



Flexible Courses in Nutrition and Health

Course Guide 2024



beck health & nutrition

www.beckhealth.com.au

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beck health & nutrition

www.beckhealth.com.au
E: info@beckhealth.com.au
PO Box 122 Collaroy Beach NSW Australia 2097
Beck Group Pty Ltd ATF Beck Group Trust T/As Beck Health & Nutrition
ABN: 34 762 406 171

About Us



We're 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 Coaching](#)
- [Advanced Certificate of Nutrition](#)
- [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](#)
- [Certificate of Nutrition for Perimenopause and Women 40+ \(New\)](#)

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).
- ✓ Eligibility for professional membership and insurance for Health & Nutrition Coaching.
- ✓ Satisfaction Guarantee (see enrolment terms and conditions).

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 late-teen and early 20s children.

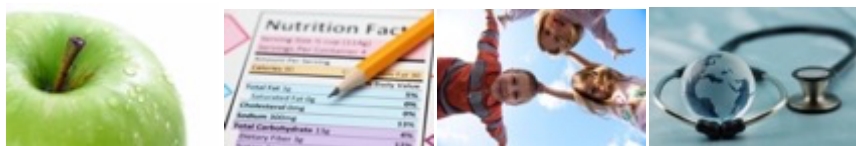
Qualifications & Awards:

- 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

Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)



Nutrition course for Health & Nutrition Coaching, professional or personal development

This flexible online nutrition & health coaching course is ideal for both personal interest or to provide health and nutritional advice, plans, assessments and coaching for clients and groups. Completing the *Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)* gives you the option to take out professional membership and insurance as a *Health & Nutrition Coach*.

Course Duration 150 hours self-paced over six months

The Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) includes three units / subjects. You will be required to submit a written assessment (open book format with a combination of multiple choice, short answer, and case-study questions) for each unit / subject. You will also be required to submit videos of yourself with clients (or a friend) providing nutrition and health coaching and advice.

Course Format (3 subjects)

Subject 1 (compulsory): Nutrition & Diet (50 hours)

Subject 2 (compulsory): Nutrition, Stress Management & Mental Wellbeing (50 hours)

Subject 3 (compulsory): Health, Nutrition & Weight Loss Coaching (50 hours)

To view details of the course content for each of the subjects, please see the course details page on the website or the individual certificate courses outlined in this course brochure. Note: You are welcome to complete each subject as separate courses of study (please refer to our Enrolment Terms and Conditions for details).

Membership and Insurance Option After completing the Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) you will have the option to take out professional membership and insurance via the IICT as a Health & Nutrition Coach.

Course Fee AU \$995.00 includes all course texts and materials
A \$75 postage fee applies to international students (students residing outside Australia).

Course Assessments Untimed, open book written assessments (one for each unit) and video assessment.

Completing the Advanced Certificate of Nutrition and Health (Health & Nutrition Coaching) gives you the option to take out professional membership and insurance from IICT for Health & Nutrition Coaching.



Advanced Certificate of Nutrition

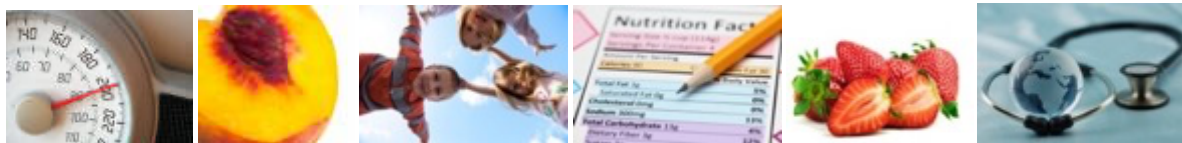


Our **Advanced Certificate of Nutrition** course is a combination of your choice of two of our certificate courses. Perfect for personal and professional interest in nutrition. **Note: This course does not give you the option to access membership and insurance as a Health & Nutrition Coach** (but can count towards our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) depending on the courses you choose).

