



10763NAT

CERTIFICATE IV IN NUTRITION

Health + Wellness Coach



Welcome TO THE **10763NAT** - **CERTIFICATE IV IN NUTRITION**

Before we tell you about the Certificate IV in Nutrition and the benefits it will bring to your club, we want you to get to know Vast Fitness Academy (VFA).

VFA is an online education company which started with one goal, to improve the lives of Australians through education.

We knew that by helping people reach their personal goals with Personal Training and Nutritionist qualifications, we would be able to reach more Australians and make a significant impact on the health and fitness industry. By qualifying Personal Trainers and Nutritionists with the latest industry information and coaching techniques, our students can do more than get a job, but thrive in our industry. Our team primarily focus on helping students make a positive impact to both their own and their client's lives.

We understand that Fernwood Fitness is also looking to drive innovation and growth in their clubs through education. Because of this, Vast Fitness Academy and Fernwood Fitness have found a synergy between the Certificate IV in Nutrition (Health and Wellness) Nutritionist accreditation and the Food and Mood Coaching program. While there has been great guidance provided to members through this program, the scope of practice is quite narrow and the sessions have become primarily around accountability rather than individual nutritional advice or coaching. Together, we have found a solution where Fernwood have offered the Certificate IV in Nutrition as the perfect foundational program for their Food and Mood consultants.

Your members and Food Coaches are already aware of the enormous part that nutrition plays in anyone's health and fitness journey. At Vast, we offer the only accredited Certificate IV in Nutrition in Australia with which our graduates can register as a fully qualified Nutritionist with Nutrition Council Australia.

Our market research shows that gyms with staff who can offer individualised support and personalised nutritional plans have better retention of members, profitability and showed more engagement when releasing new holistic group programs. Additionally, extra revenue can be generated as your qualified staff will now be able to offer tailored nutritional advice, provide non-prescription supplement advice and write personalised meal plans.

As this is an online only program your staff will have the convenience of completing the program in their own time at their own pace. Our Academic support staff are all University-trained Nutritionists and Dietitians who have worked in the industry for many years. Our students have their very own Trainer and Assessor throughout the duration of their studies to ensure that each of our students receive the very best support.

Read on For more



HEALTH + WELLNESS COACH *COURSE OUTLINE*

Effective communication skills are extremely important when working with clients to improve their health and wellness. This elective stream equips you with counselling techniques and approaches that can be applied practically every day in real life practise.

Learn valuable communication skills, how to analyse client information effectively and successfully build rapport to ensure your counselling relationships is positive and productive. Nutritional concerns inevitably affect all aspects of a client's life, so promoting and navigating social, emotional, spiritual, physical and cognitive wellbeing is incredibly important for the success of your clients! Lastly, decision-making will ultimately influence the success of client, and this elective stream explores how to best support your clients in their decision-making processes.

QUALIFICATION	10763NAT - Certificate IV in Nutrition
VERSION/RELEASE DATE OF QUALIFICATION	Version 3: March 2019
TOTAL NUMBER OF UNITS	11 units
NUMBER OF CORE UNITS	8 core units
ELECTIVE STREAM	Health & Wellness Coach
NUMBER OF ELECTIVE UNITS	3 elective units

UNIT CODE	UNIT TITLE
NUTCOM001	Promote the concepts of health and wellbeing in relation to nutrition
HLTAAP002*	Confirm physical health status
HLTAAP001*	Recognise healthy body systems
NUTCOM002	Advise clients on the use of nutritional supplements and ergogenic aids
NUTAPP001	Apply the fundamentals of nutrition to meet a client's dietary needs
NUTPSY001	Analyse and apply principles of psychology and behaviour management
NUTDES001	Design a nutritional plan for an individual
NUTEST001	Assist in establishing positive digestive health

**These two units are combined to accelerate your studies*

ELECTIVE UNITS | HEALTH AND WELLNESS COACH

UNIT CODE	UNIT TITLE
CHCMHS011	Assess and promote social, emotional and physical wellbeing
CHCCSL001	Establish and confirm the counselling relationship
CHCCSL007	Support counselling clients in decision-making processes

Specifics

OF WHAT YOU WILL LEARN

WHAT EXACTLY DOES THE COURSE ACTUALLY COVER?

