



Flexible Courses in Nutrition and Health

Course Guide 2025



beck health & nutrition

www.beckhealth.com.au

Contents

About Us	2
Corporate Clients	2
Course Details	3-13
Advanced Certificate of Nutrition & Health Coaching	3
Certificate of Nutrition and Diet	4-6
Certificate of Nutrition, Stress Management & Mental Health	7
Certificate of Health, Nutrition & Weight Loss Coaching	8
Certificate of Sports & Exercise Nutrition	9-11
Certificate of Infant, Childhood & Adolescent Nutrition	12
Certificate of Nutrition for Perimenopause & Women 40+	13
Enrolment Details	14-15
How to Enrol	14
Study Support	14
International Students	14
Flexible Learning Options	15
2025 Nutrition Course Term Dates	15
Course Materials	15
Course Accreditation	15
Nutrition & Health Coaching Insurance Options	15
Course Discounts	15
Online Access	15
Enrolment Terms and Conditions	16
Enrolment Form	17

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.

Our courses are:

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

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 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).
- ✓ **Our Advanced Certificate of Nutrition & Health Coaching gives you automatic eligibility for professional membership and insurance as a Health & Nutrition Coach.**
- ✓ 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 adult children.

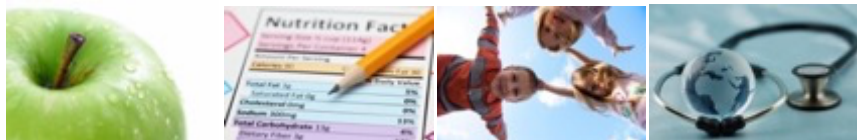
Qualifications & Awards:

- **Juris Doctor** (Postgraduate Law - RMIT University – currently studying) focusing on public health nutrition and misinformation.
- **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** (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



Nutrition Course for Health & Nutrition Coaching

This flexible online nutrition & health coaching course is ideal to provide personalised health and nutritional advice, plans, health assessments, dietary analysis and coaching for clients and groups. Completing the **Advanced Certificate of Nutrition & Health 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 (you can extend your studies at no extra cost) (see enrolment Terms & Conditions)

The Advanced Certificate of Nutrition & Health Coaching includes three units / subjects.

Course Format (3 subjects)

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

Subject 2 (compulsory): Certificate of Nutrition, Stress Management & Mental Health (50 hours)

Subject 3 (compulsory): 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 and Insurance Option After completing the Advanced Certificate of Nutrition & Health Coaching you will have the option to take out professional membership and insurance via the IICT as a **Health & Nutrition Coach**.

Course Fee AU \$895.00 includes all course texts and materials
A \$75 postage fee applies to international students (students residing outside Australia).

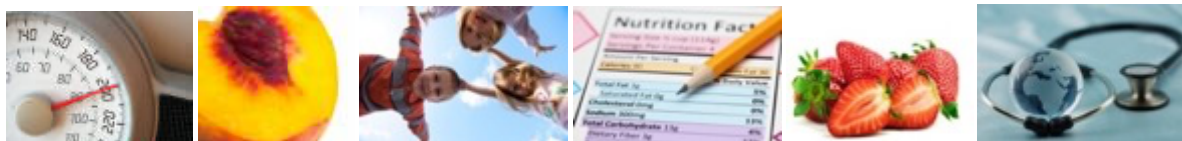
Course Assessments **Written assessment (one for each subject):** Open book, untimed assessment including multiple choice, short answer, and case-study questions. We are available to help if you get stuck on a question.

Video assessment: You will be required to submit video of yourself with clients (or friends) providing nutrition and health coaching and advice. 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.



