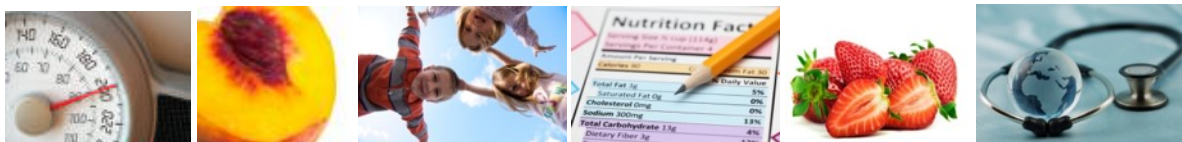




Flexible Courses in Nutrition and Health

Course Guide

Autumn 2019



beck health & nutrition

www.beckhealth.com.au

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Beck Group Pty Ltd ATF Beck Group Trust T/As Beck Health & Nutrition

ABN: 34 762 406 171

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 strive to provide a range of nutrition courses, seminars, media communications and clinical services for personal and professional development.

Our courses are:

- [Advanced Certificate of Nutrition & Health](#)
- [Certificate of Nutrition & Diet](#)
- [Certificate of Infant, Childhood & Adolescent Nutrition](#)
- [Certificate of Sports & Exercise Nutrition](#)
- [Certificate of Body Weight Management](#)
- [Certificate of Nutrition for Stress, Anxiety and Depression](#)

Each course offers you:

- ✓ Flexible, distance and online nutrition courses. No need to attend lectures or exams. Study anywhere 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.
- ✓ Accredited continuing education points for health and fitness professionals.
- ✓ Complete course pack (including printed course texts and notes plus electronic versions of all course materials that are iPad and Android compatible).
- ✓ Eligibility to accreditation and access to professional indemnity insurance for nutrition and health coaching.
- ✓ Australian Nutrition Education Specialist with Satisfaction Guarantee (see terms and conditions on p.16).

Kristen Beck



Kristen Beck is a Registered Nutritionist (RN042), nutrition, health and media commentator and the Director of Beck Health & Nutrition Group. She has extensive academic, clinical and media experience and spent many years working in the supplement industry specialising in supplement development. Kristen lectured in nutrition at Westmead Hospital, is a

senior nutrition and sports science lecturer at the International College of Management Sydney and is the resident nutritionist and media spokesperson for Women's Health magazine. She also regularly appears on television and radio.

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

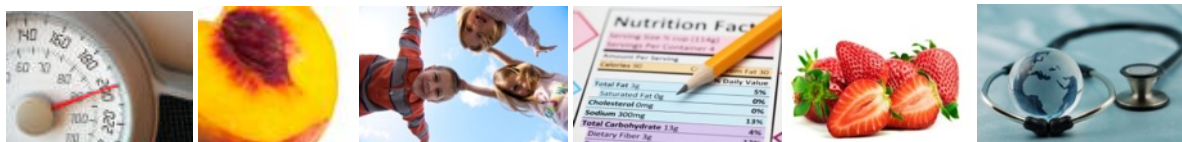
Qualifications & Awards:

- Master of Human Nutrition (Deakin University)
- 2018 Deakin University Vice Chancellor's Award for Outstanding Achievement
- Bachelor of Health Science (University of New England)
- Postgraduate Certificate in Education Studies (Higher Education) (Macquarie University)
- Advanced Diploma of Naturopathy (Nature Care College)
- 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 & Diet



Flexible Course in Nutrition Science, Menu Planning and Dietary Analysis

Course Code	NUT01
Course Duration	40 hours self-paced over six months (course extensions can be arranged at no extra cost)
Accreditation	<ul style="list-style-type: none"> - International Institute for Complementary Therapists – Automatic eligibility for accreditation and professional indemnity insurance for personalised meal plans, nutritional advice and nutrition and health coaching / counselling). - Upon successful completion of this course you will be 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 (advanced standing / credit) for future studies. - Fitness Australia – 15 CEC points (a 10% discount applies for Fitness Australia Members)
Course Fee	<p>AU \$450.00 includes all course texts and materials</p> <p>A \$50 postage fee applies to international students (outside Australia).</p>

The Certificate of Nutrition & 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 & 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 nutrition course will provide you with the skills and confidence to make informed decisions about 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 & 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	Nutrition through the life-cycle (introduces key principles of nutrition from pregnancy and infancy to ageing)
Module 12	Nutrition for optimal exercise performance (introduction to principles of sports nutrition)
Module 13	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, gluten 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) as well as access to electronic versions of all course materials (iPad and android compatible) and optional video lectures.
- Learning activities (included in course pack)
- Email and online support from professional nutritionists to answer your questions.

