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RTO Provider 45052

WEIGHT MANAGEMENT FOUNDATION SKILLS





About the Australian College of Weight Management

The Australian College of Weight Management is committed to providing quality education and the most up to date research in the Weight Management Industry. We have a strong network of recognised academic and industry professionals across the country who we work with to create a more united voice for obesity prevention and weight management.

Our education philosophy extends beyond our courses and qualifications with free monthly webinars and research updates via email. The ever-changing landscape of the Weight Management Industry is such that it can be difficult to keep up to date with new research, findings and papers; it is our goal to create a 'hub' where our students and graduates can network, learn and engage in a supportive environment.



Why Study with the Australian College of Weight Management?

You will...

have access to a world class education from a College that is leading the way in holistic training and education specifically for the weight management industry.

You will...

be part of a community of like-minded professionals who are passionate about making a difference to the lives of their clients.

You will...

receive ongoing support throughout your course by our dedicated and passionate team; we are only ever a phone call or email away.

You will...

learn from leading experts; our courses are developed in conjunction with a large network of recognised academic and industry professionals who have a wealth of technical knowledge and applied experience.

You will...

be able to take advantage of our flexible online study options; we offer an industry-leading online platform allowing you to study anywhere and anytime that suits your needs.

You will...

have access to a range of payment options to suit your needs; take advantage of our upfront payment discount, or the flexibility of one of our payment plans.

Weight Management Foundation Skills



Why study Weight Management Foundations Skills?

As the only Registered Training Organisation specialising in Weight Management, we often have people enquiring about our courses who are on their own weight loss journey, or want to understand more about weight management for their own personal interest. Whilst we offer qualifications such as the 10576NAT Certificate IV in Weight Management and 10698NAT Diploma of Weight Management, the investment of a \$3000-\$6000 can seem quite high if all you are wanting is to learn about how to improve your own health, but not actually wanting a qualification to help others.

The Weight Management Foundations Skills course is an extract of 3 of the units of competency from the Certificate IV in Weight Management that make up the 'foundation skills' of a Weight Management Practitioner. By studying this course, you will gain an in-depth understanding of the 3 areas which are closely linked when it comes to health and managing weight:

1. **Psychology and behaviour change**
2. **Nutritional science and meal planning**
3. **Exercise science and movement**

The following pages break down the 3 units into more detail so you can see exactly what you will learn and how you can use this to improve your own health and lifestyle for long-term success.

And don't worry, there are no tests or exams that you need to pass. Since this is not a qualification, there are only some multiple-choice questions at the end of each lesson to help you review what you have learned (and if you don't get the answer correct, our student learning system will show you the correct answer!). This course is designed to help you learn strategies for success, but we are here if you need help or have questions at any time as well!

And yes, you also receive a Certificate upon completion. You can also download all of the course materials (in pdf format) which means you will have all of the course materials to refer back to at any time!

WHO IS THIS COURSE FOR?

If you have struggled with your weight, are sick of yo-yo dieting and want to learn strategies that will help you improve your health and gain long-term success, then this course is for you.

If you have an interest in health and wellbeing, and love learning about the latest research, then this course is for you.

If you want to learn about health, nutrition and wellbeing, then this course is for you.

Unit 1

Analyse
and apply
principles of
psychology,
mindset and
behaviour
modification
to weight
management



