



## Summary of Qualification

The 10698NAT Diploma of Weight Management is designed for individuals who wish to develop the skills, knowledge and experience in planning, conducting and evaluating advanced weight management programs. Advanced practitioners/health coaches have the ability to apply specialised skills and knowledge above the level possessed by practitioners/coaches. This enables them to recognise interrelated contributing factors to weight gain to identify program needs and to develop research based programs, underpinned by an educative approach in the concept of the human body as a non-linear and complex adaptive system.

## Study Duration

### Blended Online

Students have 24 months to complete the 10698NAT Diploma of Weight Management (self-paced study).

## Career Opportunities

- Weight Management Specialist
- Advanced Weight Management Practitioner
- Advanced Health Coach

## Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete tertiary education within the nutrition scope, such as a Bachelor of Nutrition Science.

## Course Payment

Students can pay for their course in full or through a direct debit payment plan. Payment plans are interest free. Domestic students under the age of 18 require a parent/guardian to accept financial liability on behalf of the student.

## Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. For further information, please visit [www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/](http://www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/)

## Nationally Recognised

This qualification is provided as Nationally Recognised Training.

## Support Services

Here at FIT College, students are our number one priority. We offer 7am-7pm Education Phone Support, 24/7 Communication Log Support, Face to Face Student Support Sessions at each campus, as well as integral account services provided by our Student Services Team.

## Get in Touch

**Websites URL:** [www.fitcollege.edu.au](http://www.fitcollege.edu.au)

**General Enquiries:** [info@fitcollege.edu.au](mailto:info@fitcollege.edu.au)

**Account Enquiries:** [admin@fitcollege.edu.au](mailto:admin@fitcollege.edu.au)

**Phone:** 1300 887 017 or +61 7 5409 7070

Head Office Location: Suite 8 / 102 Wises Road, Maroochydore, QLD, 4558, Australia.

## Qualification Outcome

Upon successful completion of this qualification, students will be issued with the 10698NAT Diploma of Weight Management qualification.

## Units of Competency

### Work in Weight Management

NAT10859001 Work effectively in the weight management industry

### Mindset and Behaviour Modification

NAT10859002 Apply principles of psychology, mindset, and behaviour modification to weight management

### Meal Planning and Exercise

NAT10859003 Develop meal plans in consultation with clients

NAT10859004 Make exercise recommendations for weight management in consultation with clients

### Physical Health Status

HLTAAP001 Recognise healthy body systems

HLTAAP002 Confirm physical health status

BSBMED301 Interpret and apply medical terminology appropriately

### Client Relationship Management

CHCCOM006 Establish and manage client relationships

CHCDIV001 Work with diverse people

### Professional Practice and Development

CHCPOL003 Research and apply evidence to practice

CHCPRP003 Reflect on and improve own professional practice

### Advanced Health Screening

DWMCHS001 Conduct health screening for advanced weight management programs

### Weight Management Programs

DWMDAW002 Develop advanced weight management programs

### Deliver and Monitor Programs

DWMMAW003 Deliver and monitor advanced weight management programs

### Risk Management and Ethics

CHCLEG003 Manage legal and ethical compliance

BSBRK501 Manage risk

### Weight Management Clinic

DWMCHS001 Conduct health screening for advanced weight management programs

DWMDAW002 Develop advanced weight management programs

DWMMAW003 Deliver and monitor advanced weight management programs

NAT10859002 Apply principles of psychology, mindset, and behaviour modification to weight management

NAT10859003 Develop meal plans in consultation with clients

NAT10859004 Make exercise recommendations for weight management in consultation with clients

## Course Requirements

### Entry Requirements

Entry to this qualification is open to individuals who hold the 10859NAT Certificate IV in Weight Management, or a qualification at least at an AQF level 4 in a relevant field, for example, Allied Health, Fitness, Nursing, Pharmacy or Massage. Additionally, FIT College strongly recommend to hold a high-level of language, literacy and numeracy, sufficient to interpret research documents and medical or allied health practitioner referrals, liaise effectively with a range of healthcare professionals, prepare written reports (including referrals) and prepare a weight management plan including numeracy requirements for weights, measures and times. For international students, a score of 5.0 in International English Language Testing System (IELTS) is required.



## Required Resources

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures and record videos
- Access to friends or family members to act as clients
- Basic equipment:
  - Smartphone or device able to take pictures and videos
  - Flexible tape measure
  - Bodyweight scales
  - Blood pressure testing unit
  - Heart rate measuring device
- Mobile First Aid Kit

## Training Package Options

| 10698NAT Diploma of Weight Management   |   |
|---|---|
| Flexible Online Delivery  |   |
| Online course work is combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, videos, E-Readers and tutorial videos on key topics of interest. |   |
| <b>Study Mode</b>   | Flexible Online   |
| <b>Allowable Time</b>   | 24 Months   |
| <b>Study Volume</b>   | Full-time (20 hrs/week)   |
| <b>Additional Entry Requirements</b>  | 10859NAT Certificate IV in Weight Management, or a qualification at least at an AQF level 4 in a relevant field |

## Assessment

Every qualification, unit of competency or skill set that is completed at FIT College will require students to undergo a number of assessment tasks, both written and/or practical. The assessment tasks are designed to confirm that the student can competently meet all elements and performance criteria as indicated in the curriculum. By successfully completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace. All courses are limited to a 2-topic progress sequence. Students will only have access to study 2 topics at one time.