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 & 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
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
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
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

Certificate of Nutrition Course and Diet: Outline continued

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

Benefits and problems with 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 cost of physical activities

Focus Point: High Intensity Interval Training

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 Popular diets and food trends (Paleo, Gluten-Free, Intermittent Fasting, High Protein, Low-Carb)

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 Meal and menu planning for health conditions

Coeliac disease

High blood pressure

Coronary heart disease

Lactose (dairy) intolerance

Weight loss

Chapter 11 Life-Cycle Nutrition

Introduces key concepts and nutritional principles from infancy to ageing (includes pregnancy)

Chapter 12 Nutrition for Exercise Performance

Introduction to nutrition, hydration and timing strategies for optimal sports performance

Chapter 13 Putting nutrition knowledge into practice

Introduces key concepts of nutritional and dietary assessment, using knowledge to evaluate nutritional claims and make sense of health and nutrition research.



This comprehensive nutrition course 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 approved for 15 CEC points from Fitness Australia. Students who successfully complete Beck Health & Nutrition's Certificate of Nutrition and Diet course are automatically eligible for accreditation from the International Institute for Complementary Therapists and eligible for professional indemnity and business insurance for nutritional advice, health coaching and meal / menu plans for clients and groups.

Certificate of Infant, Childhood and Adolescent Nutrition: Establishing Healthy Eating Patterns



Flexible Course in Paediatric Nutrition (0-18 years)

Course Code	NUT06
Course Duration	40 hours self-paced over six months (course extensions can be arranged at no extra cost)
Accreditation	- International Institute for Complementary Therapists - Students who successfully complete Beck Health & Nutrition's Certificate of Infant, Childhood and Adolescent Nutrition course are automatically eligible for accreditation from the International Institute for Complementary Therapists and will be automatically eligible for professional indemnity insurance relating to future work in the nutrition and health coaching. - Australian Traditional Medicine Society – 20 CE points
Course Fee	AU \$425.00 includes all course texts and materials. A \$50 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 nutrition and health communicators and mother of three Kristen Beck, the Certificate of Infant, Childhood and Adolescent 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.

Infant, Childhood and Adolescent Nutrition explores...The nutrition principles required to provide a nutritious, practical diet for infants and young children as well as important tips that can help to establish healthy eating patterns in throughout childhood and adolescence. The course 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 paediatric or adolescent nutrition.

Infant, Childhood & Adolescent Nutrition: Course Outline

Module 1	The importance of a healthy diet in early childhood
Module 2	Nutritional requirements during infancy
Module 3	First foods and weaning
Module 4	Elements of a healthy diet (children's nutritional requirements)
Module 5	Establishing healthy eating and behaviours - development of taste preferences and dietary patterns
Module 6	Common nutritional issues for children
Module 7	Health and nutritional concerns during adolescence – includes disordered eating patterns
Module 8	Prevention and management of overweight and obesity in children and adolescents

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.

The course 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.

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-abuse (alcohol, tobacco, illicit drugs).

Course Delivery Details (course methodology)

Self-paced, distance (correspondence) study (no need to attend lectures or exams)
Comprehensive course text (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 Learning Platform

Course Prerequisites	none
Course Assessment	Open book, un-timed, course assessment (exam) 100%
Course Texts	Beck K (2018), Infant, Childhood and Adolescent Nutrition (9th edition)

What our students say about Infant, Childhood and Adolescent Nutrition course

"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 Infant, 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.

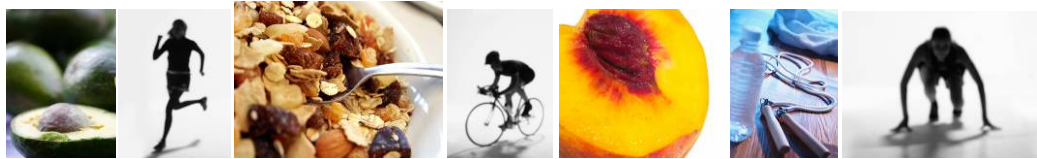
Students successfully completing Beck Health & Nutrition's Certificate of Infant, Childhood and Adolescent Nutrition course will be automatically eligible for accreditation from the International Institute for Complementary Therapists and professional indemnity and business for nutrition and health coaching (including nutritional and dietary recommendations and advice).



