



Flexible Online Courses in Nutrition and Health Course Guide 2026-27



beck health & nutrition
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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. We strive to provide excellent and enjoyable nutrition courses, seminars, media communications.

Course List:

- Advanced Certificate of Nutrition & Health Coaching
- Certificate of Nutrition & Diet
- Certificate of Nutrition, Stress Management & Mental Health
- Certificate of Health, Nutrition & Weight Loss Coaching
- Certificate of Sports & Exercise Nutrition
- Certificate of Infant, Childhood & Adolescent Nutrition
- Certificate of Nutrition for Perimenopause & Women 40+

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 classroom.
- ✓ Professional and practical content. Unlike other short-course providers, Beck Health & Nutrition specialises in nutrition and health education only. You can be sure that all course content and academic support is from university-qualified, 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).
- ✓ Automatic eligibility for professional membership and insurance with IICT (Advanced Certificate of Nutrition & Health Coaching)
- ✓ Satisfaction Guarantee (see enrolment terms and conditions).



Kristen Beck is a Registered Nutritionist (RN042), media commentator, and Director of Beck Health & Nutrition Group. She has extensive experience across academic, clinical, and media settings, and previously worked for many years in the supplement industry specialising in product development. Kristen has lectured in nutrition at Westmead Hospital and is currently a senior lecturer in nutrition and sports science at the International College of Management, Sydney (ICMS).

She is also a highly sought-after media nutritionist, regularly appearing on *Channel 7 Sunrise*, *News.com.au*, *The Today Show*, and *A Current Affair*, where she provides expert commentary on nutrition, health, and wellness topics. Kristen lives on the Northern Beaches of Sydney, Australia with her husband and three adult children.

Kristen Beck - Qualifications & Awards:

- **Juris Doctor** (Postgraduate Law - RMIT University – currently studying) focusing on public health nutrition and misinformation.
- **Master of Human Nutrition** (Deakin University)- Vice Chancellor's Award for Outstanding Achievement
- **Bachelor of Health Science** (University of New England)
- **Postgraduate Certificate in Education** (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 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 organisation, please email info@beckhealth.com.au

Advanced Certificate of Nutrition & Health Coaching



This comprehensive professional course is designed for those seeking to provide personalised health and nutritional advice, plans, health assessments, dietary analysis and coaching. Graduates are eligible for professional membership and insurance through the IICT as a Health & Nutrition Coach.

Course Duration

150 hours, self-paced over six months (you can extend your studies at no extra cost) (see Terms & Conditions)

The Advanced Certificate of Nutrition & Health Coaching includes three subjects:

1. Certificate of Nutrition & Diet (50 hours)
2. Certificate of Nutrition, Stress Management & Mental Health (50 hours)
3. Certificate of Health, Nutrition & Weight Loss Coaching (50 hours)

To view the course content for each subject, please see the course details page on the website or the individual certificate courses in this course brochure. Note: You are welcome to complete each subject as separate courses of study.

Membership & Insurance

After completing the Advanced Certificate of Nutrition & Health Coaching you will be automatically eligible to take out professional membership and insurance via the IICT as a Health & Nutrition Coach.

Course Fee

AU \$895.00 (includes all course materials; international postage fee \$75).

Assessments

Open-book written assessments for each certificate course; plus a video assessment demonstrating client coaching. We are available to help if you get stuck on a question. A live zoom option is also available.



Completing the **Advanced Certificate of Nutrition & Health Coaching** gives you automatic eligibility to professional membership and indemnity insurance via the IICT as a **Health & Nutrition Coach**. As a **Health & Nutrition Coach** you can provide personalised health and nutrition advice, plans and programs including calorie or kilojoule targets / macronutrient ratios or targets / micronutrient requirements as well as meal, food and recipe ideas and improvements. As a **Health & Nutrition Coach** you can also coach and support clients with their physical activity, sleep, stress management, and overall health and lifestyle goals.

Enrolment Information: Enrol anytime and begin straight-away. Your online login details are emailed within 1 business day and your printed materials are express posted shortly after.

