

Certificate IV in Population Health (HLT42307)



Flexible Course in Population Health and Nutrition Education and Promotion

Qualification Code HLT42307

Course Duration 150 hours (includes time completing written assessments)

Course Delivery Correspondence (distance education) delivery (you do not need to attend lectures or exams).

Accredited Australian health and nutrition professionals to support your learning

The Certificate IV in Population Health is open to both Australian and overseas students. See also [overseas students](#)

Prerequisites None

Accreditation HLT42307 Certificate IV in Population Health is a nationally recognised qualification. Occupational titles for these workers may include: Health liaison officer, Area Health Education officer, Schools Program Officer, Health Promotion Officer, Health Sponsorship Coordinator. For full Qualification details visit www.ntis.gov.au

Partial fulfillment of Diploma of Population Health (HLT51007)

Course Fee: AU \$1395.00

Students who have already completed a Beck Health & Nutrition course are eligible for study load credit and reduction in total course fee.

Course Assessment Assessment is via two simulated workplace training written assignments. Individuals currently working in a relevant field will have the opportunity to develop and present a Professional Development Manual based on actual Population Health and Health Promotion projects in the workplace.

Rationale: The Certificate IV in Population health is designed to provide the workplace skills to work in a range of Population Health projects and programs in a wide range of group and community settings including schools, childcare, sporting and recreational clubs, workplace and community health promotion roles. The course is a unique blend of population health and practical study of current health and nutrition guidelines.

The Certificate IV in Population Health course will allow learners to work to develop, tailor, communicate and promote relevant state, Australian and global health, nutrition and physical activity reports and guidelines for the client group. This course is suitable for individuals who wish to develop their knowledge of health and nutrition within a public health framework. Skills covered in the course include:

- Hosting guest talks on healthy eating and lifestyle issues

- Conducting nutrition and healthy eating policy reviews, action plans, curriculum and staff training in accordance with recognised dietary and activity guidelines.
- Research and work skills to stay up to date with latest health and nutrition research and reports.
- Using key health promotion, education and social marketing principles and strategies to communicate health information effectively through a range of communication channels including meetings, newsletters and online.

Units of Competency covered in the [Certificate IV in Population Health](#)

Core Competencies (10)

- HLTPOP501B Apply a population health framework
- HLTPOP502B Work with the community to identify health needs
- HLTPOP503B Plan a population health project
- HLTPOP504B Evaluate a population health project
- CHCCD19A Establish and maintain community, government and business partnerships
- HLTPOP505B Build capacity to promote health
- CHCAD3A Undertake systems advocacy
- HLTOHS300A Contribute to OHS processes
- HLTOHS400A Maintain OHS processes
- CHCORG5B Maintain an effective work environment

Population Health and Nutrition Specialisation competencies (9)

- CHCC22B Provide community education projects
- CHCGROUP3C Plan and conduct group activities
- CHCHPROM1A Share health information
- CHCORG29A Provide coaching and motivation
- HLTPOP405B Use media to disseminate information
- CUFWRT04A Write presentation material
- CUFWRT05A Write content and/or copy
- SRFFIT015A Provide nutrition advice to clients in accordance with recommended guidelines
- SIRPPKS015A Provide information, products and services on diet, nutrition and weight management

Course Subjects: 2 subjects must be completed in order to successfully attain the Certificate IV in workplace training and assessment. These subjects are:

PH04 Population Health: Principles and Applications \$1050.00

NUT01 Principles of Nutrition \$345.00 (students who have already completed the Certificate of Nutrition short-course through Beck Health & Nutrition are exempt from this module).

Population Health: Principles and Applications

Training and Assessment Strategy

Subject title	Population Health: Principles and Applications
Subject code	PH04
Subject type	Core
Study hours	120
Subject leader	Mrs Kristen Beck B.HSc, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Cert IV Workplace Training and Assessment. 02 9981 6228, kbeck@beckhealth.com.au
Academic year	2008
Mode of Delivery	Distance format (correspondence)
Subject Fee	AU \$1050.00

Rationale:

Introduction to Population Health is designed to introduce key theories of population health.

Prescribed texts:

1. Beck, K, 2008, *Population Health: Principles and Applications Course Reader*, Beck Health & Nutrition, Edited by Dr Samantha Frappell.
2. Victorian Department of Human Services 2003, Integrated health promotion resource kit.

Assessment Program:

Assessment is via 2 simulated workplace written assignments:

- Assignment 1 (50%): Completion of learning activities booklet consisting of short-answer written activity questions covering a wide range of population health topics and workplace considerations.
- Assignment 2 (50%): Written report outlining a particular population health issue of your choice. Individuals currently working in a relevant field will have the opportunity to develop and present a Professional Development Manual based on actual population health and health promotion projects as part of their assessment.

Feedback and Evaluation:

Feedback and evaluation for this subject will take place at the completion of your subject and assessment.

Units of Competency: The following Units of Competency will be addressed in PH04 Population Health: Principles and Applications:

Core Competencies (10)

- HLTPOP501B Apply a population health framework
- HLTPOP502B Work with the community to identify health needs
- HLTPOP503B Plan a population health project
- HLTPOP504B Evaluate a population health project
- CHCCD19A Establish and maintain community, government and business partnerships
- HLTPOP505B Build capacity to promote health
- CHCAD3A Undertake systems advocacy
- HLTOHS300A Contribute to OHS processes
- HLTOHS400A Maintain OHS processes
- CHCORG5B Maintain an effective work environment

Population Health and Nutrition Specialisation competencies (7)

- CHCC22B Provide community education projects
- CHCGROUP3C Plan and conduct group activities
- CHCHPROM1A Share health information
- CHCORG29A Provide coaching and motivation
- HLTPOP405B Use media to disseminate information
- CUFWRT04A Write presentation material
- CUFWRT05A Write content and/or copy

Principles of Nutrition

Training and Assessment Strategy

Subject title	Principles of Nutrition
Subject code	NUT01
Study hours	30
Subject leader	Mrs Kristen Beck B.HSc, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Cert IV Workplace Training and Assessment. 02 9981 6228, kbeck@beckhealth.com.au
Academic year	2008
Mode of Delivery	Distance format (correspondence)
Subject Fee	\$345.00

Rationale:

Principles of Nutrition explores the latest health and nutrition research and population health dietary guidelines. Understand how nutrition can impact health and vitality while learning practical diet and lifestyle strategies to optimise health and prevent disease.

Prescribed texts:

1. Beck K, 2008, *Principles of Nutrition*, Beck Health & Nutrition, Edited by Dr Samantha Frappell

Recommended Reading:

2. National Health & Medical Research Council, 2003, *Food for health: Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.
3. Applicable Australian health and nutrition guidelines, reports and frameworks including Physical Activity Guidelines, Australian Guide to Healthy Eating, Acting on Australia's Weight, NSW Healthy Canteen Strategy.

Assessment Program:

Assessment for this subject consists of one written assessment (one open book exam).

Feedback and Evaluation:

Feedback and evaluation for this subject will take place at the completion of your subject and assessment.

Units of Competency: The following Units of Competency will be addressed in Principles of Nutrition.

- SRFFIT015A Provide nutrition advice to clients in accordance with recommended guidelines
- SIRPPKS015A Provide information, products and services on diet, nutrition and weight management