We hear you! This aspect is incredibly important to us, so we thought we'd answer your questions below.

TIP ~ *click on the video images below to link directly to a video discussing each unit!*

UNIT 1: NUTCOM001 - PROMOTE THE CONCEPTS OF HEALTH AND WELLBEING IN RELATION TO NUTRITION

- Sets the foundation for, and introduces, the entire nutrition course.
- Defining the concept of 'health', including:
 - Dimensions of holistic health (social, mental, spiritual, physical, emotional)
 - Determinants of health (genetics, income, education, environmental factors)
 - Differing perspectives of health, between the general population and Health Professionals
 - Preventative vs curative health
- Non-nutritional factors that impact nutrition (age, gender, culture)
- Understanding community-based health promotion
- Recognising and utilising valid/reliable information as a Health Professional.



UNIT 2: HLTAAP002 - CONFIRM PHYSICAL HEALTH STATUS

(Combined unit and assessments with HTLAAP001 - Recognise Healthy Body Systems)

- Understanding and identifying a healthy functioning body
- Understanding the steps to confirming a client's physical health status
- Exploring the fundamental aspects of anatomy, physiology, chemistry and biochemistry, & how this is relevant for Nutritional Advisors
- In-depth understanding of human body systems and how they relate to nutrition
- Understanding homeostasis and its role within the human body (including pH, fluid and electrolyte balance)
- Introduces the industry-endorsed Risk Stratification Screening Tool (RSST), which is a mandatory tool for all Nutritional Advisors
- Understanding the need to refer clients outside the Scope of Practice to other Allied Health Professionals, including a step-by-step process on how to do so
- The importance of client-centred questionnaires for confirming current health status
- Tools to calculate a client's current body composition, ideal body weight and adjusted ideal body weight.



UNIT 3: NUTAPP001 – APPLY THE FUNDAMENTALS OF NUTRITION TO MEET A CLIENT’S DIETARY NEEDS

- This unit directly aligns with the following unit ‘Design a Nutritional Plan for an Individual’, providing the background knowledge, with the following unit then applying this knowledge to successfully design an individualised nutritional plan
- Understanding exactly what nutrition is, and the role of a Nutritional Advisor
- Basic scientific overview of the chemical makeup of food (i.e. amino acids, fatty acids)
- Understanding metabolism and how food is transformed into energy
- Detailed explanation of macronutrients, including:
 - The role of macronutrients and their chemical make-up
 - Macronutrient content of certain food sources
 - Recommended Dietary Intakes (RDIs) of macronutrients, taking into consideration physical activity levels, gender and age
 - Additional aspects of specific macronutrients (i.e. fibre, glycaemic index, quality of protein)
- Detailed explanation of micronutrients, including:
 - Categories of vitamins and minerals
 - The role of micronutrients in the body
 - Micronutrient content of certain food sources
 - Recommended Dietary Intakes (RDIs) of micronutrients
- Basic introduction to digestion and absorption of nutrients (explained in more detail in NUTEST001 – Assist in Establishing Positive Digestive Health)
- Calculations for individualising a client’s nutritional plans, including:
 - Basal Metabolic Rate (BMR) and Estimated Energy Requirements (EER)
 - Estimated Protein Requirements (EPR)
 - Estimated Fluid Requirements (EFR)
 - Plus, further instructions on how and when to use these calculations (explained in more detail in NUTDES001 – Design a Nutritional Plan for an Individual)
- Knowledge of dietary trends and myths, serving sizes, cooking techniques, and how these can affect an individual’s nutrition.



UNIT 4: NUTDES001 – DESIGN A NUTRITIONAL PLAN FOR AN INDIVIDUAL

- One of the most practical units in the course! Provides a step-by-step guide on how to develop an individualised meal plan, using the following steps:
 - Analyse a client’s current intake (based on a client’s food diary)
 - Identify a client’s current intake of essential nutrients (using the calculations from the previous unit)
 - NUTAPP001 – Apply the Fundamentals of Nutrition to Meet a Client’s Dietary Needs)
 - Compare a client’s current intake to recommendations and make adjustments accordingly
- Understanding the concept of ‘functional foods’ and ‘superfoods’ and when to incorporate these into a client’s diet
- Understanding the difference between organic and conventional foods
- Gain the necessary skills to successfully implement nutritional plans in a consultation process, and understand when to schedule follow up appointments and obtain client feedback
- Understanding the importance of goal setting for client success
- Provision of example meal plans for common client goals, including step-by-step guides for each how each plan was created.



