Flexible Courses in Nutrition

Course Guide

Summer 2011-2012

beck health & nutrition

www.beckhealth.com.au

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beck health & nutrition

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About Us

We are dedicated to helping people learn more about health and nutrition by providing the latest health and nutrition research in a practical, easy to understand way.

Beck Health & Nutrition is a customer-focused business leader in developing and delivering innovative nutrition and health education services. Based on our expertise in nutrition and health we work to provide a range of nutrition courses, workshops, seminars and clinical services for both personal and professional development.

Our courses are:

- **Certificate of Nutrition and Diet**
- **Certificate of Childhood and Adolescent Nutrition**
- **Sports Nutrition**
- **Healthy Weight for Life**
-

Each course offers you:

- ✓ Flexible, correspondence study (distance education). No need to attend lectures or exams. Study anywhere in Australia, or around the world at a time and pace that suits you.
- ✓ Highly qualified, accredited Australian nutrition, health and education professionals to assist you with your studies. Easy access to academic support via 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 accredited and experienced nutrition professionals at the forefront of nutrition education and communications.
- ✓ Accredited continuing education points for health and fitness professionals.
- ✓ Complete course pack (including printed course texts and notes)l*.

Kristen Beck

Kristen Beck is a Registered Nutritionist and is the director of Beck Health & Nutrition. She has extensive lecturing, clinical and academic experience and spent many years working in the supplement industry specialsing in supplement development and regulation. Kristen lectures in nutrition at Westmead Hospital, is a senior nutrition and sports science lecturer at the International College of Management Sydney and is the nutritionist and media spokesperson for Only Organic Baby Food Australasia. She is also the resident nutritionist for Cleo magazine and Women's Health magazine.

Kristen lives on the Northern Beaches of Sydney, Australia with her husband and three young children.

Qualifications:

- Postgraduate Diploma of Human Nutrition
- Postgraduate Certificate in Education Studies (Higher Education)
- Bachelor of Health Science
- Advanced Diploma of Naturopathy
- Diploma of Nutrition
- Diploma of Herbal Medicine
- Diploma of Homoeopathy
- Certificate IV Workplace Training and Assessment
- Registered Nutritionist (RN042) and professional member of Nutrition Society of Australia.
- Accredited practicing member of Australian Traditional Medicine Society (Member 8542).

Corporate Clients

Beck Health & Nutrition has already delivered nutrition and health education to thousands of individuals and some of the world's leading corporations. If you would like to discuss a tailored nutrition or health solution for your company or organisation please email info@beckhealth.com.au

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

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

Course Code	NUT01
Course Duration	32 hours
Accreditation	Fitness Australia Nationally Accredited Program – 15 CEC points Australian Traditional Medicine Society - 30 CPE points Students who successfully complete this course are issued with a Certificate of Nutrition and Diet from Beck Health & Nutrition as well as formal evidence of completion documents that can be used for recognition of prior learning (RPL purposes) for further study.
Course Fee	AU $450.00 includes all course texts and materials A $45 postage fee applies to international students (students residing outside Australia).

The Certificate of Nutrition and Diet presents a comprehensive introduction to the science of nutrition and dietary analysis in a user-friendly, easy to understand format.

Barely a week goes by without new research surfacing on the benefits or dangers of something in our favourite foods. One moment fish, meat or dairy are great for our health; the next, a new study not only contradicts these findings, but adds a few dire warnings for good measure. Even eating too much broccoli has been called into question. So what should we eat and what should we avoid?

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.

This user-friendly course will provide you with the skills and confidence to make informed decisions about your health and diet. The Certificate of Nutrition and Diet also provides an excellent insight into the science of nutrition if you are considering studying nutrition at a professional level or improves the level of service you can provide.

Certificate of Nutrition and Diet : Course Outline

Module 1	Principles of Nutrition and Diet
Module 2	Digestion Focus Point: Gastric bypass surgery
Module 3	Carbohydrates Focus Point: Blood Sugar Balance and the Glycaemic Index of foods
Module 4	Protein and Amino Acids Focus Point: Vegetarian Diets
Module 5	Dietary Fats (lipids) Focus Point: Blood Cholesterol
Module 6	Vitamins Focus Point: Antioxidants and Free Radicals
Module 7	Water and Minerals Focus Point: Nutritional Supplements
Module 8	Energy Balance
Module 9	Body Composition and Health (Introduction to weight management principles) Focus Point: High Protein, Low-Carbohydrate Diets
Module 10	Understanding Food Labels and Common Food Concerns Focus Point 1: Menu Planning for specific health conditions
Module 11 (New)	Nutrition through the life-cycle (introduces key principles of nutrition from infancy to ageing)
Module 12 (New)	Nutrition for optimal exercise performance (introduction to principles of sports nutrition)
Module 13 (New)	Using nutritional knowledge to evaluate nutrition claims and advice Focus Point 1: Making Sense of Health and Nutrition Research

The Certificate of Nutrition and Diet also covers specific topics such as what to look for when purchasing nutritional supplements, as well as a

look at the latest research surrounding our favourite foods (coffee, chocolate, wine, fish, wheat etc).

