



10763NAT- CERTIFICATE IV IN NUTRITION

ALL YOU NEED TO KNOW

CONTENTS

WHAT YOU WANT TO KNOW: IS THIS COURSE REAL?	3
10763NAT - Certificate IV in Nutrition graduate benefits	3
TRAINING.GOV.AU	4
WELCOME TO THE 10763NAT - CERTIFICATE IV IN NUTRITION	5
WHY WAS THIS COURSE CREATED?	6
HEALTH + WELLNESS COACH ELECTIVE STREAM OVERVIEW	7
SPORTS NUTRITION ADVISOR ELECTIVE STREAM OVERVIEW	7
SPECIFICS OF WHAT YOU WILL LEARN	9
CORE UNITS	9
WHAT YOU WILL LEARN IN YOUR ELECTIVE UNITS	10
WHY CHOOSE THIS COURSE?	12
Quality of assessments	12
LEVEL OF STUDENT SUPPORT	13
WHAT IS THE DIFFERENCE BETWEEN THE CERTIFICATE IV IN NUTRITION AND UNIVERSITY QUALIFICATION?	14
LIMITATIONS OF SERVICE	15
INSURANCE & REGISTRATION WITH NCA	16
COST	17
DURATION	17
DELIVERY	17
WORK PLACEMENT	17
ENTRY REQUIREMENTS	17
PRE-REQUISITES	17
FAQ'S	18



WHAT YOU WANT TO KNOW: IS THIS COURSE REAL?

Since our team here at Vast Fitness Academy launched the 10763NAT - Certificate IV in Nutrition, we have discovered there is a lot of confusion around what a graduate of the 10763NAT - Certificate IV in Nutrition is, and what they can do.

To complicate matters further, there are unethical Registered Training Organisations (RTO's) selling non-accredited nutrition courses to unaware students. When a course states that it is a 'Certificate in Nutrition' (or any other similar title) yet doesn't have a Nationally Recognised course code, this actually isn't an accredited course within Australia, and will not be recognised as a 'real' qualification, or one that extends your scope of practice.

As a Registered Training Organisation (RTO #41564), we are governed by the Australian Skills Quality Authority (ASQA) and must meet the requirements of the Australian Qualification Framework. In Australia, Nationally Accredited (real) courses are titled either a Cert I, Cert II, Cert III, Cert IV or Diploma and must contain a course code (such as SIS30315 - Certificate III in Fitness or SIS40215 - Certificate IV in Fitness).

Further, RTO's must display the 'Nationally Recognised Training (NRT)' logo on all Nationally Accredited courses and are prohibited from displaying this logo if the course is not Nationally Accredited.

HOT TIP

Many training providers display the NRT logo on all of their course page offerings, but it is missing from their nutrition course information page... you can join the dots [here](#)...



10763NAT - CERTIFICATE IV IN NUTRITION GRADUATE BENEFITS

Graduates of the 10763NAT - Certificate IV in Nutrition will qualify for registration with Nutrition Council Australia.

Registration benefits include:

- Exclusive use of title 'Nationally Recognised Nutritionist'
- Endorsed Documents, Logos and Templates



For further information regarding NCA registration [HERE](#).



TRAINING.GOV.AU

Training.gov.au is the official national register of information on training packages, qualifications, courses, units of competency and registered training organisations (RTOs).

Training.gov.au is the main database of vocational education and training information in Australia. Training.gov.au helps people to find information about:

- RTOs
- Nationally Recognised Training (NRT)—training packages, qualifications, and accredited courses
- Skill sets and units of competency
- RTOs that are registered to deliver a particular NRT Product.



For further information please visit the link: <https://training.gov.au/Training/Details/10763NAT#>





WELCOME TO THE 10763NAT - CERTIFICATE IV IN NUTRITION

AUSTRALIA'S ONLY CERTIFICATE IV IN NUTRITION

Our company mission is to 'improve the health of Australians through education' and we truly believe this course will enable us to do so.