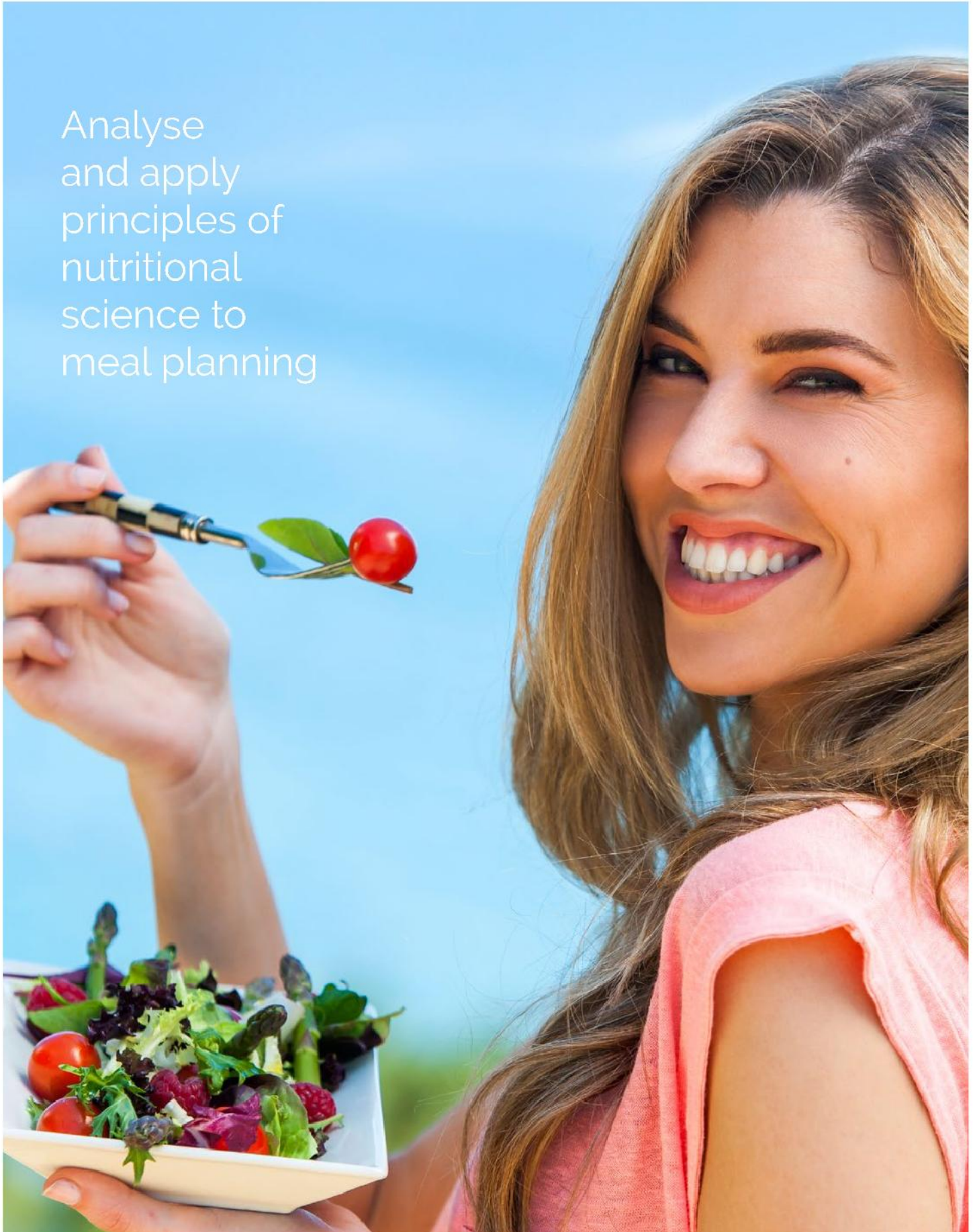
There are 5 lessons in this Unit:

Analyse and apply principles of psychology, mindset and behaviour modification to weight management