Course Details

Self-paced, distance (correspondence) study (no need to attend lectures or exams)
Comprehensive course text to guide you through your studies (included in course pack)
Learning activities (included in course pack)
Email and online support from professional nutritionists to answer your questions.
Online learning and research tools via the Beck Health & Nutrition Website student pages.

Course Assessment Open book, un-timed, course assessment (exam).

What our students say about the Certificate of Nutrition and Diet

"This course was really great in helping me decide if a future in nutrition is the right one for me (and it definitely is!). Thank you for helping me to finally find a career that interests me so much!" Amelia Harris, VIC

"A very interactive and well supported course. Thanks" Daniel Kent-Smith, London

"Great course, run by perfectionists" Dan, North Sydney, NSW

"The course was a great experience. I would recommend this course to anybody who wants to gain more knowledge in nutrition. This course is great for personal or professional use" Carly, Geelong, VIC

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
Heath 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
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
Certificate of Nutrition Course and Diet: Outline continued

Chapter 4 Protein and Amino Acids

Chemical structure of protein
Digestion and absorption of proteins
Heath 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
Heath effects and recommended intakes of dietary fats
Essential fatty acids
Trans-fatty acids
Dietary sources of fat
Comparison of dietary fats
Fat intake and the Australian population
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 8 Energy balance and imbalance

Measurement of energy (kilojoules and calories)
Energy balance

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
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

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
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
High blood pressure
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 (New)

Introduces key concepts of nutritional and dietary assessment, using knowledge to evaluate nutritional claims and make 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. This course is accredited for 15 CEC points from Fitness Australia

Certificate of Childhood and Adolescent Nutrition:

Establishing Healthy Eating Patterns

Flexible Course in Paediatric Nutrition (0-18 years)

Course Code	NUT06
Course Duration	45 hours
Accreditation	Australian Traditional Medicine Society - 30 CPE International Board Lactation Consultant Examiners - 3.5L and 25R CERPs -Approval Number: C24175 Beck Health & Nutrition is a member of the Australian Council for Private Education and is signatory to its code of ethics.
Course Fee	AU $425.00 includes all course texts and materials. A $45 postage fee applies to international students (outside Australia).

Establishing healthy eating patterns during childhood and adolescence is vital for long-term health and development. Developed by one of Australia's leading paediatric nutritionists and mother of three Kristen Beck, the Certificate of Childhood Nutrition combines latest research with practical ideas and advice to provide a realistic, common-sense approach to establishing healthy eating patterns from birth and throughout childhood and adolescence.

The Certificate of Childhood Nutrition includes 2 units of study:

- **NUT02: Infant to Preschool Nutrition** (price if choosing to complete only Infant to Preschool Nutrition unit is $265.00)
- **NUT03: Nutrition for Children and Teenagers** (price if choosing to complete only Nutrition for Children and Teenagers unit is $265.00)

Unit 1: Infant to Preschool Nutrition explores…

The nutrition principles required to provide a nutritious diet for infants and young children as well as important tips that can help to establish healthy eating patterns in early childhood. *Infant to Preschool Nutrition* also explores how taste preferences and eating patterns are established and what we can do as parents and caregivers to encourage our children to make healthy food choices in a practical and realistic manner. The course is an invaluable resource to parents, childcare workers, preschool teachers, health professionals or anyone with a special interest in early childhood nutrition.

Infant to Preschool Nutrition: Course Outline

Module 1	The importance of a healthy diet in early childhood
Module 2	In the beginning (birth to six months old) includes new sections on nutrition and breastfeeding
Module 3	Baby's first foods and weaning
Module 4	Elements of a healthy diet (children's nutritional requirements)
Module 5	Establishing healthy eating patterns in toddlers and preschoolers - development of taste preferences
Module 6	Prevention strategies for overweight and obesity (what you can do in the infant to preschool years)
Module 7	Food safety strategies

Specific topics covered include the development of taste preferences, breastfeeding and infant formulas, reading and understanding nutritional labels, the nutritional breakdown of foods, nutrition and behaviour, food allergies, food intake (how much is enough or too much?), foods unsuitable for infants, and revised recommendations for the introduction of solid foods.