The 10763NAT - Certificate IV in Nutrition is the ONLY Nationally Recognised Certificate IV in Nutrition in Australia - meaning that it is REAL and you can legally USE your qualification after you graduate! This industry leading, cutting-edge qualification equips graduates with the in-depth knowledge and practical skills that are required to provide safe, legal and individualised nutrition plans and customised advice that actually delivers results for their clients.

We pride ourselves on offering a course that was developed by Accredited Practising Dietitians, university-qualified nutritionists and qualified health educators. This course provides a high level of relevant and usable information, allowing graduates to have an advanced scope of practice.

This course has been designed to cater to all existing levels of knowledge. Maybe you've never studied science before, or perhaps you have existing qualifications - either way, this course outlines everything you need to know to understand how food works within the body! Further, this course covers all the calculations you need to develop individualised meal plans in an easy-to-apply manner, with industry-ready templates and resources for use in day-to-day professional practise.

From the basics to more complex concepts of nutrition, this course will leave you feeling confident in your abilities to improve the health and lifestyle for all your clients - which is the ultimate goal!

If you're looking to upgrade your skills and knowledge, extend your current scope of practice, make more money from your existing clients AND create new client opportunities, then our 10763NAT - Certificate IV in Nutrition is the course you've been looking for.

"THE GREATEST WEALTH IS HEALTH"

WHY WAS THIS COURSE CREATED?

TO PUT IT SIMPLY, THE 10763NAT - CERTIFICATE IV IN NUTRITION WAS DESIGNED OUT OF NECESSITY.

We realised that there was a gap in training within the health and fitness industry in Australia. Those seeking professional advice with regards to a nutritional concern had three options:

1. Receive illegitimate advice from personal trainers or non-qualified 'health coaches' (who lack the appropriate qualifications to design legal and individualised nutritional plans)
2. Visit university-qualified health professionals, such as a dietitian, for expert nutrition advice; or
3. Attempt to navigate the wealth of misinformation and misdirection available on the internet (and we all know how that turns out - enter: juice detox).

We also understand that many individuals crave an education in nutrition, yet don't want to commit to the many years of study at university, or the expense that comes with it.

We knew that we could SERVE those who fall into these categories by bridging the gap between the unqualified and the experts, to provide a safe, affordable and legal 'middle ground'. We poured our heart and soul into creating the 10763NAT - Certificate IV Nutrition course in collaboration with Nutrition Council Australia (NCA).



HEALTH + WELLNESS COACH ELECTIVE STREAM OVERVIEW

Effective communication skills are extremely important when working with clients to improve their health and wellness. This elective stream equips you with counselling techniques and approaches that can be applied practically in real life practise.

Learn valuable communication skills, how to analyse client information effectively and successfully build rapport to ensure your counselling relationships are positive and productive. Nutritional concerns inevitably affect all aspects of a client's life, so promoting and navigating social, emotional, spiritual, physical and cognitive wellbeing is incredibly important for the success of your clients! Lastly, decision-making will ultimately influence the success of client, and this elective stream explores how to best support your clients in their decision-making processes.

QUALIFICATION	10763NAT - Certificate IV in Nutrition
VERSION/RELEASE DATE OF QUALIFICATION	Version 3: March 2019
TOTAL NUMBER OF UNITS	11 units
NUMBER OF CORE UNITS	8 core units
ELECTIVE STREAM	Health & Wellness Coach
NUMBER OF ELECTIVE UNITS	3 elective units

SPORTS NUTRITION ADVISOR ELECTIVE STREAM OVERVIEW

Athletes have many differing requirements to the general public. You will learn how to cater to the specific needs of an athlete, whilst understanding the many variables that are present within their routines and training schedules. You will learn how to apply the principles of sports nutrition in order to design a nutritional plan specific to the athlete, inclusive of meal frequency and timing to achieve peak performance.