UNIT 5: NUTEST001 – ASSIST IN ESTABLISHING POSITIVE DIGESTIVE HEALTH

- Introduction to digestion, what a healthy digestive system looks like and the relevance of a healthy digestive system to a Nutritional Advisor
- Identifying the various components of the digestive system and their function – from the oral cavity to the large intestine and all accessory organs in between
- Understanding the entire digestive process, and how it works in synergy with other body systems
- Understanding all factors that contribute to optimal digestive health, including:
 - Hormone control
 - Stomach acid and pH balance
 - Bowel transit time and how to test this (whilst remaining within Scope of Practice)
 - Characteristics of a client's stool, using the Bristol Stool Chart
 - The essential role of gut bacteria
- Exploring factors that can negatively impact digestive health, such as poor diet, stress, dehydration and bacterial imbalances
- Understanding the difference between food allergies and food intolerances
- Understanding the relationship between digestive health and mental health
- Thorough understanding of a Nutrition Advisor's Scope of Practice in relation to digestive conditions.



UNIT 6: NUTPSY001 – ANALYSE AND APPLY PRINCIPLES OF PSYCHOLOGY AND BEHAVIOUR MANAGEMENT

- Introduction to psychology and its relevance to a Nutritional Advisor
- Understanding common perceptions of nutrition, health and body image
- Understanding what influences behaviour and how to implement strategies for positive behavioural change, and how to monitor progress in this behavioural change
- Comprehensive understanding of motivation and how motivational theories/concepts impact behaviour (i.e. extrinsic vs intrinsic motivation)
- Understanding which specific nutrients affect mood, emotions and behaviour
- Practical strategies for overcoming negative self-talk, cravings, stress and mindless eating, and how to incorporate these with clients
- Understanding and applying the principles of communication and common counselling techniques for effective consultations
- Recognising traits of major mental health disorders and understanding when to refer clients to a Clinical Psychologist or other Allied Health Professional.



UNIT 7: NUTCOM002 – ADVISE CUSTOMERS ON THE USE OF NUTRITIONAL SUPPLEMENTS AND ERGOGENIC AIDS

- Understanding the difference between supplements and ergogenic aids
- Understanding the importance of a 'food first approach' and only implementing supplements when/if needed
- Identifying common types of supplements on the market, their benefits, indicated use, and relevant dosages
- Understanding how lifestyle factors, conditions and medications influence clients' need for supplements
- Understanding how to identify the quality of supplements and accurate interpretation of label reading and quantities
- Recognising banned/illegal substances as well as supplements recommendations outside the Scope of Practice for a Nutritional Advisor
- Recognising industry trends, myths and common misconceptions surrounding supplements, and presenting of accurate education to clients
- Gaining practical skills and knowledge on developing a legal and individualised supplement protocol for clients.



WHAT YOU WILL LEARN IN YOUR *elective units*

UNIT 1: CHCCSL001 – ESTABLISH AND CONFIRM THE COUNSELLING RELATIONSHIP

- Understanding the basics of counselling and the role of a Nutrition Counsellor
- Gain a comprehensive understanding of how to conduct effective consultations and build a successful counselling relationship
- Understanding the importance of the following considerations (prior to beginning the counselling relationship):
 - Client expectations
 - Respect for the client's boundaries and choices
- Understanding client anxieties and concerns surrounding the counselling relationship and how to manage these (such as stigma, guilt and shame, hopelessness)
- Building and maintaining rapport
- Understanding how to modify the counselling process based on individual client's needs (such as personality, learning style, identity and goals)
- Understanding and implementing a step-by-step, structured approach to conducting consultations – from the very beginning right to the very end
- Understanding which circumstances or situations warrant a referral to another Allied Health Professional.