Infant to Preschool Nutrition also addresses picky eating, vegetarian diets, encouraging children to eat fruits and vegetables, children and diets, children's parties, the impact of television on children's health, food allergies and intolerances, children in day care and age-specific prevention strategies for overweight and obesity.

Unit 2: Nutrition for Children and Teenagers explores…

the nutrition principles required to provide a nutritious diet for children and teenagers as well as important tips that can encourage children and teenagers to make healthy dietary and lifestyle choices. Combines latest research with practical ideas to help you understand the special nutritional requirements of children and teenagers. Nutrition for Children and Teenagers is an invaluable resource for anyone interested in childhood and teenage health. Topics include:

Nutrition for Children and Teenagers: Course Outline

Module 1	The Importance of a Healthy Diet During Childhood and Adolescence
Module 2	Elements of a Healthy Diet (Carbohydrates, Fibre, Fat, Protein, Water, Vitamins and Minerals)
Module 3	Encouraging Healthy Eating Behaviours
Module 4	Common Nutritional Issues for Children and Teenagers
Module 5	Common Health and Nutritional Concerns During Adolescence
Module 6	Diet, Physical Activity and Behavioural Strategies for Preventing, Managing and Tackling Overweight and Obesity in Children and Teenagers

Specific topics include nutrition and behaviour, prevention and management of overweight and obesity, food intake (how much is enough or too much?) picky eating, vegetarian diets, encouraging children to eat fruits and vegetables, healthy ideas for birthday parties, nutritional considerations for elite sports training.

This unit also covers specific topics relating adolescent health including growth and development during puberty, teenage eating patterns, dieting, eating disorders, substance use (alcohol, tobacco, illicit drugs).

Course Delivery Details (course methodology)
Self-paced, distance (correspondence) study (no need to attend lectures or exams)
Comprehensive course texts (2) (included in course pack)
Learning activities Booklets (included in course pack)
Latest Health Research Booklet
Phone, email and online support from professional nutritionists to answer your nutrition and health questions.
Online learning and research tools via the Beck Health & Nutrition Online Study Centre

Course Prerequisites	none
Course Assessment	2 x open book, un-timed, course assessments (exams) 100%
Course Texts (2)	1) Beck K (2009), Infant to Preschool Nutrition; Establishing Healthy Eating Patterns (4th edition) Edited by Dr. Samantha Frappell (included in course pack). 2) Beck K (2009), Nutrition for Children and Teenagers; Encouraging Healthy Eating Habits (4th edition) Edited by Dr. Samantha Frappell (included in course pack).

Course Details
Self-paced, distance (correspondence) study (no need to attend lectures or exams)
Comprehensive course text to guide you through your studies (included in course pack)
Learning activities (included in course pack)
Phone, email and online support from professional nutritionists to answer your questions.
Online learning and research tools via the Beck Health & Nutrition Website student pages.

What our students say about Nutrition for Children and Teenagers

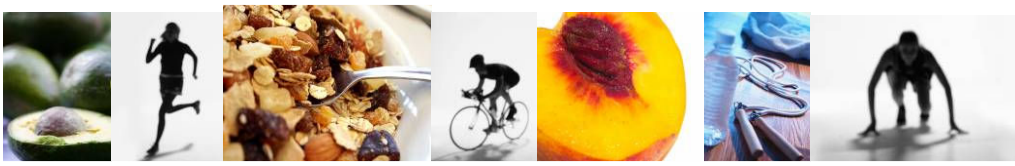
"The course was superb. I can now converse intelligently with pediatricians and nutritionists and, of course, provide better treatment for my patients." Dr Barry Panzer, Brooklyn, New York

"The information was easy to understand and also very well presented. I will be using it (the text) as a reference in the future". Simone, Lugarno NSW

"I liked how all the information tied up with the home studies and the exam. Also it was good to see the test written in an easy to follow fashion. You need this when you are studying on your own". Rachael, Grace Town TAS

The Certificate of Childhood and Adolescent nutrition combines a unique blend of scientific research and practical ideas to give health and education professionals, parents and carers confidence in guiding and encouraging healthy eating patterns throughout infancy, childhood and adolescence. The course can also be used as recognition of prior learning (RPL) for further study in community and childcare qualifications.

Sports Nutrition: **Nutrition for Optimal Exercise Performance**



Flexible Course in Athletic Nutrition and Diet

Course Code	NUT04
Course Duration	32 hours
Accreditation	Australian Traditional Medicine Society - 30 CPE Fitness Australia – 15 CEC points Beck Health & Nutrition is a member of the Australian Council for Private Education and is signatory to its code of ethics.
Course Fee	AU $425.00 includes all course texts and materials A $45 postage fee applies to international students (students residing outside Australia).

