food nutritive qualities
- Food additives
- Preservatives –salting, pickling, curing, smoking etc.
- Food allergies
- Flavouring agents
- Additives to enhance colour and appearance
- Sweetening agents
- Emulsifying agents and stabilisers
- Anti caking agents and humectants

3 Recommended Daily Intakes of Nutrients

- Recommended daily intake
- Adequate intake
- Tolerable Upper limits
- Estimated average requirement
- Macronutrient intakes
- RDI for Energy and Protein
- Fats
- AI for Fluids or water
- AI and TUL for dietary fibre
- Requirements for vitamins
- Requirements for Minerals

4 Vitamins

- Hypervitaminosis and hypovitaminosis
- Fat soluble vitamins
- Vitamin A – Role, sources, deficiency, toxicity etc.
- Vitamin D – overview, sources, deficiency, toxicity, etc.
- Vitamin E
- Vitamin K
- Fat soluble vitamins
- Vitamin C
- B group vitamins
- Water soluble vitamins
- Vitamins and the liver
- Vitamins and the bowel
- Vitamins, cancer and chronic diseases

5 Minerals

- Calcium –role of, deficiency, toxicity, calcium sources, etc.
- Iodine
- Iron
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Other trace elements – chromium, manganese, molybdenum, selenium, Zinc

6 Planning a Balanced Diet

- Menu Planning
- Case Study – A day's diet at a residential school
- Plate waste

- Assessing plate waste
- Using a food pyramid
- Steps for approaching diet planning

7 Assessing Nutritional Status and Needs

- Infants and young children
- Adolescents
- Expectant mothers Post partum and nursing mothers
- Elderly people
- Migrants
- Vegetarian – Diet considerations: protein, amino acids, iron Vitamin B12, Vitamin D, etc.
- Vegan diets and children
- Weight change and snacking

8 Timing Meals and Needs of Special Groups

- Diet formulation
- Obesity
- Coronary heart disease
- Dietary risk factors
- Blood cholesterol
- Blood pressure
- Dental cavities
- Dietary fibre and bowel disease
- Diet therapy
- Low energy diet
- Diabetes
- Gastric Diets
- Gluten free diets
- Low salt, low sodium diets
- Low fat diets
- Diets to lower cholesterol





Elective Module – Select 1 specialist elective module

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 macronutrients 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.

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.



Elective Module – Select 1 specialist elective module (Continued)

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.

Food Coaching

The phrase 'Fail to plan - plan to fail' could not be more true when it comes to mastering your health goals. Gaining an understanding in diet planning is one of the key foundations to being able to provide nutritional advice to others.

This module features an outline on the professional standards for food coaching, specialist diets including chronic conditions and over eating, as well as food coaching for children and adults.

Most people when they are trying to achieve their fitness goals or general health understand the training requirements to do this, but don't realise that food is 85% of the key to success.

By studying this module you will develop the understanding and tools to be able to advise people of all ages what they should eat as well as putting this into a structured plan to support their training regime and achieve the goals that they are aiming for.



Course overview



Course duration

This course is made up of 2 in-depth modules which includes 17 lessons and 1 free specialist elective module. 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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