This elective stream covers areas in relation to an athlete's motivation, stress management and potential performance anxiety by implementing various psychological approaches (such as mental rehearsal, imagery and relaxation techniques) to enhance their sporting performance.

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ELECTIVE STREAM	Sports Nutrition Advisor
NUMBER OF ELECTIVE UNITS	3 elective units

CORE UNITS

UNIT CODE	UNIT TITLE
NUTCOM001	Promote the concepts of health and wellbeing in relation to nutrition
HLTAAP002*	Confirm physical health status
HLTAAP001*	Recognise healthy body systems
NUTCOM002	Advise clients on the use of nutritional supplements and ergogenic aids
NUTAPP001	Apply the fundamentals of nutrition to meet a client's dietary needs
NUTPSY001	Analyse and apply principles of psychology and behaviour management
NUTDES001	Design a nutritional plan for an individual
NUTEST001	Assist in establishing positive digestive health

**These two units are combined to accelerate your studies*

ELECTIVE UNITS HEALTH AND WELLNESS COACH

UNIT CODE	UNIT TITLE
CHCMHS011	Assess and promote social, emotional and physical wellbeing
CHCCSL001	Establish and confirm the counselling relationship
CHCCSL007	Support counselling clients in decision-making processes

ELECTIVE UNITS SPORTS NUTRITION ADVISOR

UNIT CODE	UNIT TITLE
SISSCO307	Provide nutrition information to athletes
SISSCOP309A	Design an athlete's diet
SISSCO308	Support athletes to adopt principles of sports psychology

SPECIFICS OF WHAT YOU WILL LEARN

WHAT EXACTLY DOES THE COURSE ACTUALLY COVER?

We hear you! This aspect is incredibly important to us, so we thought we'd answer your questions below.

CORE UNITS

IN ORDER TO KNOW HOW FOOD WORKS WITHIN THE BODY, YOU HAVE TO KNOW HOW THE BODY WORKS!

- The first unit sets the foundation of the course by outlining all the factors that can contribute to overall health and wellness.
- The course then dives head-first into the inner workings of the human body. The fundamentals of biology, chemistry, anatomy and physiology are explored to give students a thorough understanding of the many processes and systems that are ultimately affected by the foods we eat.
- Students are introduced to the mandatory screening tool which they will use in practise to identify whether or not a client is within their scope of practice.

THEN THE REAL EDUCATION BEGINS.. OR AS WE LIKE TO SAY: THE FUN!

- The role, function and chemical make-up of macronutrients and micronutrients is covered in detail, as well as the various sources of food which contain all of these nutrients, and what conditions can arise with differing nutrient deficiencies. This information is also presented in a way that students can easily apply what they are learning to meet their client's needs and goals.
- The recommended intake for each nutrient is outlined, before understanding how the body absorbs, utilises and processes nutrients.
- One of the BEST parts of this course is the practical application it provides: students are taken through a step-by-step process of how to develop tailored nutrition plans taking all aspects of their individual clients into consideration and are taught how to monitor, analyse and modify these plans based on changing client needs and progress. This unit is VERY helpful!
- Digestive health and psychology: two very important considerations for your clients, and two whole units dedicated to these subjects. Gain a comprehensive understanding of all things digestive health and why it's important as well as how nutrition affects the mind! (FASCINATING stuff really!)
- Lastly, supplements are part of most people's every day routine, and some clients may require them for optimal health. Learn how to develop individual supplement plans for your clients, in a safe and legal way!



