

# Certificate of Nutrition and Diet: **Healthy Eating Principles**



## **Flexible Course in Nutrition and Diet** – *Includes new modules on life-span, sports nutrition, research and dietary assessment*

<b>Course Code</b>	NUT01
<b>Course Duration</b>	32 hours
<b>Accreditation</b>	Fitness Australia Nationally Accredited Program – 15 CEC points Australian Traditional Medicine Society - 30 CPE points Completion of this course offers recognition of prior learning (RPL) credit for Nationally Recognised Qualifications including the Advanced Diploma of Nutritional Medicine, Certificate III in Fitness and other health and community services qualifications.
<b>Course Fee</b>	AU \$345.00 includes all course texts and materials A \$30 postage fee applies to international students (students residing outside Australia or New Zealand).

### **Certificate of Nutrition and Diet Course Outline**

#### **Chapter 1 Principles of Nutrition and Diet**

Nutrition and diet  
Uncertainty in nutrition  
What makes somebody a nutrition expert?  
Nutrition research  
Current Australian Dietary trends  
Dietary Guidelines for Australians  
The five food groups  
Classification of nutrients  
Principles of a healthy diet

#### **Chapter 2 Digestion**

Concepts and functions of digestion  
The digestive system  
Metabolism: anabolism and catabolism  
Digestion: mechanical and chemical  
Digestive enzymes  
Focus Point: Gastric band surgery

#### **Chapter 3 Carbohydrates**

Sugars, complex carbohydrates and dietary fibre  
Chemical structure of carbohydrates  
Digestion and absorption of carbohydrates  
Lactose intolerance  
Health effects and recommended intakes of carbohydrates  
Health effects of simple sugars  
Sugars in the Australian diet  
Recommended intakes of simple sugars  
Soft drink consumption and sugar intake  
Reading food labels for sugar content  
Total sugars vs. added sugars  
Strategies to reduce sugar intake in the diet

#### **Chapter 3 Carbohydrates**

Health effects of complex carbohydrates and dietary fibre  
Recommended intakes of complex carbohydrates  
Strategies to increase dietary fibre intake in the diet  
Focus Point Blood sugar and the Glycaemic Index (GI)  
Blood sugar balance  
The Glycaemic Index (GI) of food  
Glycaemic response in healthy adults  
Hypoglycaemia

#### **Chapter 4 Protein and Amino Acids**

Chemical structure of protein  
Digestion and absorption of proteins  
Health effects and recommended intakes of protein  
Essential and non-essential amino acids  
Protein quality  
Limiting amino acids  
Protein complementation  
Recommended intakes of protein  
Protein in the Australian diet  
Protein deficiency  
Are high-protein diets dangerous?  
Focus Point 4 Vegetarian diets  
Types of vegetarian diets  
Problem nutrients in some vegetarian diets  
Health benefits of vegetarian diets

#### **Chapter 5 Dietary fats**

Chemical structure of fats  
Classification of dietary fats (saturated and unsaturated fats)  
Digestion and absorption dietary fat  
Health effects and recommended intakes of dietary fats  
Essential fatty acids  
Trans-fatty acids  
Dietary sources of fat  
Comparison of dietary fats

## Certificate of Nutrition Course and Diet: Outline continued

### Chapter 5 Dietary fats (continued)

Reducing fat(s) in the diet  
Recommended intakes of dietary fats  
Special groups  
Deficiency of dietary fats  
Focus Point 5 Dietary fat and cholesterol  
High blood cholesterol and health  
Causes of high blood cholesterol  
Influence of dietary fats on cholesterol  
Cholesterol in foods (dietary cholesterol)  
Recommended levels of blood cholesterol  
Dietary strategies for individuals with high blood cholesterol

### Chapter 6 Vitamins

Introduction to Micronutrients (Vitamins and Minerals)  
Vitamin precursors  
Recommended Dietary Intakes (RDIs)  
Water-soluble vitamins:  
B group vitamins  
Vitamin C  
Fat-soluble vitamins:  
Vitamin A  
beta-carotene  
Vitamin D  
Vitamin E  
Vitamin K  
Focus point 6 Antioxidants and free radicals

