



**AUSTRALIAN
COLLEGE**
EXPANDING YOUR HORIZONS

Course Brochure

GRAZ

**Australian College Course in
Health (Nutrition, Weight Loss
Management and Consulting)**

www.australiancollege.edu.au

Why should you choose to study with Australian College?



✓ Flexible Learning

- Self paced
- Access your training wherever and whenever suits your lifestyle

✓ Unparalleled Support

- Full access to your virtual campus 24/7
- Unlimited trainer, assessor and student services support throughout your studies

✓ Payment Plans To Suit You

- Flexible, cost-effective, interest free, payment options
- Price-match opportunity available

✓ More Opportunities For You

- Thousands of our students have already graduated with nationally recognised qualifications
- Begin an exciting career with some of the best-known companies in Australia or Internationally
- Own and operate your own business
- Up skill and climb the corporate ladder
- Learn something different and take your hobby to the next level

**Join our graduates enjoying successful,
exciting careers across many industries.**

Our Courses

GRAZ Australian College Course in Health (Nutrition, Weight Loss Management & Consulting)

COURSE SUMMARY

Course Code:	GRAZ	Flexible duration:	Up to 12 months
Qualification gained:	Australian College Course in Health (Nutrition, Weight Loss Management and Consulting)	Study load:	Self-paced
		Start date:	Start anytime
Study mode:	Flexible delivery (including online with some projects/activities and/or skills-based training).		
Delivery methods:	This course is delivered using an asynchronous study methodology, utilising online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.		
Assessment method:	Assessments may vary according to each subject, but overall may include the following: <ul style="list-style-type: none">· Knowledge/Theory-based short answer questions· Projects		

Course Modules:

Module 1 – Nutrition and Weight Loss Planning

Reading 1 – How Weight Loss Works: For You and Your Client

- Introduction to Weight Loss
- The Portion Approach to Weight Loss
- How Your Digestion Works
- The Five Types of Food
- Foods That Help with Weight Loss
- The Six Essential Elements
- How Much Weight Can You Lose?
- Weighing and Measuring Yourself
- Your Course Program, Tools and Supplements
- Explaining Terminology

Reading 2 – Nutrients, Supplements and Foods

- Food- Glorious Food!
- Technology, Marketing and Politics
- Essential Vitamins and Minerals for Weight Loss
- Digestion and Circulation
- Low Fat and De-Fibred Foods
- Meal Replacements – Do They Work?
- Weight Loss Supplements – Miracle or Myth?
- Fluid Retention

Reading 3 – Meal Planning and Weight Loss

- Choosing Foods and Planning Meals
- Energy Balance Through the Day
- Understanding Portions
- Article – Chewing the Fat
- Guide to Food Additives
- Organising and Preparing Meals
- Socialising and Eating Out
- Meal Planning with Grazing Diet

Module 2 – Exercise and Consulting

Reading 1 – Weight Loss, Body Composition and Cellulite

- Changing Your Life
- More Weight Loss with Activity
- Fluid Retention Workout
- Adding Physical Exercise
- Different Exercise Options
- Adding Weight Resistance Exercise
- Non-Exercise Alternatives

- Beating the Plateau Effect
- What is Cellulite?

Reading 2 – Weight Loss Management and Becoming a Weight Loss Consultant

- Body Image
 - The Body Principle
 - Food Cycling
 - 101 Weight Loss Tips
 - Staying Motivated
 - Activity – Be Careful, You Might Get To Like It!
 - Maintaining Your Weight after Weight Loss
 - Starting a Weight Loss Consulting Business
 - Marketing Yourself
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ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the qualification delivered by this course. The student must have access to and have:

- Access to a computer with word processing, PDF reader capabilities and an internet connection
- A good command of written English
- Ability to allocate appropriate study hours per week



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**If you have any questions about the
College, our courses, or need help with
enrolment, please contact us.**



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