1.	Identify the psychological principles of behaviour change as they relate to weight management.	1.1	Analyse the history and development of the science of psychology.
		1.2	Define the principles of the bio-psycho-social model including the effects on the brain and the nervous system.
		1.3	Analyse the effect of neurotransmitters and neuroplasticity on long term behaviour change for weight management.
		1.4	Identify the psychological theories that may affect weight management behaviour change.
		1.5	Demonstrate the principles of behavioural change models and processes of change.
		1.6	Discuss the processes of change influencing behaviour.
		1.7	Identify perceived barriers to behaviour change and establish realistic solutions.
		1.8	Define and demonstrate mindset and the effect on motivation and behaviour change.
		1.9	Demonstrate the principles of behaviour change in relation to diet and exercise.
2.	Discuss the link between body image, self-esteem and mindset.	2.1	Discuss the effects of poor body image and how this affects self-esteem.
		2.2	Explain the role of media and advertising in influencing body image.
		2.3	Analyse the importance of body image and self-esteem, and the practice of self-compassion.
		2.4	Demonstrate knowledge of mindset change exercises and activities that lead to improved self-esteem.
		2.5	Demonstrate the link between mindset, self-esteem and weight management.
		2.6	Discuss the benefits of non-dieting approaches to weight management for improved body image and self-esteem.
		2.7	Identify common psychological conditions which require referral to appropriate medical or allied health practitioners.
3.	Support clients to undertake behaviour change.	3.1	Obtain information about the client's current lifestyle behaviours and attitude towards weight loss and weight management.
		3.2	Determine the client's stage of readiness to making lifestyle changes.
		3.3	Demonstrate sensitivity to cultural and social differences.
		3.4	Assess the client's level of motivation, commitment and confidence to change.
		3.5	Identify the client's perceived barriers to making lifestyle changes.
		3.6	Identify strategies to motivate behaviour change.
		3.7	Develop a plan by using basic counselling approaches for behaviour change.
		3.8	Demonstrate and reinforce positive beliefs and behaviours.
		3.9	Identify and reframe negative beliefs.
		3.10	Demonstrate a non-judgemental, compassionate attitude when dealing with clients.
4.	Implement strategies to support client behavioural changes	4.1	Demonstrate an understanding of the determinants of adherence that influence behaviour.
		4.2	Identify and implement a variety of strategies and factors to improve adherence to a weight management program.
		4.3	Implement effective values based goal setting.
		4.4	Discuss short and long term changes in behaviour.
		4.5	Identify common reasons for discontinuation of a weight management program in collaboration with the client.
		4.6	Determine the effectiveness of behavioural change strategies implemented and make adjustments as required.
		4.7	Apply basic counselling approaches to increase the client's commitment to a weight management program.
		4.8	Demonstrate mindfulness to increase confidence and resilience in clients to help them cope with stress and anxiety.
5.	Apply a variety of motivational techniques for behaviour modification.	5.1	Demonstrate motivational strategies to suit individual client needs.
		5.2	Demonstrate effective communication skills when consulting with a client to optimise motivation.
		5.3	Provide positive reinforcement and feedback to clients to continually influence lifestyle behaviour change.
		5.4	Identify and reframe disempowering attitudes and beliefs.
		5.5	Utilise the client's attitudes and values to positively influence adherence and behaviour.

Unit 2

Analyse
and apply
principles of
nutritional
science to
meal planning



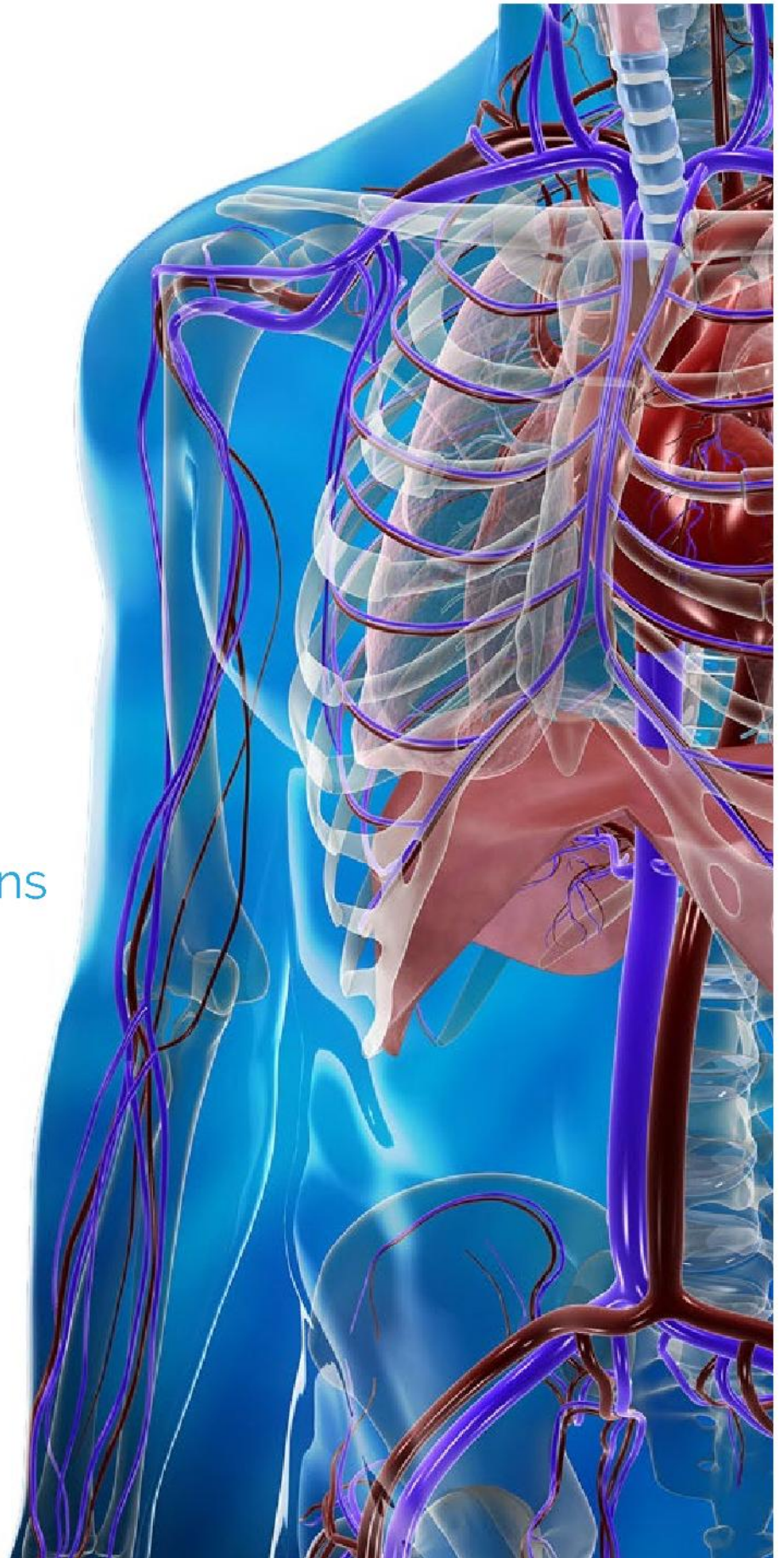
There are 6 lessons in this Unit:

Analyse and apply principles of nutritional science to meal planning

1.	Identify the foundational principles of nutrition.	1.1	Identify and apply relevant principles of nutrition and potential effects on the outcomes of client health.
		1.2	Identify and demonstrate the importance and role of basic nutrients.
		1.3	Demonstrate the importance of a balanced diet in relation to health and weight management.
		1.4	Identify the role of basic nutrients for bodily functions, hormonal balance and maintaining a healthy weight.
		1.5	Define biochemical individuality and the impact of ethnic and geographical influences on nutrient needs.
2.	Identify the role of nutrition in relation to digestive health.	2.1	Identify the main functions and organs of the digestive system.
		2.2	Identify major organs and main functions of the excretory system.
		2.3	Recognise the signs and symptoms of malabsorption and inflammation in relation to diet and nutrition.
		2.4	Explain the role and importance of bacteria in relation to gut health.
		2.5	Identify dietary related health issues which require referring to appropriate medical or allied health practitioners.
3.	Develop skills in interpreting food labels.	3.1	Identify dietary terms and other terms for fat and sugar on food labels.
		3.2	Use and compare food labels when recommending healthy amounts of fat, salt and sugar.
		3.3	Demonstrate how food labels can be used to inform the purchase of foods for balanced and healthy meals.
		3.4	Interpret food marketing terminology.
4.	Apply nutritional principles to healthy eating and weight management.	4.1	Categorise foods according to food groups based on the Australian Dietary Guidelines and other relevant and recognised guidelines.
		4.2	Identify recommended serves of various food groups based on the Australian Dietary Guidelines and other relevant and recognised guidelines.
		4.3	Identify the need and understanding of portion control.
		4.4	Identify the positive and negative elements of popular diets and healthy nutritional options.
		4.5	Identify the role of weight-management products within the weight management industry.
		4.6	Identify the relationship between alcohol metabolism and weight management.
		4.7	Define the relationship between food processing practices and the nutrient content in relation to a healthy eating plan.
5.	Provide nutritional information and advice to clients	5.1	Provide the client with information on lifestyle, self-care practices and specialist services relating to diet, nutrition and weight management.
		5.2	Define the links between diet and nutrition and the associated effects on metabolism.
		5.3	Define and explain how environmental factors contribute to food behaviour.
		5.4	Define and explain the disadvantages of quick or fad weight-loss diets.
		5.5	Explain basic eating patterns for weight management.
6.	Develop meal plans in accordance with relevant dietary guidelines	6.1	Develop meal plans according to meal planning principles and incorporating relevant dietary guidelines.
		6.2	Plan meals and food group serves to meet the nutritional needs of the client.
		6.3	Develop meal plans to ensure client satisfaction.
		6.4	Develop meal plans to meet client needs in terms of production and budgetary restraints.