Course Duration	100 hours self-paced over six months (can be extended if you need – see Terms & Conditions).
Course Fee	AU \$750.00 includes all course texts and materials A \$75 postage fee applies to international students (students residing outside Australia).
Course Assessments	Untimed, open book written assessments (one for each course)
Course Structure	Choose and complete two of the following courses to be awarded with the <i>Advanced Certificate of Nutrition</i> . <ul style="list-style-type: none">• Certificate of Nutrition & Diet (50 hours) – counts towards our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)• Certificate of Health, Nutrition & Weight Loss Coaching (50 hours) – counts towards our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)• Certificate of Nutrition, Stress Management & Mental Health (50 hours) – counts towards our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)• Certificate of Sports & Exercise Nutrition (50 hours)• Certificate of Nutrition for Perimenopause & Women 40+ (50 hours)• Certificate of Infant, Childhood & Adolescent Nutrition (50 hours)

Our **Advanced Certificate of Nutrition** course is a combination of your choice of two of our certificate courses. Perfect for personal and professional interest in nutrition.

Certificate of Nutrition & Diet



Flexible Course in nutritional advice, coaching, dietary analysis, and assessment

Course Duration	50 hours self-paced over six months (course extensions can be arranged at no extra cost)
Course Accreditation and Insurance Pathways	The Nutrition & Diet course is our foundation nutrition course that can be used towards our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching). AusActive – an AusActive (Fitness Australia) approved version of this course provides 15 CECs. Please see website for details.
Course Fee	AU \$450.00 includes all course texts and materials A \$50 postage fee applies to international students (outside Australia).

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
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 study (no need to attend lectures or exams)
- Comprehensive course text to guide you through your studies (included in course pack) as well as complete access to electronic versions of all course materials and optional video lectures.
- Constant learning support via email and online classroom from professional nutritionists.

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

Certificate of Nutrition Course and Diet: Outline continued

Chapter 6 Vitamins

Introduction to Micronutrients (Vitamins and Minerals)
Vitamin precursors
Recommended Dietary Intakes (RDIs)

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

Chapter 8 Energy balance and imbalance

Measurement of energy (kilojoules and calories)
Energy balance
Energy in: Energy value of foods

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

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)

[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.

The Certificate of Nutrition and Diet is one of three subjects in the Advanced Certificate of Nutrition and Health (Health & Nutrition Coaching).

Certificate of Sports & Exercise Nutrition

Nutrition for Optimal Exercise Performance



Flexible Course in Sports & Exercise Nutrition

Course Code	NUT04
Course Duration	50 hours self-paced over six months
Accreditation	Australian Traditional Medicine Society – 40 Continuing Education Points International Institute of Complementary Therapists (IICT) – If you are already a Certificate IV Fitness Professional or hold a health & nutrition coaching qualification you will have the option to join and access professional insurance for sports nutritional advice (Sports & Exercise Nutrition) for clients and groups.
Course Fee	AU \$450.00 includes all course texts and materials A \$50 postage fee applies to international students (outside Australia).



The Certificate of Sports & Exercise Nutrition presents a comprehensive study of nutrition, hydration and timing strategies for optimal exercise fueling, performance and recovery.

The course explores the unique nutritional requirements of athletes and individuals undertaking substantial exercise programs. Topic areas include the role of nutrition in optimising 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 & Exercise 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 (you do not need to attend lectures or exams)

Comprehensive course text, research readings and learning activities to guide you through your studies, email and online support from professional nutritionists to answer your questions.

Online learning and research tools via the 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 really 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

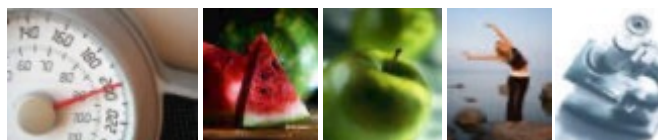
- Making changes
- Practical strategies for permanent changes
- Takeaway foods
- Quick reference dietary check list

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.



If you are already a Certificate IV Fitness Professional or hold a health & nutrition coaching qualification you will have the option to join and access professional insurance for sports nutritional advice (Sports & Exercise Nutrition) for clients and groups.

Certificate of Health, Nutrition & Weight Loss Coaching



Flexible Course in Nutrition, Exercise and Lifestyle Strategies to help manage and prevent overweight and obesity

Course Duration	50 hours self-paced over six months (course extensions can be arranged at no extra cost)
Accreditation	Australian Traditional Medicine Society – 40 Continuing Education Points
Course Fee	AU \$450.00 includes all course texts and materials
Course Pathways & Credits	The <i>Certificate of Health, Nutrition & Weight Loss Coaching</i> course is one of three subjects in our <i>Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching)</i> course (so you will only need to complete (and pay for) two more subjects to be eligible for the Advanced Certificate of Nutrition & Health – please see the course page and enrolment terms and conditions for details).