WHAT YOU WILL LEARN IN YOUR ELECTIVE UNITS

HEALTH & WELLNESS COACH

UNIT 1: CHCCSLO01 – ESTABLISH AND CONFIRM THE COUNSELLING RELATIONSHIP

- Understanding the basics of counselling and the role of a Nutrition Counsellor.
- Gain a comprehensive understanding of how to conduct effective consultations and build a successful counselling relationship.
- Understanding the importance of the following considerations (prior to beginning the counselling relationship):
 - Client expectations
 - Respect for the client's boundaries and choices
 - Understanding client anxieties and concerns surrounding the counselling relationship and how to manage these (such as stigma, guilt and shame, hopelessness)
 - Building and maintaining rapport
- Understanding how to modify the counselling process based on individual client's needs (such as personality, learning style, identity and goals)
- Understanding and implementing a step-by-step, structured approach to conducting consultations
- Understanding which circumstances or situations warrant a referral to another allied health professional.

UNIT 2: CHCMHS011 – ASSESS AND PROMOTE SOCIAL, EMOTIONAL AND PHYSICAL WELLBEING

- Understanding the difference between 'mental health' and 'mental illness'.
- Gain a thorough understanding of the different domains of health which contribute towards overall wellbeing, including: Social, emotional, physical, cognitive, spiritual and cultural health.
- Understanding how to effectively analyse, enhance and support a client's social circles and wellbeing, encouraging aspects such as kindness, inclusion and meaningful connection.
- Understanding how to identify a client's emotional strengths and triggers, and implement counselling strategies to encourage emotional resilience.
- Recognising other aspects that affect physical health outside of nutrition (such as oral and sexual health, comprehensive health checks and food security/insecurity).
- Understanding practices that constitute 'culture and spiritual health' and encourage participation by clients.
- Understanding and implementing strategies to enhance a client's mental strength and resilience.
- Implementing additional counselling techniques (such as a client-centred approach) to support clients in achieving their goals.

UNIT 3: CHCCSLO07 – SUPPORT COUNSELLING CLIENTS IN DECISION-MAKING PROCESSES

- Understanding the importance of decision-making in the counselling relationship.
- Understanding how to support a client through the decision-making process to identify a course of action that is most suitable to them and their nutritional concern.
- Understanding how to effectively define the goals of clients and identify potential courses of action.
- Recognising obstacles that can influence decision-making, such as cognitive biases, past experience and need for commitment.
- Assisting clients in analysing the advantages, disadvantages and consequences of potential courses of action, utilising various decision-making models.
- Implementing various counselling techniques to encouraging clients to decide on a course of action.
- Developing support and action plans to ensure clients are cared for and supported appropriately throughout the decision-making process and chosen course of action.

WHAT YOU WILL LEARN IN YOUR ELECTIVE UNITS

SPORTS NUTRITION ADVISOR

UNIT 1: SISSSCO307 – PROVIDE NUTRITION INFORMATION TO ATHLETES

UNIT 2: SISSSCO309A – DESIGN AN ATHLETE’S DIET

- Understanding macronutrient and micronutrient requirements specifically for athletes, taking into consideration their unique needs.
- Knowledge of hydration/dehydration and how this can impact performance.
- In-depth knowledge of macronutrient requirements for individual athletes, based on their particular sport.
- Understanding the importance of adequate nutrition before, during, and after an event/competition, including suggested meal plans for each category and suggested timeframes.
- Understanding the benefits of dietary strategies such as carbohydrate loading, and when/if to implement them with athletes.
- Understanding the importance of an athlete’s physique for performance, the factors that influence this and how to accommodate for these factors.
- Utilising diet strategies (refeeds, reverse dieting, diet breaks etc) to cater to athlete’s in-season and off-season requirements.
- Recognising various methods for managing an athlete’s weight (weight gain, fat loss, muscle gain).
- Applying knowledge of ergogenic aids and supplements to meet the needs of athletes.
- Understanding the signs & symptoms of common nutrition-related issues in athletes, such as nutritional deficiencies, female athlete triad, overtraining syndrome and eating disorders.
- Collecting and analysing information from athletes (including their current training routine) in order to design an effective nutritional plan to suit their needs, training schedule and preparation for competition.
- Understanding how to implement non-nutritional strategies such as imagery, goal setting, self-talk, learning styles and communication techniques with athletes.
- Recognising the importance of additional support personal (such as coaches) to liaise with and potentially refer athletes on to, in alignment with scope of practice.