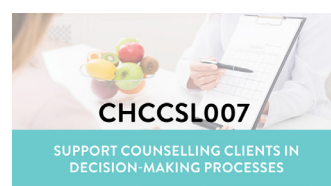
UNIT 2: CHCMHS011 – ASSESS AND PROMOTE SOCIAL, EMOTIONAL AND PHYSICAL WELLBEING

- Understanding the difference between 'mental health' and 'mental illness'
- Gain a thorough understanding of the different domains of health which contribute towards overall wellbeing, including: Social, emotional, physical, cognitive, spiritual and cultural health.
- Understanding how to effectively analyse, enhance and support a client's social circles and wellbeing, encouraging aspects such as kindness, inclusion and meaningful connection
- Understanding how to identify a client's emotional strengths and triggers, and implement counselling strategies to encourage emotional resilience
- Recognising other aspects that affect physical health outside of nutrition (such as oral and sexual health, comprehensive health checks and food security/insecurity)
- Understanding practices that constitute 'culture and spiritual health', and encourage participation by clients
- Understanding and implementing strategies to enhance a client's mental strength and resilience
- Implementing additional counselling techniques (such as a client-centred approach) to support clients in achieving their goals.



UNIT 3: CHCCSL007 – SUPPORT COUNSELLING CLIENTS IN DECISION-MAKING PROCESSES

- Understanding the importance of decision-making in the counselling relationship
- Understanding how to support a client through the decision-making process in order to identify a course of action that is most suitable to them and their nutritional concern
- Understanding how to effectively define the goals of clients and identify potential courses of action
- Recognising obstacles that can influence decision-making, such as cognitive biases, past experience and need for commitment
- Assisting clients in analysing the advantages, disadvantages and consequences of potential courses of action, utilising various decision-making models
- Implementing various counselling techniques to encouraging clients to decide on a course of action
- Developing support and action plans to ensure clients are cared for and supported appropriately throughout the decision-making process and chosen course of action.



CHOOSE THIS COURSE?

There are three aspects of this course that we believe are the most important for setting you apart as a Health Professional and ensuring you are suitably qualified:

1. The depth of course content (which is discussed on later pages in this document)
2. The quality of assessments
3. The level of student support.

QUALITY OF ASSESSMENTS

BASIC NUTRITION PLAN TEMPLATE
(NUTDES001: CASE STUDY 1/Question 5)

VAST FITNESS ACADEMY

CLIENT DETAILS		
CLIENT NAME:	ALEXANDRIA (CASE STUDY 1)	DATE:
STUDENT NAME:		

CARBOHYDRATE RECOMMENDATIONS

The current Australian Dietary Guidelines (ADG) recommended carbohydrate intake to be between 45 to 65% of total energy intake (NRV). For an average Australian adult consuming ~8,000kJ per day, it is therefore recommended that 3,600-5,200 kJ come from carbohydrates, or more specifically, that between 225-325g of carbohydrates are consumed each day.

In 2009, The World Health Organisation (WHO) suggested further research on lower carbohydrate intake because, "clearly, if nutritional intervention can reduce reliance on pharmaceutical treatments it would bring significant benefits from an economic as well as a social point of view given the current US \$750 billion annual cost of pharmaceutical" (WHO).

Eight years later, the accumulating epidemiological evidence, direct clinical evidence, and the evidence suggesting plausible mechanisms support a role for sugar in the epidemics of metabolic syndrome, cardiovascular disease, and type 2 diabetes (Stanhope 2019).

It is becoming more widely accepted that carbohydrate is not an essential nutrient in the human diet and that dietary guideline with a lower carbohydrate (2004).

WHAT THE RESEARCH SAYS

- Low carbohydrate diets i...ing but not limited
- Weight loss was shown t...an LCD than a low fat (... study which showed larger calorie consumption associated with a decreas
- Diabetes management v...ensitivity and HbA1c lie this, a large number of si medication following an
- Cardiovascular disease (...in triglycerides, a decreas LCD leads to an increas decrease in HDL and choleste...cholesterol, the LCD diet size of LDL particles (ba...In contrast to pharmacol comparable negative sid 2008), and has also bee

IDENTIFYING A CLIENT'S RECOMMENDED MACRONUTRIENT REQUIREMENTS

and Address. It is essential to be able to identify how much of each macronutrient the client requires am to reach their nutritional requirements and health goals. Once macronutrient requirements are set, they can then be compared to the client's current intake to identify where dietary changes are