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Certificate of Sports & Exercise Nutrition: Nutrition for Optimal Exercise Performance



Flexible Course in Sports Nutrition

Course Code NUT04

Course Duration 30-40 hours self-paced over six months (course extensions can be arranged at no extra cost)

Accreditation *International Institute for Complementary Therapists* - Students who successfully complete Beck Health & Nutrition's Sports Nutrition course are automatically eligible for accreditation from the International Institute for Complementary Therapists and will be eligible for professional indemnity and business insurance relating to nutritional advice, sports nutrition, menu planning and health & nutrition coaching.



Australian Traditional Medicine Society – 30 Continuing Education Points

Course Fee AU \$425.00 includes all course texts and materials
A \$50 postage fee applies to international students (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 body fat composition 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 and online study (no need to attend lectures or exams)
Comprehensive course text, research readings and learning activities to guide you through your studies
Phone, email and online support from professional nutritionists to answer your questions.
Online learning and research tools via the Beck Health & Nutrition Website online classroom.

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

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 & Exercise Nutrition 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

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

Module 5 Dietary fats and exercise performance

Types of dietary fat
'Good' vs. 'Bad' fats
Essential fatty acids and the omega 3 / 6 ratio
Sources of fat in the Australian diet
Dietary fat requirements and recommendations for athletes
Strategies to reduce trans fats
Alternative menu choices to reduce trans 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
Dietary fats: low-intensity, prolonged physical activity
Fuels used for activities of different intensities and durations
Crossover Concept
Gender differences in energy utilisation
Differences in carbohydrate and fat metabolism between different muscle fibre types
Differences between muscle fibre types
Maximal oxygen uptake (VO₂ max)

Focus Point: Altitude Training

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 body fat levels 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
- Female Athlete Triad
- Excessive exercise : Nutritional strategies to prevent, manage and recover from over-training syndrome.

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 scientific evidence surrounding popular 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

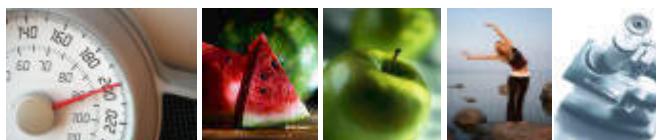
Certificate of Sports & Exercise Nutrition provides a unique blend of user-friendly sports science and practical information to optimise and enhance athletic performance by applying tailored nutritional strategies.



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Students successfully completing Beck Health & Nutrition's Certificate of Sports & Exercise Nutrition course are automatically eligible for accreditation from the International Institute for Complementary Therapists and will be eligible for professional indemnity and business insurance relating to future work in the nutrition and health coaching (including nutritional & dietary recommendations and advice, sports nutrition advice & meal planning for body composition and sporting goals).

Certificate of Nutrition & Body Weight Management



Flexible Course in Nutrition, Exercise and Lifestyle Strategies for Overweight, Obesity and Type 2 Diabetes

Course Code	NUT05
Course Duration	30 hours self-paced over six months (course extensions can be arranged at no extra cost)
Accreditation	- International Institute for Complementary Therapists - Students who successfully complete Beck Health & Nutrition's Certificate of Healthy Body Weight Management are automatically eligible for accreditation from the International Institute for Complementary Therapists and will be eligible for professional indemnity and business insurance relating to future work in nutrition and weight management. - Australian Traditional Medicine Society – 20 Continuing Education Points
Course Fee	AU \$425.00 includes all course texts and materials

Certificate of Body Weight Management is an integrative, comprehensive nutrition course that combines the latest health, nutrition and activity research with a practical approach to coaching individuals and groups to best achieve and maintain healthy body weight and optimal body composition for long term health. 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. 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.

Certificate of Nutrition & Body Weight Management: 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: Action plans to lose weight
Module 12	Diet, physical activity and behavioural strategies for preventing and managing overweight and obesity in children and teenagers

The Certificate of Nutrition & Body Weight Management course 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 for individuals wanting to take control of their own health and body weight as well as health and fitness professionals to achieve safe, effective and long-term weight loss for clients. This practical nutrition course also allows fitness professionals to access professional indemnity insurance to develop individual meal plans for their clients and provide nutritional advice.



Certificate of Nutrition for Stress, Anxiety and Depression



Flexible Course in Nutrition for Mental Health and Wellbeing

Course Code	NUT09
Course Duration	30 hours self-paced over six months (you can apply for extra time if you need at no extra cost)
Course Fee	AU \$450.00 includes all course texts and materials A \$50 postage fee applies to international students (outside Australia). Australian Traditional Medicine Society – 20 Continuing Education Points



The *Certificate of Nutrition for Stress, Anxiety and Depression* is designed to cover the nutritional, motivational and physical activity concepts, principles and practical application skills to help manage stress, anxiety and depression, in conjunction with qualified medical and psychological treatment. The course is suitable for both new learners for personal interest or as ongoing professional development for individuals with existing specialist/clinical/community health or social work qualifications and experience or those involved in community or workplace health and stress-reduction projects.