Sports Nutrition presents a comprehensive introduction to the science of nutrition, dietary analysis and nutrition planning for athletes and active individuals.

Sports Nutrition explores…the unique nutritional requirements of athletes and individuals undertaking substantial exercise programs. Topic areas include the role of nutrition in optimizing physical performance for training and competition; energy generation from food; hydration, carbohydrate, protein, fat, and vitamin and mineral needs for athletic performance; nutrition strategies for competition and post-exercise recovery; and supplements and sport. This course also incorporates a comprehensive introduction to exercise physiology and metabolism.

NUT04 Sports Nutrition Course Outline

Module 1	Introduction to Sports Nutrition
Module 2	Energy requirements for optimal physical performance
Module 3	Carbohydrate requirements for optimal physical performance
Module 4	Protein and amino acid requirements for optimal physical performance
Module 5	Dietary fats and optimal physical performance
Module 6	Vitamin and mineral requirements for optimal physical performance
Module 7	Hydration requirements for optimal physical performance
Module 8	Energy generation: How muscle creates energy from food
Module 9	Body mass and fatness in sport
Module 10	Pre-competition nutrition
Module 11	Fluid and fuel intake during physical activity
Module 12	Recovery Nutrition
Module 13	Supplements in Sports
Module 14	Making changes: practical strategies

Course Details
Self-paced, distance (correspondence) study (no need to attend lectures or exams)
Comprehensive course text to guide you through your studies (included in course pack)
Learning activities (included in course pack)
Phone, email and online support from professional nutritionists to answer your questions.
Online learning and research tools via the Beck Health & Nutrition Website student pages.

Course Tutor: Kristen Beck: Kristen is a senior lecturer in nutrition and sports science and an accomplished middle-long distance runner.

What our students say about Sports Nutrition: Nutrition for Optimal Exercise Performance

"I was very impressed with the presentation of the course materials and the range of topics covered. Most of all the course was actually useful - contained material etc I can use with my clients. Thanks again. Great Stuff!" Peter Stroud, Allied Learning Systems

"The information was well organized and professionally presented. I will recommend this course to others!" Eve SA

"Thank you for this great opportunity. I have really enjoyed the course and I found that reading stimulating and addictive. I couldn't put the material down". Michael, NSW

Sports Nutrition: Nutrition for Optimal Exercise Performance
Course Outline

Module 1 Introduction to Sports Nutrition

The evolution of sports nutrition
Aims of sports nutrition
Introduction to Nutrients
Australian Dietary Guidelines and Sports Nutrition

Module 2 Energy requirements of athletes

Energy balance
Measurement of energy
Estimating energy requirements of athletes
Components of energy expenditure
Energy costs of various physical activities
Calculating Energy Expenditure
Energy in: Energy value of foods
Conversion of kilocalories and kilojoules for nutrients
Calculation of nutrient values in kilojoules

Module 3 Carbohydrate requirements for optimal exercise performance

Simple sugars
Polysaccharides
Dietary Fibre
The glycaemic index (GI)
Categories of glycaemic index (GI) foods
Blood sugar balance
Fate of carbohydrates in the body
Glycogen: Carbohydrate storage in the body
Comparison of carbohydrate and fat energy stores
Carbohydrate requirements for optimal exercise performance
Carbohydrates in foods
Sample high-carbohydrate foods and menus
Timing of carbohydrate intake

Focus Point: Fruits and vegetables

Examples of serving sizes of fruits and vegetables

Module 4 Protein and amino acid requirements for optimal physical performance

Protein and amino acids
Essential vs. non-essential amino acids
Protein quality
Dietary protein sources
Protein in food
Common dietary sources of protein
Exercise and protein requirements
Protein needs of athletes in different sports and training programs
Dietary intake of athletes
Protein deficiency
Protein requirements for bulking up

Focus Point Protein and vegetarian athletes

Complementary protein relationships

Module 5 Dietary fats and exercise performance

Types of dietary fat
'Good' vs. 'Bad' fats
Essential fatty acids
Sources of fat in the Australian diet
Dietary fat requirements and recommendations for athletes
Strategies to reduce saturated fats
Alternative menu choices to reduce saturated fat

Module 6 Energy Generation

Energy sources in muscle
Energy generation in exercise
Creatine Phosphate (CP)
Breaking down nutrients for energy
Glucose: Major fuel for short-term, high intensity and medium-term exercise
Anaerobic glucose breakdown
Aerobic glucose breakdown
Glycogen as muscle fuel
Fat: The primary fuel for low-intensity, prolonged physical activity
Fuels used for activities of different intensities and durations
Gender differences in energy utilisation