### Chapter 7 Water and minerals

Water intake and output  
Dehydration  
Fluid and electrolyte balance  
Calcium  
Functions of calcium in the body  
Calcium balance  
Factors influencing calcium absorption  
Dietary sources of calcium  
Non-dairy sources of dietary calcium  
Sodium  
Chloride  
Potassium  
Phosphorus  
Magnesium  
Magnesium and hypertension  
Sulfur  
Trace minerals  
Iron  
Iron deficiency and toxicity  
Forms of dietary iron  
Iron supplementation  
Iron fortification of foods  
Dietary sources of iron  
Non-meat sources of dietary iron  
Zinc  
Iodine

### Chapter 7 Water and minerals (continued)

Selenium  
Copper  
Manganese  
Fluoride  
Chromium  
Molybdenum  
Common body signals of micronutrient deficiencies  
**Focus Point 7 Nutritional supplements**  
Arguments for and against using nutritional supplements  
What to look for when purchasing nutritional supplements  
Nutrient interactions between vitamins and minerals  
Natural vs. synthetic nutritional supplements  
Therapeutic Goods Regulation of supplements in Australia

### Chapter 8 Energy balance and imbalance

Measurement of energy (kilojoules and calories)  
Energy balance  
Energy in: Energy value of foods  
The energy value of macronutrients  
Calculating energy values of foods and alcoholic drinks  
Recommended ratios of nutrients  
Energy out: Components of energy expenditure  
Calculating individual energy requirements  
Basal metabolic rate (BMR)  
Factors affecting energy expenditure  
Thermogenesis  
Physical activity  
Energy costs of physical activities

### Chapter 9 Body composition and health

Energy balance and body composition  
Body mass index (BMI)  
Body composition  
Body fat distribution  
Waist to hip ratio  
Body fat distribution and health  
Health risks associated with body weight and body fat (underweight, overweight and obesity)  
Strategies for fat loss  
Ways of identifying unsound weight loss schemes and diets  
Effective weight loss and management strategies  
Physical activity and weight loss  
Exercise and body fat utilisation  
**Focus Point 9 High-protein, low carbohydrate diets**

### Chapter 10 Understanding food labeling and common food concerns

Understanding food labels  
Australian Food labeling Laws  
Nutrition Information Labeling  
Percentage labeling characterizing ingredients  
Food additives, Information for allergy sufferers  
Country of origin  
Genetically modified foods and ingredients  
Common food, health and nutritional claims made by food manufacturers and what they really mean

## Certificate of Nutrition Course and Diet: Outline continued

### Chapter 10 Water and minerals (continued)

Health agency endorsements of foods

Common food concerns a review of the research on our favourite foods (coffee, wine, chocolate, dairy products, meat, wheat, oily fish)

Focus Point 10 Menu planning for health conditions

Coeliac disease

Coronary heart disease

Lactose (dairy) intolerance

Weight loss

### Chapter 11 Life-Cycle Nutrition (New)

Introduces key concepts and nutritional principles from infancy to ageing

### Chapter 12 Nutrition for Exercise Performance (New)

Introduction to nutrition for optimal sports performance

### Chapter 13 Putting Nutrition Knowledge into Practice: Using Nutrition Knowledge to Evaluate Nutrition Claims and Advice

Introduces key concepts of dietary assessment

Focus Point : Making Sense of Health and Nutrition Research

***The Certificate of Nutrition and Diet explores the latest health and nutrition research and guidelines in a common sense, user-friendly format. Understand how nutrition can impact health and vitality while learning practical diet and lifestyle strategies to optimise health and prevent disease. Successful completion of this course also provides credit (RPL) towards many nationally recognised health, fitness and nutrition qualifications including the Advanced Diploma of Nutritional Medicine, Diploma of Population Health, Certificate IV in Fitness.***

### ***Each Beck Health & Nutrition course offers you:***

- Flexible, correspondence study (distance education). No need to attend lectures or exams. Study from anywhere in the world at a time and pace that suits you.
- Professionally accredited Australian nutrition, health and education experts to answer any questions you may have.
- Easy access to academic support via phone, fax, email or online.
- Professional and practical content. Unlike other short-course providers, Beck Health & Nutrition specialises in nutrition and health education only, so you can be sure that all course content and academic support is from highly-accredited and experienced nutrition industry professionals at the forefront of nutrition education.
- All Beck Health & Nutrition courses are assessed against the Australian Quality Training Framework which ensures quality and provides recognition of prior learning for further studies in health, nutrition and fitness under the nationally recognised training system if you wish to study further in the future.
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