Certificate of Nutrition & Diet



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

Course Duration	50 hours self-paced over six months (you can extend your studies at no extra cost (see Terms & Conditions))
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 Coaching. AusActive-approved version of this course provides 15 CPDs.
Course Fee	AU \$450.00 (includes all course materials; international postage fee \$50).
Course Assessment	Open book, un-timed, course assessment (exam).

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 in a common sense, easy to understand way. 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 Format and Delivery

- 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 phone, email and online classroom from professional nutritionists.

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 labelling and common food concerns

- Understanding food labels
 - Australian Food Labelling Laws
 - Nutrition Information Labeling
 - Percentage labelling 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 & Health Coaching.

Certificate of Nutrition, Stress Management & Mental Health



Flexible Course in Nutrition for Stress, Anxiety & Depression

Course Duration	50 hours self-paced over six months (you can extend your studies at no extra fee)
Course Fee	AU \$450.00 includes all course texts and materials; \$50 international postage fee applies
Course Pathways and Credits	The Certificate of Nutrition, Stress Management & Mental Health is one of three subjects in our Advanced Certificate of Nutrition & Health Coaching.
Course Assessment	Open book, un-timed, course assessment (exam).

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) 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

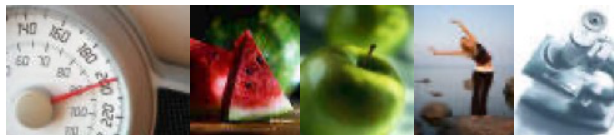
Course Delivery

- 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.



The Certificate of Nutrition, Stress Management & Mental Health is one of three subjects in our Advanced Certificate of Nutrition & Health Coaching course.

Certificate of Health, Nutrition & Weight Loss Coaching



Flexible Course in nutrition, exercise and lifestyle strategies for weight loss and healthy weight maintenance

Course Duration	50 hours self-paced over six months (you can extend your studies 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 Certificate of Health, Nutrition & Weight Loss Coaching course is one of three subjects in our Advanced Certificate of Nutrition & Health Coaching course (so you will only need to complete two more subjects to be eligible for the Advanced Certificate of Nutrition & Health).

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. 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 Health, 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 Coaching course.

Certificate of Sports & Exercise Nutrition

Nutrition for Optimal Exercise Performance



Flexible Course in Sports & Exercise Nutrition

Course Duration

50 hours self-paced over six months (you can extend your studies at no extra cost)

Accreditation

International Institute of Complementary Therapists (IICT). If you are already a Certificate IV Fitness Professional, you will have the option to join and access professional insurance for sports nutritional advice (**Sports & Exercise Nutrition**) for clients and groups. This will allow you work with clients to optimise nutrition and dietary strategies for athletes, fitness enthusiasts and clients regularly training to enhance athletic performance and support exercise-related goals. *Sport & Exercise Nutrition* professionals provide advice on nutrient intake, hydration, meal timing, and supplement use to help athletes meet their energy requirements, promote muscle recovery, prevent injuries, and achieve optimal performance. They may also address specific concerns such as weight management, endurance, muscle gain, and overall health.

Course Fee

AU \$450.00 includes all course texts and materials; \$50 postage fee applies for international delivery

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

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 (M.Hum.Nut., B.H.Sc) 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 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

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 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

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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 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

The 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 you will be automatically eligible to take out professional insurance for sports nutritional advice (Sports & Exercise Nutrition) to provide your clients with advice on nutrient intake (macronutrient targets, micronutrient and supplements, foods, meals and recipes), hydration, meal timing, and supplement use to help athletes and fitness enthusiasts meet their energy requirements, promote muscle recovery, prevent injuries and achieve optimal performance. You may also provide personalised nutritional advice on specific concerns such as weight management, endurance, muscle gain, and overall health.

Certificate of Infant, Childhood and Adolescent Nutrition:

Establishing Healthy Eating Patterns



Flexible Course in Paediatric Nutrition (0-18 years)

Course Duration 50 hours self-paced over six months (you can extend your studies at no extra cost)

Course Fee AU \$450.00 includes all course texts and materials; \$50 for international delivery.