Module 7 Vitamin and mineral requirements for

optimal exercise performance

Recommended dietary intakes and athletic performance
Iron requirements for optimal exercise performance
RDI for iron
Forms of dietary iron
Significant dietary sources of iron
Iron supplementation
Calcium intake and athletes
Dietary antioxidants
B complex vitamins

Module 8 Hydration strategies for optimal exercise performance

Dehydration
Thirst and exercise performance
Hydration fluids (drinks) appropriate for optimal exercise performance
Advantages and disadvantages of some hydration fluids
Speed of uptake of hydration fluids
Other hydration fluids
Unsuitable fluids for hydration
Hydration techniques
Measurement of hydration
Estimating body fluid requirements by measuring sweat output
Hydration self assessment

Module 9 Body mass and fatness in sport

Measurement of body mass and composition in athletes
Body weight
Hydrostatic weighing
Bioimpedance analysis
Magnetic resonance imagery
'Ideal' Body fat levels for various sporting endeavours
Common body fat levels for athletes participating in different sports
Weight loss and fatigue: Over-training or diet?

Module 10 Pre-exercise nutrition

Nutritional factors that can impair exercise performance
Dietary and fluid intake strategies for optimal exercise performance
Fuelling up for training and competition
Carbohydrate loading
Pre-event meals
Pre-event meal ideas
Pre-event snack ideas
Sugar intake in the hour prior to exercise
Pre-exercise hydration
Protein and carbohydrate intake prior to resistance exercise (strength training)
Examples of snacks providing carbohydrate and protein

Module 11 Fluid and carbohydrate intake during exercise

Dehydration and exercise performance
Heat exhaustion
Fluid intake recommendations during exercise
Carbohydrate intake during exercise
Suitable carbohydrates during exercise
Practical strategies for fluid and carbohydrate intake during exercise
Focus Point: Body Temperature Regulation
Cooling strategies

Module 12 Recovery nutrition

Muscle glycogen replacement
The influence of protein on glycogen replacement
Recovery snacks
Rehydration

Module 13 Supplements in sport

Ergogenic aids
Summary of available scientific evidence surrounding popular ergogenic nutritional supplements
Protein supplements
What happens to excess dietary protein?
Amino Acid Supplements
Substances banned by the International Olympic Committee

Module 14 Making changes: putting theory into practice

Making changes
Practical strategies for permanent changes
Takeaway foods
Quick reference dietary check list

Sports Nutrition: Nutrition for Optimal Exercise Performance provides a unique blend of user-friendly sports science and practical information to optimise and enhance athletic performance through nutrition.

Healthy Weight for Life: Nutrition and lifestyle strategies for prevention and management of overweight, obesity and type 2 diabetes

Flexible Course in Weight and Diabetes Management

Course Code	NUT05
Course Duration	32 hours
Accreditation	Australian Traditional Medicine Society - 30 CPE points Healthy Weight for Life covers the training competencies stipulated by the Weight Management Code of Practice of Australia for staff working in the weight loss industry.
Course Fee	AU $425.00 includes all course texts and materials A $45 postage fee applies to international students (students residing outside Australia or New Zealand).

Healthy Weight for Life presents a comprehensive insight into the nutrition and lifestyle strategies required to effectively manage body weight and type 2 diabetes. Every day in Australia more than 600 adults progress from being overweight to obese and approximately 275 adults develop type 2 diabetes*. There is no simple solution to obesity – weight loss and effective long-term healthy body weight management requires commitment to permanently change eating and exercise habits. **Healthy Weight for Life** explores the latest health, nutrition and lifestyle research and guidelines in a common sense, user-friendly format. Understand how to use practical and effective nutrition and lifestyle strategies to take control of body weight and blood sugar problems. Ongoing access to professional nutritionists to support your learning.

* Reference: International Diabetes Institute, Australian Diabetes, Obesity and Lifestyle Study - Follow Up (AusDiab2), 2006.

Healthy Weight for Life: Course Outline

Module 1	Health impact of excess body weight Focus point: What is type 2 diabetes?
Module 2	Determining overweight and obesity Focus Point: Link between body weight, metabolic syndrome and type 2 diabetes
Module 3	Energy Balance Focus Point: Causes of obesity – Nature Versus Nurture
Module 4	Nutritional strategies to achieve and maintain a healthy body weight for life Focus point: What to look for in a sound weight loss diet
Module 5	Carbohydrates and the glycaemic index for weight management Focus point: Carbohydrates, Glycaemic index and diabetes
Module 6	Dietary fats, body weight and diabetes Focus point: diabetes, cholesterol and cardiovascular disease
Module 7	Protein and body weight management Focus point: protein, appetite and weight loss
Module 8	Body fat storage and utilization Focus Point: Eating and appetite
Module 9	Physical activity for weight loss and management Focus point: physical activity for diabetes prevention and management
Module 10	Stress, emotions and body weight
Module 11	Behaviour modification, motivation and weight loss Focus point: An action plan to lose weight
Module 12	Diet, physical activity and behavioural strategies for preventing and managing overweight and obesity in children and teenagers