Unit 3

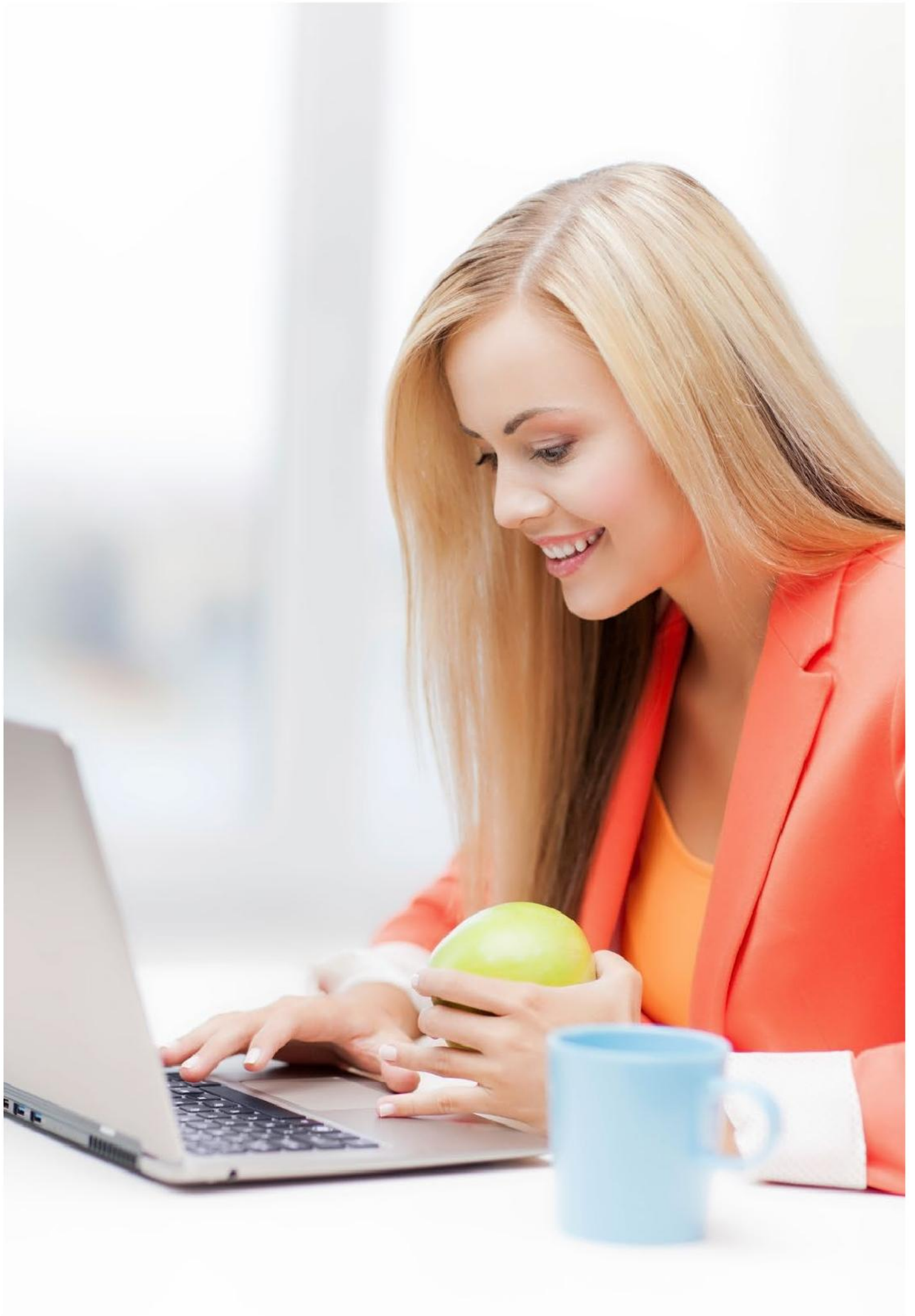
Apply basic anatomy and physiology principles to exercise recommendations for weight management