UNIT 3: SISSSCO308 – SUPPORT ATHLETES TO ADOPT PRINCIPLES OF SPORTS PSYCHOLOGY

- Understanding sports psychology and the role of a Sports Nutrition Advisor.
- Understanding important underpinning concepts of sports psychology such as motivation, personality, attitudes and aggression of athletes.
- Recognising traditional and current approaches/models of sports psychology to enhance peak performance.
- Understanding strategies for supporting athletes in managing performance anxiety, arousal and stress.
- Understanding and implementing a step-by-step process for assisting athletes in improving their psychological performance.
- Understanding and implementing tools to monitor the effectiveness of implemented psychological strategies and make adjustments if necessary.
- Understanding how to build rapport and healthy relationships with athletes, as well as their support personnel.

WHY CHOOSE THIS COURSE?

There are three aspects of this course that we believe are the most important for setting you apart as a Health Professional and ensuring you are suitably qualified:

1. The depth of course content (which is discussed on later pages in this document)
2. The quality of assessments
3. The level of student support.

QUALITY OF ASSESSMENTS

How you are assessed is a vital part of becoming a suitably qualified health professional. When you study with us, you can be assured that our assessments have been meticulously created to ensure all government standards and requirements are met, so there are no gaps in your learning!

Each unit within the course comes with a user-friendly, downloadable 'Student Resource Guide'. This document contains all the information that you will need, both for your assessments during study, and your application in practise. Once you've enrolled, this industry-leading course content is yours for life!

The collage features several key documents:

- BASIC NUTRITION PLAN TEMPLATE (NUTRITION CASE STUDY - QUESTION 9)**: Includes a client details form and a table for meal planning.
- CARBOHYDRATE RECOMMENDATIONS**: A detailed guide from the NCA (Nutrition Australia) discussing the current Australian Dietary Guidelines (ADG) and WHO recommendations, along with research on low-carbohydrate diets (LCD) and their effects on weight loss, insulin sensitivity, and cardiovascular health.
- MACRONUTRIENT RECOMMENDATIONS**: A table providing energy and macronutrient requirements for men and women across different age groups and activity levels.
- UNDERSTANDING BEHAVIOUR AND THE PRINCIPLES OF BEHAVIOURAL CHANGE**: A document explaining the brain and behavior, including the role of the central nervous system (CNS) and peripheral nervous system (PNS), and how the brain is divided into the forebrain, midbrain, and hindbrain.

There are two ways we assess:

1. THEORY TASKS. Each unit is made up of one or more theory tasks to assess your understanding of the information provided in our Student Resource Guides. Each theory task is comprised of predominantly short response questions, but we have also thrown in a few multiple choice, mix-and-match and fill-in-the-blanks too - just to keep it interesting!

2. PRACTICAL TASKS. Each unit then contains a number of practical tasks. The majority of the practical tasks are case study based, and follow the same clients through various changes and stages of their nutrition journey, including follow up consultations, relapses etc. These case studies are designed to provide as much of a real-life experience that we could via online delivery. There are only a few units which require you to find real-life people to act as your 'clients'. You are not required to find real paying clients - simply use family or friends, or anyone who is most convenient to you!

Throughout your studies, you are allocated to just **ONE** Assessor - you're not having 10 different people mark your work! Your Assessor is therefore available to assist and support YOU as best they can to ensure that your journey to becoming a Nutritional Advisor is as enjoyable as possible.

LEVEL OF STUDENT SUPPORT

We provide world class support to our students. Our trainers and assessors are dedicated to the success of their students, and are university qualified dietitians and nutritionists. This sets us apart from other course providers and ensures our students receive the highest level of support and guidance as possible.

Not only that, but our administration team is just as dedicated to the success of our students, and personally follow you up to see how you're going with your studies at numerous points throughout your enrolment with us.