Healthy Weight for Life provides the practical, scientifically-validated nutrition, activity and lifestyle principles required to safely and successfully lose body weight and maintain a healthy body weight in the long term. This course is ideal both for individuals wanting to take control of their own health and body weight as well as health and fitness professionals working with clients to achieve safe, effective and long-term weight loss.

Enrolment Details

How to Enrol

You can enrol at any time throughout the year and your course pack will be express posted to you within 1-3 business days from receipt of enrolment.

Online Our secure online payment facility allows you to enrol online with your credit card or via electronic funds transfer. Simply go to www.beckhealth.com.au and click on the Enrol Online link

☎ **Telephone** + 61 2 9981 6228 and enrol over the phone with your credit card.

✉ **Mail** a completed enrolment form with your credit card details, cheque or money order made out to Beck Health & Nutrition. Our mailing address is PO Box 122 Collaroy Beach NSW 2097 AUSTRALIA.

Email your credit card details or details of electronic payment details to enrol@beckhealth.com.au

Study Support

Beck Health & Nutrition is committed to providing the best-possible assistance to our students. We are on hand to assist you no matter what your question is. We encourage students to call, email or contact us online for assistance. All questions are handled confidentially.

Students who may require additional learning support or alternative learning arrangements due to disability or learning difficulty issues should contact Beck Health & Nutrition by phone or email prior to or at time of enrolment to discuss their requirements.

International Students

In addition to our large number of Australian students, our courses continue to attract many international students. Currently students in New Zealand, the UK, Germany, Russia, Greece, Indonesia, the US, Canada, India, Zimbabwe, Singapore, Hong Kong and Guatemala are all undertaking courses with us. Our flexible, distance education format makes studying nutrition easy, anywhere in the world. Remember that assistance is only ever a phone call or email away. A once-only international postage and handling fee of AU $30.00 applies to each course (this does not apply to students in Australia or New Zealand).

Flexible Learning Options

Beck Health & Nutrition provides flexible study options so that students can gain optimum benefit from their studies. Each course is designed to be completed in approximately 32 hours of study. This includes time for reading course materials and completing all learning activities and your course assessment. When enrolling you have the option to select an open due date which offers even greater flexibility to your studies.

Open due dates

Students wishing to enrol with an open due date will be given a period of six months from their date of enrolment to complete their course assessment and return it for grading. If you would like to select an open due date option, please advise us of this when enrolling. Students already enrolled into the course-term system (below) may switch to an open due date at any time without financial or academic penalty.

2011-2012 course commencement dates

Each course is run according to a 16 week term schedule in order to keep students 'on-track'. If for any reason you are unable to complete your assessment by the set due date you may simply call or email and arrange an extension without penalty. You also have the option of selecting an open due date (see above). Please note that your maximum time frame for completing your assessment due date is six calendar months from date of enrolment.

	Commencement date	Course Assessment Due
December 2011	2nd December 2011	29th February 2012
January 2012	20th January 2012	5th May 2012
February 2012	3rd February 2012	9th June 2012
March 2012	4th March 2012	7th July 2012
April 2012	2nd April 2012	30th July 2012
May 2012	4th May 2012	30th August 2012

Course Assessments (Exams)

Each course has one or two assessments in order to complete your studies. All assessments are in an un-timed, open-book format designed to encourage you to use your newly acquired skills and knowledge via a combination of multiple choice, short answer and case study questions. Remember that professional nutritionists from Beck Health & Nutrition are available via phone, email or online to assist with any questions.

Course Materials

Your complete course pack will be express posted to you as soon as your enrolment and payment is received. Your course pack contains; comprehensive course text (you are not required to purchase any additional text-books), student handbook, latest health research booklet, learning activities booklet and answers, receipt for your paid fees, enrolment confirmation letter including student details, assessment due date and student code details (this gives you access to technical support either by phone, fax, email or online), your course assessment paper and envelope (to return your assessment paper to us).

Upon successful completion of your course you will also receive; course certificate, academic transcript, your course assessment containing feedback and corrections and a reply paid course evaluation and feedback forms.

Course Discounts

Multiple course discount - Individuals wishing to enrol into more than one short course will receive a discount from their total course fees.

