



# CERTIFICATE IV IN WEIGHT MANAGEMENT

| 10859NAT |



## Summary of Qualification

The 10859NAT Certificate IV in Weight Management provides the skills and knowledge for an individual to be competent in a range of activities and functions within the weight management industry in a broad range of settings, including working collaboratively with appropriate medical and allied health professionals to help motivate and mentor adolescents 13 – 17 or adults 18+ to achieve their weight management goals. Graduates will be expected to provide a range of programs and services including an understanding of psychology and the effect on behaviour, provision of appropriate meal plans and recommendation of exercise to create a weight management plan to achieve client weight management goals.

## Study Duration

### Blended Online

Students have 12 months to complete the 10859NAT Certificate IV in Weight Management (self-paced study).

## Career Opportunities

- Weight Loss Consultant
- Weight Management Practitioner
- Motivational Weight Management Coach
- Wellness or Health Coach

## Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the 10698NAT Diploma of Weight Management.

## 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 10859NAT Certificate IV in Weight Management qualification.

## Units of Competency

### Work in Weight Management

NAT10859001 Work effectively in the weight management industry

### Psychology and Weight Management

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

NAT10859005 Undertake initial weight management consultations

### Successful Weight Management

NAT10859003 Develop meal plans in consultation with clients

NAT10859004 Make exercise recommendations for weight management in consultation with clients

NAT10859006 Undertake regular weight management consultations

### Weight Management Clinics

NAT10859007 Design, plan and deliver weight management clinics for groups

BSBCMM401 Make a presentation

BSBCUS402 Address customer needs

### Marketing Weight Management

NAT10859008 Work collaboratively with networks

BSBSMB403 Market the small business

## Course Requirements

### Entry Requirements

There are no entry requirements for the 10859NAT Certificate IV in Weight Management.

### 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



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## Training Package Options

10859NAT Certificate IV in 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>	12 Months
<b>Study Volume</b>	Full-time (24 hrs/week)

## 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.