Haven't studied in a month or so? Both our assessors and our admin team notice when students have been a bit quiet, so they will get in contact to see if everything is okay!

Here at Vast, we are very intentional with how we reach out to our students, and how we provide quality feedback regarding your submissions throughout your studies. Our portal allows you to directly message your assessor, so that you can ask as many questions as you like! In fact, our assessors prefer and encourage their students to message them asking for assistance, rather than keeping to themselves.

We also guarantee that you will have a response within 48 hours/2 business days (although its often much sooner than that!) so you can get back to your studies as soon as possible!

If you would like to see for yourself, head over to our Facebook page to see the feedback from past and current students. [READ THEM HERE.](#)

MEET YOUR ASSESSORS



JESS

Bachelor of Nutrition with
a major in Psychology



LYNDSIE

Bachelor of Nutrition &
Dietetics (APD)



EMILLIE

Exercise Science Degree majoring
in Sports Nutrition & Sports
Psychology



WHAT IS THE DIFFERENCE BETWEEN THE CERTIFICATE IV IN NUTRITION AND UNIVERSITY QUALIFICATION?

As part of the education and development process of this course, we wanted to compare it to other Nationally Accredited courses. What we found was that the only course/s that existed were delivered as a university-level qualification!

HEALTH & WELLNESS COACH	10763NAT CERTIFICATE IV IN NUTRITION	UNIVERSITY QUALIFICATION
Use the title, Nationally Recognised Nutritionist.	✓	✓
Develop individualised meal plans and customised nutritional advice to meet the goals and needs of their clients.	✓	✓
Are only able to work with the healthy population.	✓	✓
Are unable to work with high risk clients, such as those with chronic illnesses and pregnant/ breastfeeding women.	✓	✓
Qualify for Allied Health Professional Indemnity and Public Liability Insurance.	✓	✓
Registration with peak body, Nutrition Council Australia.	✓	✓
STUDY TIME	12 months	3 years
COST	\$9000	\$30,000

LIMITATIONS OF SERVICE

Throughout the course, students are made very aware of their scope of practice, as client safety is our number one priority. A Nutritional Advisor works with individuals who have been identified as otherwise healthy using the industry-endorsed Risk Stratification Screening Tool (shown to the right).

This mandatory screening method identifies if a client is 'at risk' and requires medical clearance from before continuing to see their Nutritional Advisors, or if that client is 'high risk' and needs to be referred to a higher-level specialist such as a dietitian or even a clinical psychologist. Nutritional Advisors will work collaboratively with other allied health professionals to ensure each client is receiving the best possible care.

NUTRITIONAL ADVISOR RISK-STRATIFICATION SCREENING TOOL (RSST)

This risk-stratification screening tool does not substitute advice from an appropriately qualified Medical or Allied Health Professional. This risk-stratification screening tool does not promise or warrant against injury or death and no guarantee of protection should result from the use of this risk-stratification tool. No liability or responsibility in any shape or form can be accepted by Nutrition Council Australia (NCA), for any injury, loss, harm or damage that may emerge or become apparent from any person acting on the instruction of (or any statement or information) this risk-stratification screening tool.

CLIENT DETAILS:			
CLIENT NAME:			
DATE:		DOB:	
CONTACT DETAILS:		MALE:	
		FEMALE:	

SECTION 1: IDENTIFY THE CLIENT'S CURRENT HEALTH STATUS

Due to the increased risk and challenges that medical conditions can have on client care, it is critical that clients are identified who fall outside the scope of practice for a Nutritional Advisor. Section one of the Industry endorsed RSST focuses on identifying the client's current health status and the need for referral.

There are two components within Section 1 of the RSST that collect vital information about the client, these include:

PART A) Identify any current medical conditions.

PART B) Identify 'at risk' factors.

