

10454NAT Diploma of Nutrition and Dietetics for Personal Trainers

Who is the course aimed at?

The course is designed specifically for qualified personal trainers who want to work with their clients to develop healthy eating habits and nutritional planning to support their ongoing exercise regime.

What are the key areas the course covers?

- Working with other health and allied professionals such as GP's, nutritionists and dieticians, in relation to nutritional outcomes in fitness clients
- Nutritional pre-screening of clients
- Practical aspects of meal planning for clients while addressing appropriate cultural and lifestyle factors
- Assisting clients to develop healthy eating habits to meet their weight management and exercise goals
- Assessment of a client's general nutrition and diet
- Basic communication and counselling techniques for working with clients to achieve change in dietary habits

What can I call myself as a graduate of the Diploma?

Graduates can use the title, **Certified Fitness Nutritional Coach™**, when promoting themselves and their services to clients.

Is the course accredited?

Yes. It is a Diploma level qualification accredited by the Australian Skills Quality Authority (ASQA), which is the government national regulator for Australia's vocational education and training (VET) sector.

Are there entry criteria for the course?

Yes. Successful completion of a SIS40210 Certificate IV in Fitness is a prerequisite for enrolling into the Diploma. Upon enrolment students will be asked for a certified copy of both their SIS40210 Certificate IV in Fitness qualification and Statement of Attainment. **Students can undertake a SIS50213 Diploma of Fitness concurrently with this qualification.**

Do I have to have completed my SIS40210 Certificate IV in Fitness at FIAFitnation?

No. Students who successfully completed all requirements of the SIS40210 Certificate IV in Fitness from any provider may enrol in the course.

What if I only part completed my SIS40210 Certificate IV in Fitness?

FIAFitnation can assist you to complete any remaining competencies of the SIS40210 Certificate IV in Fitness prior to progressing to the 10454NAT Diploma of Nutrition and Dietetics for Personal Trainers.

How is the course delivered?

The course is delivered online through the FIAFitnation Learning Management System (LMS), based on the Moodle platform, which is used by education providers around the world. Practical components of the course are taught via synchronous delivery through the LMS.

What is synchronous delivery or teaching?

Synchronous delivery means real time communication that takes place much like a conversation would. Synchronous activities may include chat sessions, live online presentations, and other group interactive work.

How long does it take to complete the course?

The course is structured into three 13-week trimesters (including a 1 week mid trimester break). The course can be completed in three trimesters full time or six trimesters part time.

How can I pay for the course?

Eligible students can access VET FEE-HELP to support their study. Students may also choose to self-fund their place through full upfront payment or payment plans.

What is the difference between this Diploma and a Bachelor degree in the field of nutrition, dietetics or sports nutrition?

The program is at a diploma level and allows the graduate to work autonomously, and in collaboration with other allied health professionals. The program also provides the basis for further learning in the field – such as progressing onto an Advanced Diploma, Bachelor or Masters qualification if desired.

After completing this Diploma, a personal trainer wishing to further advance their skills and knowledge in the specialist area of nutrition or dietetics may choose to undertake more advanced qualifications at undergraduate (Bachelor) or Postgraduate level. In degree programs in nutrition or dietetics currently offered by various providers, students would usually study more advanced topics such as health sciences including human physiology, biochemistry, genetics, health conditions and diseases related to poor nutrition and the impact on health.

Other subjects that build on this knowledge such as food chemistry and composition, assessment of dietary intake, and nutrition relating to community and public health may also be part of courses at this level of study. FIAFitnation's sister college Endeavour College of Natural Health offers a Bachelor of Health Science (Nutritional Medicine) which includes a significant clinical component for those seeking a career in clinical practice.

Are there any pathways to other courses after I complete the Diploma?

Yes. Graduates of the Diploma seeking further study in the field of nutrition can access a pathway into the Bachelor of Health Science (Nutritional Medicine) offered by Australia's leading health and wellness educator, Endeavour College of Natural Health. The pathway enables graduates of the Diploma to gain part credit towards the Nutritional Medicine Degree.

What are the different career outcomes for this course compared to a degree?

The 10454NAT Diploma of Nutrition and Dietetics for Personal Trainers is designed specifically for qualified personal trainers who want to expand their client offerings to provide nutritional and dietary advice under the scope of practice provided by this course that will complement their clients' health, fitness and exercise program.

Degree qualified graduates generally work in professional clinical practice either privately or in private and public hospitals, community health services, health promotion and public health units, health service management and food and pharmaceutical industries. Most nutrition or dietetic degrees only cover sports nutrition briefly and often do not connect the nutrition with exercise programs. Students wishing to specialise in this area would need to undertake postgraduate study in sports nutrition specialisations.