Certificate of Health, Nutrition & Weight Loss Coaching 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 Health, Nutrition & Weight Loss Coaching: 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: Making changes: Action plan to lose weight and achieve optimal body composition
Module 12	Diet, physical activity and behavioural strategies for preventing and managing overweight and obesity in children and teenagers
Module 13	Socioeconomic and psychological influences on health & wellbeing
Module 14	Models of health behaviour and change
Module 15	Sleep and health

*The Certificate of Nutrition & Weight Loss Coaching 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. **The Certificate of Health, Nutrition & Weight Loss Coaching is one of three subjects in our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) course (so you will only need to complete (and pay for) two more subjects to be eligible for the Advanced Certificate of Nutrition & Health – please see the course page and enrolment terms and conditions for details).***




Certificate of Nutrition, Stress Management & Mental Health



Flexible Course in Nutrition for Mental Health and Wellbeing (Anxiety & Depression)

Course Duration 50 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).

Course Accreditation  ATMS
Course Pathways and Credits

Australian Traditional Medicine Society – 40 Continuing Education Points
 The *Certificate of Nutrition, Stress Management & Mental Wellbeing* is one of three subjects in our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) course (so you will only need to complete (and pay for) two more subjects to be eligible for the Advanced Certificate of Nutrition & Health – please see the course page and enrolment terms and conditions for details).

The *Certificate of Nutrition, Stress Management and Mental Health* covers 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, Stress Management & Mental Health

- Module 1** Dietary Quality & Mental Health (Focus Point: Overarching dietary recommendations for mental health – an anti-inflammatory approach)
- Module 2** Stress, Anxiety & Depression (Focus Point: Brain and nervous system anatomy)
- Module 3** Carbohydrate foods and their role in stress, anxiety & depression (Focus Point: Sugars and Processed Carbohydrates)
- Module 4** Protein foods and their role in mental wellbeing (Focus Point: Amino acids, proteins, hormone and neurotransmitters)
- Module 5** Dietary fats and their role in stress, anxiety and depression (Focus Point: Omega 3 fatty acids and mental health)
- Module 6** Foods, nutrient and dietary recommendations for mental health wellbeing (Focus Point: Practical strategies to improve nutritional intake while managing anxiety or depression)
- Module 7** Research Focus: Role of starvation and very restricted diets in anxiety and depression
- Module 7** Physical activity and mental health wellbeing (Focus Point: Overtraining and excessive reliance on exercise as a coping mechanism)
- Module 8** Disordered eating patterns (restrictive); Underweight, eating disorders and the link to mental health and coping mechanisms (Focus Point: How restrictive eating impacts mental health)
Focus Point: Orthorexia nervosa
- Module 9** Disordered eating patterns; Overeating, overweight and obesity (Focus Point: The health effects of stress-induced obesity)
Weight stigma and the stress response
- Module 10** Modern Lifestyle and Technology's Role in Mental Wellbeing
Research Focus: Social media
- Module 11** Practical considerations – nutrition for stress, anxiety and depression (Focus Point: Gut microbiota and mental health)
- Module 12** Seeking professional advice and referrals for mental health

Course Delivery

- Self-paced, distance online 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 via online classroom.
- Email and online support from professional nutritionists to answer your questions.

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

The Certificate of Nutrition, Stress Management & Mental Wellbeing is one of three subjects in our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) course (so you will only need to complete (and pay for) two more subjects to be eligible for the Advanced Certificate of Nutrition & Health – please see the course page and enrolment terms and conditions for details).

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



Flexible Course in Paediatric Nutrition (0-18 years)

- Course Duration** 40 hours self-paced over six months (course extensions can be arranged 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).

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
- 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 (2021), 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.



Certificate of Nutrition for Perimenopause & Women 40+



The latest cutting-edge science on how food and nutrition can optimise your health, mood, body shape, brain function and libido to help you live your healthiest, happiest life.