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 enrolment 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 – 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 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 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)
Water-soluble vitamins:
B group vitamins
Vitamin C

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
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)

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

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 & 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 cost) (see enrolment Terms & Conditions)
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 Health is one of three subjects in our Advanced Certificate of Nutrition & Health Coaching

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 8	Physical activity and mental health wellbeing (Focus Point: Overtraining and excessive reliance on exercise as a coping mechanism)
Module 9	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 10	Disordered eating patterns; Overeating, overweight and obesity (Focus Point: The health effects of stress-induced obesity)
Module 11	Weight stigma and the stress response
Module 12	Modern Lifestyle and Technology's Role in Mental Wellbeing Research Focus: social media
Module 13	Practical considerations – nutrition for stress, anxiety, and depression (Focus Point: Gut microbiota and mental health)
Module 14	Seeking professional advice and referrals for mental health

Course Delivery

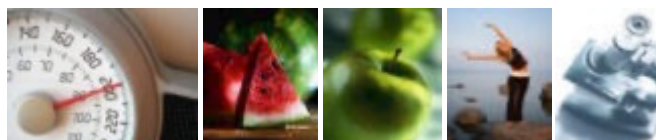
- Self-paced, distance online study (no need to attend lectures or exams)
- Comprehensive course text, research readings and learning activities to guide you through your studies (included in course pack) as well as access to electronic versions of all course materials via online classroom.
- Email and 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 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) (see enrolment Terms & Conditions)
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 Coaching</i> 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

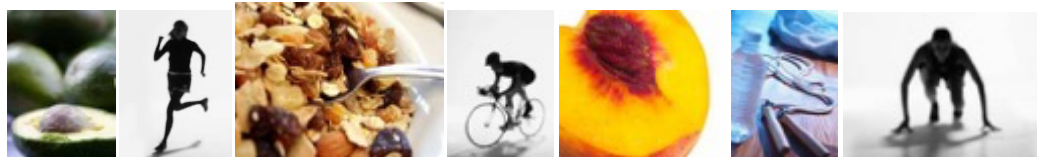
The **Certificate of Health, Nutrition & Weight Loss Coaching** course provides the practical, scientifically-validated nutrition, activity and lifestyle principles required to safely and successfully lose body weight and maintain a healthy body weight in the long term. This course is ideal for individuals 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) (see enrolment Terms & Conditions)

Accreditation Australian Traditional Medicine Society – 40 Continuing Education Points 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
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 (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 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 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) <small>(see enrolment Terms & Conditions)</small>
Course Fee	AU \$450.00 includes all course texts and materials. A \$50 postage fee applies to international students <small>(outside Australia)</small> .

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 (2023), 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 (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 (you can extend your studies at no extra cost) (see enrolment 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.
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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 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.

2025 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 enrolment Terms & Conditions).

Term	Course Start Date	Course Assessment Due
November 2024	5 November 2024	5 May 2025
December 2024	1 December 2024	3 June 2025
January 2025	7 January 2025	7 July 2025
February 2025	5 February 2025	5 August 2025
March 2025	4 March 2025	4 September 2025
April 2025	8 April 2025	8 October 2025
May 2025	6 May 2025	6 November 2025
June 2025	3 June 2025	3 December 2025

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). 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 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 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>

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 the course that you are enrolled into is cancelled within the first six calendar months of your studies (i.e. within your originally stipulated study period) you will have the option to either select another Beck Health & Nutrition course (to the same value of the cancelled 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. No refund rights will extend past six months from date of enrolment.

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 six calendar months from their enrolment date. Students requiring more time than six months may apply via email for an extension of their due date, but will not be entitled to any refund or student support rights if their course is cancelled at any time after six months from their date of enrolment. Acceptance of applications for extensions of time for study are at the discretion of Beck Health & Nutrition. Beck Health & Nutrition is under no legal obligation to grant extensions. 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 be 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.

Enrolment Form

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

Date of Birth: Current Occupation:

Postal Address: Suburb/town:

State/Territory: Postcode (zip code): Country

Phone:..... Email:

What is your preferred contact method? Please tick phone email

How did you find out about this course?

Highest qualification to date.....

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

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

Course Name(s)	Course fee(s)
1.	\$
2.	\$
Course discount (see page 15)	- \$
International postage & handling: AU \$50.00 per course	\$(outside Australia)
Total	\$

Receive a discount by enrolling into more than one course. See page 15.

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's 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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