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 Prerequisites None

Course Assessment Open book, un-timed, course assessment (exam) 100%

Course Texts Beck K (2026), Infant, Childhood and Adolescent Nutrition (13th 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

"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 (with or without hormone therapy) 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
- 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 (you can extend your studies at no extra cost)

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

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 need extra learning support or alternative learning arrangements should contact Beck Health & Nutrition by phone or email prior to or at time of enrolment to discuss their requirements.

International Students

In addition to our large number of Australian students, our courses continue to attract many international students. Currently students in New Zealand, the UK, Germany, Russia, Greece, Indonesia, the US, Canada, India, Zimbabwe, Singapore, Hong Kong, and Guatemala are all undertaking courses with us. Our flexible, distance education format makes studying nutrition easy, anywhere in the world. Remember that assistance is only ever a phone call or email away. A once-only international postage and handling fee of AU \$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.

2026-27 course start dates - Get started when it suits you

Your online classroom details will be emailed same business day. You will be automatically allocated six months from your date of enrolment. If you need more time than you can simply email us to arrange an extension (no additional charges apply) (see Terms & Conditions).

Term	Commencement Date	Course Assessment Due
September 2026	7 September 2026	7 March 2027
October 2026	5 October 2026	5 April 2027
November 2026	2 November 2026	2 May 2027
December 2026	7 December 2026	7 June 2027
January 2027	4 January 2027	4 July 2027
February 2027	5 February 2027	5 August 2027
March 2027	4 March 2027	4 September 2027

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 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).

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 is recognized by the IICCT.

In order to become a 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 Coaching course, you will be automatically eligible to access professional membership and indemnity insurance via the International Institute of Complementary Therapists 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>

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)

Can I call myself a nutritionist?

Yes, please go to our website for more information about this: <https://www.beckhealth.com.au/university-study/>

Online access

You do not need to be online to complete your courses with us. 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 classroom 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 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 email enrolments will be confirmed by email, mail or SMS. 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 and on the beckhealth.com.au website. 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 includes a \$75.00 enrolment fee. This \$75.00 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 5).

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. All refunds will be credited via the same payment method as received by Beck Health & Nutrition. Refunds will be subject to original payment processing and merchant fees (these will be deducted from your refund value).

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, content or curriculum at any time. 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 our 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 (did not pass) in their first assessment attempt. An administration and postage fee of \$80 (inclusive of GST) is payable prior to the re-sit being conducted. Beck Health & Nutrition will advise students requiring re-sits of further details and instructions at the time.

8. Certification and academic transcripts

Certificates and academic transcripts will be forwarded to all students via email 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. Students sharing passwords or passing on intellectual property from a Beck Health & Nutrition course may be cancelled from their enrolment and liable for damages resulting from any breach.

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 authorise 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 10 & 16). Inadequate progression (failure to complete the course of study within 6 months of enrolment).

13. Third-party accreditation and / or insurance arrangements

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 liable for any changes, actions or failures to accreditation stipulations of any third party organisations including insurance, accrediting and professional recognition providers.

Beck Health & Nutrition courses are short-course in nature and are designed for professional development and personal use only. Beck Health & Nutrition courses are not a part of the Australian Nationally Recognised Training System and are not qualifications within the Australian Qualifications Framework. Beck Health & Nutrition recommends that people planning to work in nutrition as a professional career should undertake a degree recognised by the Nutrition Society of Australia or the Dietitians Association of Australia majoring in nutrition and / or dietetics at an Australian university.

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.

18. Jurisdiction

Beck Group Pty Ltd T/As Beck Health & Nutrition is an Australian company based in NSW. The legal jurisdiction of all contract terms and conditions of all Beck Health & Nutrition courses is NSW, Australia.

19. Privacy and data

Your personal information and data will be used and protected in accordance with Beck Health & Nutrition Privacy Policy. To view the policy please see: <https://www.beckhealth.com.au/privacy/>

20. Timeframes for complaints and follow up on course assessments

Upon submitting your assessment(s) it is the responsibility of you as a student to contact Beck Health & Nutrition for your results within 30 days of submitting your work if you have not received your results. Beck Health & Nutrition will not be held liable for any losses or resulting circumstances that arise from submitted assessments that were not followed up within 30 days of submission.

To enrol, please go to:

www.beckhealth.com.au