From your early 40s onwards, your natural hormone levels will start to fluctuate (perimenopause). Menopause is a natural process. We can't escape it, and more importantly, we shouldn't want to. The *Certificate of Nutrition for Perimenopause and Women 40+* is a comprehensive nutrition course that reviews, analyses and clearly explains the best nutrition, health and lifestyle science and strategies to:

- Help you live longer
- Optimise healthy body composition (maintain lean muscle mass, balance body fat with hormonal and healthy ageing considerations)
- Prevent and manage unhealthy weight gain
- Recognise and support healthy female body shape expectations
- Reduce menopause related symptoms (hot flashes, sleep disturbances)
- Reduce inflammatory triggers in the body (skin, appetite, stress, and metabolic health)
- Boost energy
- Optimise memory and brain function (gut health, nutritional balance, and anti-inflammatory dietary patterns)
- Support and boost your libido and sexual health (and hopefully make you feel like a goddess)
- Support healthy mood, emotional wellbeing and mental health
- Keep you feeling full / curb appetite and hunger
- Make you feel your absolute best

Course Duration	50 hours self-paced over six months (can be extended if you need – see Terms & Conditions).
Course Fee	AU \$450.00 includes all course texts and materials
Course Assessments & Delivery	Complete course textbook (fully downloadable via online classroom as well as printed course text express posted in your course pack), accompanying video lectures that you can view in your own time, quizzes to test your knowledge. Assessment is an untimed, open-book assessment that you complete in your own time and submit for marking. Your assessment is a combination of multiple choice, short-answer, case study and research questions. Ongoing online and email learning assistance and support.
Course Structure	Module 1: Hormonal changes, perimenopause and menopause Module 2: Body weight, fat and muscle changes Module 3: Inflammation, gut health and menopause Module 4: Mood, brain changes, stress and perimenopause Module 5: Nutrition for perimenopause and menopause Module 6: Foods to limit or avoid during perimenopause and menopause Module 7: Foods that nourish us Module 8: Practical strategies to optimise health and nutrition during perimenopause and beyond.

The *Certificate of Nutrition for Perimenopause and Women 40+* is designed to be equally valuable to women for personal interest, as well as health, nutrition and fitness professionals wanting to optimise their client's health, fitness and body shape throughout perimenopause and beyond.

Enrolment Details

How to Enrol

Enrol anytime and you can get started online as soon as you like. Your printed course pack will be express posted to you within 1-3 business days.

📧 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 8279 3035 and enrol over the phone with your credit card.

✉ Email your details of EFT payment details to info@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.

2024 course start dates

You are automatically allocated six months from the date of your enrolment to complete your course. If you need more time than you may simply contact us to arrange an extension (there is no additional charge or penalty for this – please see enrolment Terms & Conditions). Please note you are welcome to enrol whenever you wish and your course materials and access will be forwarded straight away.

Term	Course Start Date	Course Assessment Due
December 2023	6 th December 2023	6 th June 2024
January 2024	10 th January 2024	10 th July 2024
February 2024	7 th February 2024	7 th August 2024
March 2024	8 th March 2024	8 th September 2024
April 2023	6 th April 2024	6 th October 2024
May 2023	1 st May 2024	1 st November 2024
June 2023	1 st June 2024	1 st December 2024
July 2023	5 th July 2024	5 th January 2025
August 2023	4 th August 2024	4 th February 2025

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 50 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. Provided the version of the course you enrolled into is still current, we would love to have you complete your studies.

Course Assessments (Exams)

Each course has one assessment to complete your studies (Advanced Certificate of Nutrition & Health includes one assessment for each of the three courses you undertake plus video assessment section). 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 we can help you with any questions you need.

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, email or online classroom), 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 – If you would like to enrol into more than one short course will receive a discount from their total course fees. Please email us for discount codes and details.

Returning student discount – more than half of all students who complete a course with us continue 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 and study of nutrition. 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 AusActive. Our Advanced Certificate of Nutrition & Health (Health & Nutrition Coaching) is approved by the IICT.

To become fully qualified nutrition or dietetics professional, your best option is a bachelor's degree. These courses generally 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 & Health Coach?

Yes, by completing our Advanced Certificate of Nutrition & Health course, you will be eligible to access professional membership and indemnity insurance via the International Institute of Complementary Therapists <https://explore.myiict.com/au/beck-health-nutrition> and call yourself 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 into a Beck Health & Nutrition course should follow the online enrolment facility. All enrolments must be accompanied with payment. All required course materials will be mailed to the address nominated on the 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, deferrals 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, membership, insurance and industry-recognition purposes. Beck Health & Nutrition undertakes such accreditation arrangements 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)

1.

2.

Course fee(s)

\$

\$

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.

Latest research, practical approach
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www.beckhealth.com.au
E: info@beckhealth.com.au
PO Box 122 Collaroy Beach NSW Australia 2097