



**AUSTRALIAN
COLLEGE**
EXPANDING YOUR HORIZONS

Course Brochure

HWB

**Australian College Advanced
Health and Wellbeing program**

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

HWB Australian College Advanced Health & Wellbeing Program

COURSE SUMMARY

Course Code:	HWB	Flexible duration:	Up to 12 months
Qualification gained:	Australian College Advanced Health and Wellbeing program	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		

Reading 1 – Nutrition and Our Bodies

- Assessing our relationship with food
- The food groups
- Essential nutrients for a healthy, happy body
- Identifying your body type
- Taking care of our gut health
- Optimising The Body's Performance Through Good Nutritional Choices

Reading 2 – Making Great Nutrition Choices

- Exploring nutritional plans
- Cooking to maximise nutritional value
- Planning meals to support positive eating habits
- Incorporating supplements into your nutritional plan
- 100 tips for maintaining a healthy weight
- Breaking down the terminology

Module 2

Reading 1 – Exploring the World of Exercise

- The benefits of physical exercise
- Busting exercise myths
- Finding your ideal form of exercise
- Develop your exercise goals and set up your activity plan
- The benefits of walking

Reading 2 – Planning and Implementation

- Structuring your activity
- The benefits of stretching
- Basic equipment worth the investment
- Muscle maintenance
- Perfect posture

Module 3

Reading 1 – A Mindful Life

- What is mindfulness
- Stress management and prevention
- Strengthening emotional intelligence
- Exploring meditation Working with breath to increase wellbeing

Reading 2 – Thrive

- Optimising your sleep
- Creating daily habits for holistic wellbeing
- Challenge yourself
- Fuel your passions
- Nurturing a positive mindset

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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