There are 5 lessons in this Unit:

Apply basic anatomy and physiology principles to exercise recommendations for weight management

1.	Apply knowledge of anatomical terminology and descriptions of the musculoskeletal structure of the body to exercise for weight management.	1.1	Identify musculoskeletal anatomy and physiological terminology relevant to exercise recommendations for weight management programming.
		1.2	Use basic anatomical terminology as it relates to exercise and describe movements of the body.
		1.3	Relate the structure and function of the major bones and joints of the body to exercise movement.
		1.4	Identify the major muscles and describe their prime moving movements at major joints in the body.
		1.5	Identify and describe the actions of the major muscles and joints of the body.
2.	Relate the structure and function of the cardio-respiratory and nervous systems to exercise for weight management.	2.1	Explain the structure, role and function of the cardio-respiratory system in relation to exercise for weight management
		2.2	Describe the basic structure of the nervous system and its role in the control of movement and exercise.
		2.3	Identify and describe the cardio-respiratory and nervous system responses during exercise.
3.	Apply knowledge of exercise for weight management.	3.1	Explain the role of exercise as part of a weight management program
		3.2	Demonstrate an understanding of the relationship between exercise and physiological benefits in weight management.
		3.3	Identify and describe the role of raising the metabolic rate when recommending exercise as part of a weight management program.
		3.4	Analyse the effectiveness of different types of exercise in relation to weight management.
		3.5	Identify the health and wellbeing benefits from exercise as part of a weight management program.
4.	Identify relevant pre-programming information.	4.1	Utilise the adult pre-exercise screening form to identify those individuals with risk factors of an adverse event during physical activity/exercise
		4.2	Identify client fitness levels from the adult pre-exercise screening form including any factors that could limit a client's ability to undertake any particular types of exercise.
		4.3	Consider medical or allied health practitioner recommendations prior to recommending exercise as part of a weight management program.
		4.4	Identify precautions prior to commencing exercise activities.
		4.5	Demonstrate knowledge of contra-indications that would/could prevent a client from participating in exercise activities.
5.	Make recommendations for exercise as part of a weight management program.	5.1	Explain the use and effectiveness of various types of supervised and unsupervised exercises as part of a weight management program, including the relative contribution to aerobic and anaerobic fitness relevant to the client.
		5.2	Make exercise recommendations that meet the specific needs of the client in relation to their weight management program.
		5.3	Document a recommended exercise program as part of a weight management program.
		5.4	Provide suggestions that maximise the positives of the environment and personal attributes for long term adherence to a program.
		5.5	Record all recommendations as part of the client's weight management program, including safety guidelines and adherence



Flexible Study Options

Studying with the Australian College of Weight Management is designed to give you the freedom and flexibility to study anywhere and at any time best suited to your lifestyle; now and in the future. We are here to help you every step of the way.

Our industry-leading online learning platform is designed to simulate an on-campus experience with learning opportunities and activities to suit every learning style and your subjects are broken down and delivered in a way that is easy to understand...even if it's been a few (or many) years since you last studied!

Payment Options

Weight Management Foundation Skills	Enrolment Fees	Savings
Upfront Payment	\$597	NIL-RRP

You will receive access to the course via the online student portal for a period of 3 months.

All course learning materials can be downloaded as pdf documents and are yours to keep.



Frequently Asked Questions

When Can I start?

As the course is delivered online, you can enrol and start learning immediately. You will be sent login details so that you can undertake the course at your own pace from wherever you are - at home, at work, on holidays or anywhere you have access to the web.

Can I login whenever I want?

If you have a computer or a suitable mobile device and a good internet connection, you will be able to complete your course anywhere in the world.

What type of student support is provided after I enrol?

We provide both online and offline support. Through your student portal you will have 24/7 support through our FAQ online, this is where our most frequently asked student questions are. If you can't find the answer online, our support team are just a phone call or email away Monday to Friday from 9am to 4pm. We will always endeavour to respond to your query the same day, but if that is not possible, it will always be within the next business day.

For a full list of student FAQ's, please visit:

<http://collegeofweightmanagement.com.au/student-faqs>

Please click the following link for a copy of our Student Handbook to help you make an informed decision about undertaking training with ACWM:

https://www.collegeofweightmanagement.com.au/student_handbook_current/



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