Certificate of Nutrition for Stress, Anxiety and Depression

Module 1	Dietary Quality and Mental Health Focus Point: Anatomy of the brain (emotions and logic) and the stress response
Module 2	Stress, Anxiety & Depression Research Focus: Stress & Hormones
Module 3	Dietary Carbohydrates and their role in stress, anxiety and depression Focus Point: Blood sugar, snacks and sugar
Module 4	Dietary Protein's role in stress, anxiety and depression Focus Point: Vegetarian and vegan diets and neurotransmitter development
Module 5	Dietary fats and their role in body fat levels and mental wellbeing Focus Point: Essential fatty acids and mental wellbeing
Module 6	Foods, nutrients and dietary recommendations for stress, anxiety and depression Focus Point: Nutritional Supplements for Stress, Anxiety and Depression Research Focus: Role of starvation and very restricted diets in anxiety and depression The role of physical activity in stress, anxiety and depression
Module 7	Focus Point: Overtraining and excessive reliance on exercise
Module 8	Disordered eating (restrictive); underweight, eating disorders and the link to mental health and coping mechanisms Focus Point: Orthorexia nervosa
Module 9	Disordered Eating; Overweight & Obesity Focus Point: Weight stigma and the stress response
Module 10	Modern Lifestyle and Technology's Role in Mental Wellbeing Research Focus: Social media
Module 11	Nutrition & Exercise Strategies for Stress, Anxiety & Depression Focus Point: Seasonal Affectation Disorder

Course Delivery

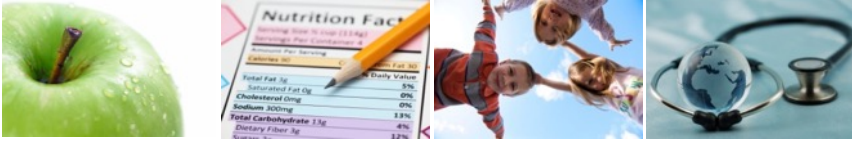
- Self-paced, distance (correspondence) study (no need to attend lectures or exams)
- Comprehensive course text, research readings and learning activities to guide you through your studies (included in course pack) as well as access to electronic versions of all course materials (ipad and android compatible).
- Email and online support from professional nutritionists to answer your questions.

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



This course provides automatic eligibility for accreditation and insurance via the International Institute for Complementary Therapists for nutritional advice, health coaching and meal plans.

Advanced Certificate of Nutrition & Health



Nutrition course for health coaching, professional development or personal interest

The Advanced Certificate of Nutrition and Health combines the Certificate of Nutrition and Diet with the opportunity to specialise your studies (choose from Sports & Exercise Nutrition, Healthy Body Weight Nutrition, Infant, Childhood & Adolescent Nutrition or Nutrition for Stress, Anxiety and Depression).

Course Code NUT08

Course Duration 60-80 hours self-paced over six months (you can apply for extra time if you need at no extra cost)

Accreditation *International Institute for Complementary Therapists* – eligibility for accreditation and professional indemnity insurance (including giving dietary recommendations and advice) upon successful completion of this course.
Students who successfully complete this course are issued with an Advanced Certificate of Nutrition and Health Diet from Beck Health & Nutrition.

Course Fee AU \$750.00 includes all course texts and materials
A \$75 postage fee applies to international students (students residing outside Australia).

Certification Upon successful completion of this course you will be awarded:

1. *Advanced Certificate of Nutrition & Health* from Beck Health & Nutrition.
2. *Certificate of Nutrition & Diet* from Beck Health & Nutrition
3. *Certificate of Nutrition Specialisation* (Sports & Exercise Nutrition, Body Weight Management, Infant, Childhood & Adolescent Nutrition or Nutrition for Stress, Anxiety and Depression).

Course assessments Untimed, open book assessments.

Course Details The *Advanced Certificate of Nutrition and Health* combines our flagship course (the Certificate of Nutrition and Diet) with the opportunity to specialise your studies in your favourite area of nutrition (choose from Sports Nutrition, Healthy Weight for Life, Childhood and Adolescent Nutrition or Nutrition and Exercise for Stress, Anxiety and Depression). Please refer to course guide or website for details on component courses.




INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS


Students successfully completing Beck Health & Nutrition's Advanced Certificate of Nutrition and Health are automatically eligible for accreditation from the International Institute for Complementary Therapists and will be eligible for professional indemnity insurance relating to future work in nutrition and health coaching (including nutritional and dietary analysis, counselling & recommendations, detailed meal planning and nutritional advice).