- 2 courses: 10% from course fees (discount code BH10)
- 3 courses: 12.5% from course fees (discount code BH125)
- 4 courses: 15% from course fees (discount code BH15)
- 5 courses: 20% from course fees (discount code BH20)

1.Discount only valid if enrolment and payment received as one transaction. 2. International postage and handling fee of $20 per course will be applied after discount taken.

Students undertaking multiple courses will have a total of 16 weeks to complete each course (for example, a student enrolling into two courses will have 32 weeks to complete both courses). The order in which you study your courses is entirely your choice.

Returning student discount – more than half of all students who complete a course with us continue on to study at least one more Beck Health & Nutrition course. Returning students are entitled to a 10% discount from the fees of any subsequent courses they wish to undertake within 12 months of the completion of their course (discount code BH10).

Group discounts - to take advantage of the group discount, all enrolments must be processed together. Individual payments are acceptable however applications will be processed as a group once all enrolment forms or online orders have been received.

Number of students	Discount offered
2-4	10% from the total course fees (discount code BH10)
5 or more	15% from the total course fees (discount code BH15)

Course Pathways and future study

Beck Health & Nutrition courses provide a comprehensive introduction to the science of nutrition and are commonly undertaken by individuals who are deciding whether to study nutrition at a professional level or wish to learn about nutrition for their own health. Each of our courses are approved for Continuing Practitioner Education (CPE) points for ongoing registration (for nutritionists, naturopaths etc). Our *Certificate of Nutrition* course is also accredited by Fitness Australia and our *Infant to Preschool* course is accredited by the International Board Lactation Consultant Examiners for continuing education points.

Please note that short courses provided by Beck Health & Nutrition will NOT qualify you to legally advise others on nutrition related medical or health conditions.

In order to become a fully qualified nutrition or dietetics professional you must first undertake relevant studies through a university or private college. Such courses generally take a minimum of three years of full time study to complete. For more information go to www.beckhealth.com.au.

Online access

You do not need access to the internet to complete a Beck Health & Nutrition course. We are committed to providing courses in the most convenient and user-friendly format. All course materials are presented in a high-quality printed and professionally bound course pack that is mailed to you as soon as you enrol. This means you can study anywhere without having to sit at a computer for hours or print endless information.

Our online study centre contains a great selection of health and nutrition news, healthy living tips, links, research files, optional readings and learning activities. Information on the website is a great 'optional extra' for those students wishing to do further reading or study either during, or after completion their courses.

Course fees may be tax deductable if the studies relate directly to you work. Check with your tax agent for details.

Did you know that some private health funds contribute to healthy lifestyle courses? Check with your fund for details.

Enrolment Terms and Conditions

1. Enrolment confirmation

Individuals wishing to enrol in to a Beck Health & Nutrition course should follow the online enrolment facility or complete the enclosed enrolment form and forward this with your payment details. Online, mail or fax enrolments will be confirmed by email or mail. Telephone enrolments will be confirmed at the time of enrolment. All enrolments must be accompanied with payment. All required course materials will be mailed to the address nominated on the enrolment form or online enrolment facility.

2. Course fees

Course fees are outlined in the course guide. Course fees are inclusive of course materials, resources, learning booklets and answer booklets, examinations and relevant taxes. The course fees quoted on website and brochure also include a $75.00 enrolment fee. Please note that the enrolment fee is non-refundable. Failure to submit course fees with your enrolment may result in the delay or eventual cancellation of your place in the course. Beck Health & Nutrition reserve the right to alter course fees at any time. In common with other educational institutions, fees are non-refundable and non-transferable unless Beck Health & Nutrition cancels the course (see section 4).

3. Satisfaction Guarantee/Returns

If for any reason you are dissatisfied with your course simply return your course pack within 14 days from date of enrolment for a refund. Provided all course materials are returned in their original condition, you will receive a refund less a $75 enrolment fee. All refunds will be processed within a 21-day period.

4. Returns Policy/Withdrawals

Changing circumstances sometimes result in a student asking to withdraw from a course. Students wishing to withdraw from their studies must advise Beck Health & Nutrition in writing within 14 days of receiving course materials. Provided all course materials are returned in their original condition, you will receive a refund for course fees paid less the $75 enrolment fee. Please choose your course carefully as after the above time period, we regret that no further application for credit or transfer of course fees can be accepted. All refunds/transfers are at the discretion of Beck Health & Nutrition. All refunds will be processed within a 21-day period.

4. Course cancellations and amendments

Beck Health & Nutrition reserves the right to cancel a course, or refuse any enrolment as permitted by law. Beck Health & Nutrition reserves the right to adjust fees, vary course requirements or course schedules at any time as deemed necessary. If a course cancellation does occur the student will have the option of either selecting another Beck Health & Nutrition course or receive a refund of course fee (less the enrolment fee of $75.00 which is non-refundable). All refunds will be processed within a 21-day period.