INSURANCE & REGISTRATION WITH NCA

Once graduates have completed the 10763NAT – Certificate IV in Nutrition, they qualify to receive Allied Health Professional Indemnity and Public Liability Insurance and register with Nutrition Council Australia, in order to practice as Nationally Recognised Nutritionists.

NCA is a collaborative industry association that exists to promote positive nutritional information and healthy lifestyle practices within Australia. Nutrition Council Australia (NCA) is formed by a diverse cross-section of health professionals and industry experts, including nutritionists, dietitians and educators.



NCA recognises the need to support the development of nutrition professionals in the health and wellness sector through nationally recognised and accredited training.

Please see below for the process, from enrolment through to post-graduation.



yes

No

Register for Allied Health Professional Indemnity and Public Liability Insurance to practise as a Nationally Recognised Nutritionist.

Start helping others live healthier, happier lives!



Start living a healthier, happier life for yourself and your family!

Note: You are legally unable to develop individualised nutritional plans for clients. At any point in time if you wish to begin this you are able to register for insurance with Nutrition Council Australia and begin practising.

COST

We have several convenient payment options when enrolling with Vast Fitness Academy (VFA). All current pricing and payment options can be found on the Vast Fitness Academy website. www.vastfitnessacademy.edu.au

DURATION

You will be given 12 months from the date of enrolment to complete your course. However, this course is self-paced so can be completed in a shorter period if desired.

DELIVERY

This course is delivered 100% online and is self-paced.

WORK PLACEMENT

Work placement is NOT a requirement of this qualification.

ENTRY REQUIREMENTS

Students enrolling into the 10763NAT - Certificate IV in Nutrition must be over 18 years of age.

PRE-REQUISITES

There are no pre-requisites for this course.





FAQ'S

ARE ALL VAST FITNESS ACADEMY COURSES NATIONALLY RECOGNISED AND ACCREDITED AUSTRALIA-WIDE?

Of course! All of our courses (with the exception of some of our short courses found on our website) are recognised and accredited at a national level so you can be sure that all course content complies with all government legislative requirements. Vast Fitness Academy is a Recognised Training Organisation (RTO #41564). To confirm that a course is, in fact, Nationally Recognised, please visit www.training.gov.au.

HOW LONG DOES IT TAKE TO COMPLETE THE 10763NAT - CERTIFICATE IV IN NUTRITION?

Upon enrolment all students are given 12 months to complete the 10763NAT - Certificate IV in Nutrition. However, the best part about online study is that you can complete your course in as little time as you like. It is really up to you to customise your study to suit your lifestyle situation.

WHAT HAPPENS IF I DON'T COMPLETE THE COURSE IN TIME?

As alluded to previously, the 12 months given for the course is ample time to complete your Certificate IV, should you commit to studying consistently every week. However, should for any reason you don't achieve this, there are extensions available for purchase.

HOW MUCH SUPPORT CAN I EXPECT WHILST STUDYING ONLINE?

Here at Vast Fitness Academy we pride ourselves on providing an unmatched level of support to our students. We have a 48-hour guaranteed response rate from one of our qualified trainers or assessors when submitting your query. You will wait no longer than 2 'business days' (48 hours) to get a response to your question so you can continue on with your studies

Arrange a phone call with your assessor when you first enrol, to go over a few tips and tricks that will help you complete your studies more efficiently!

CAN I STUDY ON A STUDENT VISA?

Unfortunately, we are not CRICOS Registered so we are unable to enrol international students on a student visa. We do have the ability to enrol alternate visa's, please check with your Careers Advisor.



Vast Fitness Academy is a Registered Training Organisation (RTO #41564) authorised to deliver Nationally Recognised Qualifications in all states and territories of Australia. Our registration can be verified at the government website training.gov.au.

The background is a solid teal color with several large, overlapping, semi-transparent geometric shapes in a lighter shade of teal. These shapes include a large inverted 'V' shape on the left side and a curved, arrow-like shape pointing towards the top right.

VAST
FITNESS ACADEMY