ESTIMATING A CLIENT'S ESTIMATED PROTEIN REQUIREMENTS (EPR) INTAKE

intake of ~0.8-1.0g per kg of body weight per day; however th...differently based on muscle status, goals, injury, and stress

individuals require moderate amounts of protein (in the form ...stems and health - Glute adds its own unique protein to the ...muscle decline known as sarcopenia o

To take an example we're calculating EPR for a client h...age below helps to identify protein requirements for various

EXAMPLE	
taking 80kg female would equal 675-100g postpartum period,	+65 = 540g;
taking 70kg male would incur	= 70 + 59-70g
generally approximate and fluctuating around them would be fine,	
women who participate in light activity will need a minimum of about	+ 50g
+ 75g	
s, this female could consume 60-72g of protein per day;	
a relatively active 60kg female would reach 12 % of basal metabolism	+ 20g
+ 30g	
s, this female could consume 72-90g of protein per day.	
to develop muscles in high intensity training would reach 13 g after her resting per day	+ 30g
+ 10g	
+ 12g	
s, this female could consume 90-120g of protein per day.	
activity levels process. This is to aid in muscle maintenance. College of Sports Medicine (ACSM); individuals due to be the equivalent of approximately 0.8g/kg/day."	

Psychology VS Counselling

What's the difference?

Psychologists	Counsellors
Are experts in human emotions, behaviour and mental processes.	Are highly skilled in applying integrative therapies.
Use scientific methods to study phenomena that affect the way people think, feel and learn.	Help our clients to understand and cope with difficult issues and develop solutions to make changes to their lives.
Use evidence-based strategies to diagnose and treat mental illnesses not restricted by time or ongoing long-term capacity.	Largely engage with clients for a short term to address a specific problem.

LEVEL OF STUDENT SUPPORT

We provide world class support to our students. Our Trainers and Assessors are dedicated to the success of their students, and are University Qualified Dietitians and Nutritionists. This sets us apart from other course providers and ensures our students receive the highest level of support and guidance as possible.

Not only that, but our Administration Team is just as dedicated to the success of our students, and personally follow you up to see how you're going with your studies at numerous points throughout your enrolment with us.

Haven't studied in a month or so? Both our Assessors and our Admin Team notice when students have been a bit quiet, so they will get in contact to see if everything is okay!

Here at Vast, we are very intentional with how we reach out to our students, and how we provide quality feedback regarding your submissions throughout your studies. Our portal allows you to directly message your Assessor, so that you can ask as many questions as you like! In fact, our Assessors actually prefer if their students are messaging them asking for assistance rather than keeping to themselves.

We also guarantee that you will have a response within 48 hours (although its often much sooner than that!) so you can get back to your studies as soon as possible!

If you would like to see for yourself, head over to our Facebook page to see the feedback from past and current students. **[READ THEM HERE.](#)**

MEET YOUR ASSESSORS

JESS

Bachelor of
Nutrition with a ma-
jor in Psychology



LYNDSIE

Bachelor of
Nutrition &
Dietetics (APD)



SHERADYN

Bachelor of
Nutrition + Exercise
Science Degree



EMILLIE

Exercise Science
Degree majoring in
Sports Nutrition &
Sports Psychology



WHAT IS THE DIFFERENCE BETWEEN A CERTIFICATE IV IN NUTRITION GRADUATE & NUTRITIONIST?

As part of the education and development process of this course, we wanted to compare it to other Nationally Accredited courses. What we found was that the only course/s that existed were delivered as a University level qualification!

HEALTH & WELLNESS COACH	10763NAT CERTIFICATE IV IN NUTRITION	UNIVERSITY QUALIFICATION
Use the title, Nationally Recognised Nutritionist.	✓	✓
Develop individualised meal plans and customised nutritional advice to meet the goals and needs of their clients.	✓	✓
Are only able to work with the healthy population.	✓	✓
Are unable to work with high risk clients, such as those with chronic illnesses and pregnant/breastfeeding women.	✓	✓
Qualify for Allied Health Professional Indemnity and Public Liability Insurance.	✓	✓
Registration with peak body, Nutrition Council Australia.	✓	✓
STUDY TIME	12 months	3 years
COST	\$4999	\$30,000

LIMITATIONS OF SERVICE

Throughout the course, students are made very aware of their Scope of Practice, as client safety is our number one priority. A Nutritional Advisor works with individuals who have been identified as otherwise healthy using the industry-endorsed Risk Stratification Screening Tool (shown to the right).