5. Extensions, deferments and course duration limits

There is no deferment policy for distance learning modules owing to the structure and short-term nature of the courses. Students are required to complete their selected course within a 6 calendar month period (from enrolment date). Students requiring more time than 6 months may apply via email for an extension, but will not be entitled to any refund rights should their course be cancelled after six months from their date of enrolment.

6. Re-sit exams

Re-sit exams are offered to students who for whatever reasons are not deemed competent in their first assessment attempt. An administration and postage fee of $50 (inclusive of GST) is payable prior to the re-sit being conducted. Beck Health & Nutrition will advise students requiring re-sits of further details at the time.

7. Certification and academic transcripts

Certificates and academic transcripts will be forwarded to all students upon successful completion of their selected course.

8. Discounts

Students are entitled to discount from course fees in accordance with those outlined in this Course Guide and on the Beck Health & Nutrition website.

9. Student conduct

Students should conduct themselves in a professional manner, respecting the information provided, and the ethics and principles of the course. Students should also not pass on any passwords to others or allow others to use any student codes, course materials or access details.

10. Refusals

Refusal of enrolment is at the discretion of Beck Health & Nutrition should the prospective student not meet the requirements set out. There is no upper age limit, but students must at least be attending high school as a minimum age. Students under 18 years of age will require a legal guardian to authorize and accept the enrolment conditions.

11. Dismissals

Beck Health & Nutrition may choose to suspend or dismiss students from their selected courses according to the gravity of the following circumstances: 1) Improper conduct, 2) Using the materials in an unlawful manner (see section 14) 3) Inadequate progression (failure to complete the course of study within 12 months of enrolment).

12. International Students

Students residing outside of Australia or New Zealand will be required to pay AU$45.00 postage and handling fee per course. This fee will be automatically charged at the time of enrolment.

13. International Currency Processing

Overseas students paying by credit card will have their card debited in Australian dollars and converted to your local currency by your card provider.

14. Course materials, copyright and Intellectual Property

The course materials which Beck Health & Nutrition provides to you shall become your property. However, the content of the Course Materials, including copyright and all other such intellectual property rights contained therein, remain the property of Beck Health & Nutrition. You may not reproduce any part of the Course Materials without the prior written consent of Beck Health & Nutrition.

15. Academic Appeals or Complaints

Appeals against grades must be made in writing to Beck Health & Nutrition within 14 days of grades being posted. Grievances regarding academic matters are to be made using the procedure set out in the student handbook that is included with your course pack.

16. Literacy and numeracy:

Beck Health & Nutrition endeavours to enhance effective participation in education and training. Participants who request support and assistance with Language, Literacy and Numeracy will be referred to quality English literacy and numeracy programs and services, where a participant requests such support.

Enrolment Form

Mr/Mrs/Ms/Miss Surname: ..... First Name: .....

Date of Birth: ..... Current Occupation: .....

Postal Address: .....Suburb/town: .....

State/Territory: ..... Postcode (zip code): ..... Country .....

Telephone: Home:..... Work: .....

Mobile (cell phone):..... Email: .....

What is your preferred contact method? Please tick phone ☐ email ☐

How did you find out about this course? .....

Highest qualification to date (optional) .....

Number and age of children (optional) .....

I agree to the Terms and Conditions set out in the Course Guide and hereby state that the information provided is true at the time of signing (if under 18 years, your parent or guardian must complete this section)

Student Signature .....
Date.....

Parent/Guardian Name .....Parent/Guardian Signature .....

Course Name(s)	Course fee(s)
1.	$ .....
2.	$ .....
3.	$ .....

Receive a discount by enrolling into more than one course. See page 13.

Course discount (see page 13) - $ .....

International postage & handling: AU $45.00 per course $ ..... (outside Australia and New Zealand)

Total $ .....

Do you have special learning requirements? (if yes, please see Study Support on p.16) yes ☐ no ☐

Do you require an open (6 month) course assessment due date? (see p.16) yes ☐ no ☐

Payment Details

Payment is required at time of enrolment. Please make cheques payable to Beck Health & Nutrition

Money order Cheque Amex MasterCard VISA Electronic Funds Transfer (EFT)*

Credit Card # .... Expiry Date .....

Name on card ..... Cardholder signature.....

* For payment via Electronic Funds Transfer, please include the student name as the reference.
Account Details: BSB: 062302 Account Number: 10083098 Account Name: Beck Group Pty Ltd T/As Beck Health & Nutrition.

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