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.

2019 course commencement dates

You are provided with six months from the date of your enrolment to complete your course. 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. Please note you are welcome to enrol whenever you wish and your course materials and access will be forwarded straight away.

Term	Commencement Date	Course Assessment Due
March 2019	7 th March 2019	7 th September 2019
March 2019	21 st March 2019	21 st September 2019
April 2019	4 th April 2019	4 th October 2019
April 2019	18 th April 2019	18 th October 2019
May 2019	2 nd May 2019	2 nd November 2019
May 2019	16 th May 2019	16 th November 2019
June 2019	6 th June 2019	6 th December 2019
June 2019	20 th June 2019	20 th December 2019
July 2019	4 th July 2019	4 th January 2020

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 \$45.00 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 you can gain the optimum benefit from your studies. Each course is designed to be completed in approximately 30-40 hours of study. This includes time for reading course materials and completing all learning activities and your course assessment. If for any reason you require more time to complete your studies you may request an extension at no extra cost.

Course Assessments (Exams)

Each course has one assessment in order to complete your studies (Advanced Certificate of Nutrition and Health includes one assessment for each of the two courses you undertake). 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 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; a 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)

1.Discount only valid if enrolment and payment received as one transaction. 2. International postage and handling fee of \$50 per course will be applied after discount taken.

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 *Nutrition and Diet* is also approved by Fitness Australia and all courses are accredited by the International Institute of Complementary Therapists (IICT).

Please note that students who successfully complete a short course in nutrition provided by Beck Health & Nutrition will be eligible for professional accreditation and insurance for nutrition and health coaching through IICT.

In order to become a fully qualified nutrition or dietetics professional you should first undertake relevant studies through a university or private college. These courses generally require a Bachelor’s degree as a minimum and take a minimum of three years of full-time study to complete. For more information go to www.beckhealth.com.au.

Can I call myself a nutrition and health coach, develop menu plans or call myself “certified in nutrition”?

Yes, by completing our courses, you will be eligible to access professional indemnity insurance via the International Institute of Complementary Therapists (www.iiict.com.au) and be able to refer to yourself as a nutrition and health coach. For more information about accreditation, certification and insurance options available, please visit

<http://www.beckhealth.com.au/healthnutritioncoachingcourse.htm>

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 provides all students access to course materials electronically (iPad and Android compatible) so you can study wherever you are. Online access details are emailed to you at time of enrolment.

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. 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 includes 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 unhappy with your course you may 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 postage and handling 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.

5. 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 within the first six calendar months of their studies (i.e. within the originally stipulated study period) 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.

6. 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 of their due date, but will not be entitled to any refund rights should their course be cancelled after six months from their date of enrolment. It is Beck Health & Nutrition's policy to encourage as many learners as possible to successfully complete their nutrition course. Provided the course enrolled to has not been cancelled, students are encouraged to complete their course, regardless of the amount of time lapsed.

7. 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.

8. Certification and academic transcripts

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

9. 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.

10. 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.

11. 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.

12. 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).

13. Third-party accreditation and insurance arrangements

Beck Health & Nutrition courses are short course in nature and are not part of the Nationally Recognised Training System. The courses are not a part of the Australian Qualifications Framework. Beck Health & Nutrition is accredited and / or approved by various organisations for professional development, accreditation and industry purposes. Beck Health & Nutrition undertakes such accreditation arrangements in order to provide best possible learning and professional opportunities for our learners however Beck Health & Nutrition will not be held liable for any changes, failures or breaches or actions of any third party organisations.

14. International Students

Students residing outside of Australia or New Zealand will be required to pay AU\$50.00 postage and handling fee per course (\$75 international postage fee for the Advanced Certificate of Nutrition and Health). This fee will be automatically charged at the time of enrolment.

15. 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.

16. 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.

17. 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.

Enrolment Form

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

Date of Birth: Current Occupation:

Postal Address: Suburb/town:

State/Territory: Postcode (zip code): Country

Phone:..... Email:

What is your preferred contact method? Please tick phone email

How did you find out about this course?

Highest qualification to date.....

I agree to the Terms and Conditions set out in the Course Guide and website at www.beckhealth.com.au 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)

Signature..... Date.....

Course Name(s)	Course fee(s)
1.	\$
2.	\$
Course discount (see page 14)	- \$
International postage & handling: AU \$50.00 per course	\$(outside Australia)
Total	\$

Receive a discount by enrolling into more than one course. See page 14.

Do you have special learning requirements? (if yes, please see Study Support on p.14) 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 CV Code

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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