This mandatory screening method identifies if a client is 'at risk' and needs medical clearance from their General Practitioner before continuing to see their Nutritional Advisors, or if that client is 'high risk' and actually needs to be referred to a higher-level specialist such as a Dietitian or even a Clinical Psychologist. Nutritional Advisors will work collaboratively with other Allied Health Professionals to ensure each client is receiving the best possible care.

PART A) IDENTIFYING CURRENT MEDICAL CONDITIONS

OBJECTIVE: To identify if an individual permits with any known diseases, or signs or symptoms of disease, who may be classified as a higher risk of an adverse event under the guidance of a Nutritional Advisor.

The potential client should answer yes or no to the following questions.	Yes	No
1 Are you pregnant or a breastfeeding mother?		
2 Are you under the age of 16 years old (0-15 years old)?		
The following questions refer specifically to 'chronic health conditions' (on-going, persisting for a long time or consistently recurring).		
3 Have you been medically diagnosed with any eating disorder (Anorexia Bulimia, Binge Eating Disorder)?		
4 Have you been diagnosed with Diabetes? (Type 1, Type 2 & Gestational Diabetes)		
5 Have you been diagnosed with Crohn's Disease?		
6 Have you been diagnosed with cancer?		
7 Have you been diagnosed with Irritable Bowel Syndrome (IBS)?		
8 Have you been diagnosed with Inflammatory Bowel Disease (IBD)?		
9 Have you been diagnosed with renal disease?		
10 Do you have any chemical sensitivities?		
11 Have you been diagnosed with infertility?		
12 Have you had recent Gastric (Stomach) Surgery? (Recent refers to in the past 2 years)		
13 Do you have chronic Gastrointestinal Tract issues such as Ulcerative Colitis, Diverticulitis, Bowel Obstructions and Bowel Disorders?		

If the individual answers 'YES' to any of these 13 questions, a referral must be made to an Accredited Practising Dietitian (APD) for medical advice and support.
If the individual answers 'NO' to all of the 13 questions, the Nutritional Advisor can move onto Section 1 B of the Risk Stratification Screening Tool.

INSURANCE

Once graduates have completed the 10763NAT – Certificate IV in Nutrition, they qualify to register to become a member of Nutrition Council Australia.

Once graduates have completed the 10763NAT – Certificate IV in Nutrition, they qualify to receive Allied Health Professional Indemnity / Public Liability insurance and can become a member of Nutrition Council Australia.



This membership allows graduates to legally practise as Nutritionists under the Nutrition Council Australia Scope of Practice. Nutritionists work with clients to identify their specific needs and goals, as well as provide them with detailed nutritional advice and individually tailored meal plans to assist the client in achieving those needs and goals.

ENROL

COMPLETE COURSE & GRADUATE



REGISTER WITH PEAK BODY | NCA

Receive exclusive resources and information and stay up-to-date with industry information

Are you planning to practise professionally using these qualifications?

yes

Register for Allied Health Professional Indemnity and Public Liability Insurance to practise as a Nationally Recognised Nutritionist.

Start helping others live healthier, happier lives!



No

Start living a healthier, happier life for yourself and your family!

Note: You are legally unable to develop individualised nutritional plans for clients. At any point in time if you wish to begin this you are able to register for insurance with Nutrition Council Australia and begin practising.

COST

We have several convenient payment options when enrolling with Vast Fitness Academy (VFA). Our course pricing is as below:

EXCLUSIVE Fernwood Offer **\$2000 OFF REGULAR PRICE**



EXCLUSIVE OFFER: \$2999 total course cost

REGULAR PRICING \$4999 total course cost

Payment plans available from \$50 per week

(this is via bank transfer or credit card through EWay; however additional fees apply for credit card)

DURATION

You will be given 12 months from the date of enrolment to complete your course. However, this course is self-paced so can be completed in a shorter period if desired.

DELIVERY

This course is delivered 100% online and is self-paced.

WORK PLACEMENT

Work placement is NOT a requirement of this qualification.

ENTRY REQUIREMENTS

Students enrolling into the 10763NAT - Certificate IV in Nutrition must be over 18 years of age.

PRE - REQUISITES

There are no pre-requisite requirements for this course.

