

10237NAT

# DIPLOMA OF HEALTH COACHING



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## WHAT IS HEALTH COACHING?

Health coaches are specialists in behaviour change. Trained to guide, motivate and empower clients to achieve their health goals, they provide support and accountability to make sustainable changes for healthier lives.

Health coaches support their clients to change habits and create new positive behaviours to optimise health and prevent the progression of lifestyle based conditions such as obesity, diabetes and cardiovascular disease.

Believing there is not only one way of eating, living or exercising, health coaches encourage and support clients to discover, understand and choose what works for them individually, as experts in their own health, in control of their own wellbeing. They work with clients to increase skills, knowledge and confidence while reinforcing accountability of the client both to the coach and themselves.

In addition to the support they provide, health coaches work with all other health professionals in a team based approach to help clients achieve their best outcome. With a solid understanding of other health disciplines, health coaches refer to other health professionals for specialised advice outside of their scope of practice.

**The Diploma of Health Coaching 10237NAT is a nationally accredited education program that provides students with the skills and knowledge needed to make a difference and transform the future of health.**



## WHAT WILL I LEARN?

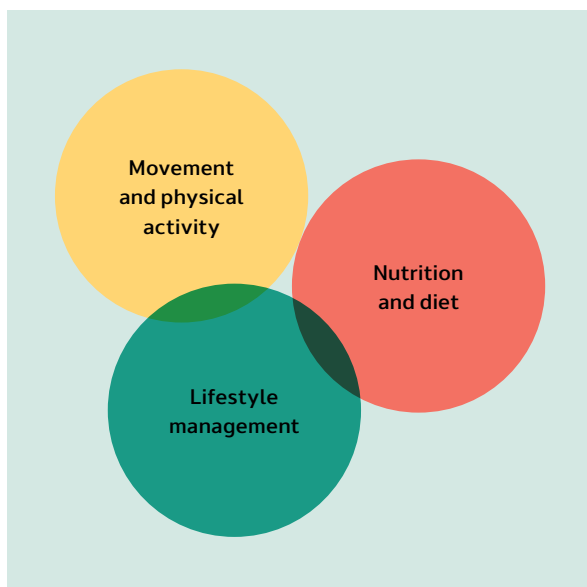
Health coaches take a holistic view of the individual, ensuring key pillars of movement, nutrition and lifestyle are addressed as they support individuals to achieve their goals.

The Diploma of Health Coaching (10237NAT) will provide a thorough understanding of the essential components of health and wellbeing: movement, nutrition and lifestyle management.

You will explore coaching theories such as motivational interviewing, readiness to change and cognitive behavioural therapy (CBT) to help your clients better manage their mindset and lifestyle.

**You will gain confidence and knowledge in:**

- Evaluating client health information
- Safe exercise and movement
- Nutrition and diet
- Behaviour change assessment
- Coaching health and wellbeing goals
- Legal and ethical compliance
- Work priorities and professional development.





# ONLINE LEARNING

Written by health professionals, the Diploma of Health Coaching 10237NAT has been designed to be a fully-online and flexible course.

Delivered completely online, this qualification will fit easily into your lifestyle. You will engage and stay motivated with interactive webinars, online tutorials, inspiring interviews, TED talks and VU Polytechnic's award winning e-learning. You will be able to submit questions in a weekly Q&A, chat online and engage in progress phone chats.

You will receive support from trainers to ensure you get the teaching and practice you need in order to acquire the skills to become a health coach.

# COURSE STRUCTURE

This course provides you with the capabilities to deliver health coaching advice, practice, nutrition and fitness, and develop your research and professional development skills.

## This course will cover:

- A range of health conditions and the role of nutrition, health and physical activity in their management
- How to assess the nutrition strengths and possible deficiencies of current popular diets, food fads, raw, low carb, high fat, paleo, vegetarian, and vegan ways of eating
- The nutritional impact of eliminating food groups, nutrient needs through life stages and activity levels and how to ensure nutritional adequacy
- The different physical activity modalities and how to incorporate movement in a way that suits an individual's lifestyle
- Communication skills essential for establishing rapport, trust and empowerment
- Assessing credibility and validity of health information using evidence-based techniques, nutrition databases, research skills and training in determining reliable sources of information
- Behaviour change theories and strategies to help clients achieve sustainable lifestyle interventions
- Coaching techniques that help clients to define and achieve their health and wellbeing goals, harnessing motivation and overcoming barriers
- Health literacy – how to engage with and navigate the health system and other health professionals
- Collaboration – building strong community partnerships, to refer and communicate with health professionals for optimal client outcomes
- Gain a broader understanding the interrelated roles of allied health and complementary medicine practitioners. We explain how health coaches' work can refer to other therapists to help clients achieve optimal health.

**Nationally recognised and endorsed by professionals, the Diploma of Health Coaching (10237NAT) is evidence based and scientifically supported. We use national standards for nutrition, physical activity and evidence based guidelines for the management of health conditions.**



# LEARN FROM HEALTH COACHES IN THE INDUSTRY

Taught by experienced health professionals, the course outcomes are applicable to the emerging demands for health coaching in the health industry and will set you on the path to a fulfilling career.

## WHO IS IT SUITABLE FOR?

The Diploma of Health Coaching (10237NAT) is an AQF 5 entry level qualification for health-focused, passionate individuals who are interested in entering the health industry. It is also ideal for career changers, or as a professional development opportunity for those already working as traditional, complementary, clinical or allied health professionals.

### **Already work in the health industry?**

The Diploma of Health Coaching is also perfect for existing health and fitness professionals who want to expand on their service offering.

## OUTCOME

The Diploma of Health Coaching (10237NAT) has gone through a rigorous review by the Australian Skills Quality Authority (ASQA) to be accredited by the government. This makes it a nationally-recognised qualification.

Upon completion you will have the confidence and skillset to work as a health coach in the booming health and fitness industry.

**PLAY A PART IN THE HEALTH TRANSFORMATION PROCESS AND BECOME A LEADER IN THIS EXCITING AND NEWLY EMERGING INDUSTRY.**





## CAREER OPPORTUNITIES

Health coaches have a number of work opportunities, from working with allied health or complementary health professionals to providing individual/group coaching in person/online as part of your own coaching business.

**Health coaches could work across a wide variety of areas, including:**

- Medical teams: hospitals, GPs and allied health clinics
- Complementary health and Integrative medicine clinics
- Corporate health programs
- Health funds and government funded health coaching programs
- Fitness centres, wellness centres and spas
- School health promotion programs
- Individual health coaching businesses
- Health entrepreneur
- Food and health blogger
- Coaches work in a variety of settings, private practice and wellness centres
- Create a career out of your passion for healthy living and help people live healthier happier lives.

## ENTRY REQUIREMENT

Prior to enrolment, you will be required to complete a literacy and numeracy assessment to identify learning support needs and that you have a level of language, literacy and numeracy skills likely to facilitate successful completion of the course – sufficient to interpret complex documents and guidelines, liaise effectively with a range of health care professionals.



**FOR FURTHER COURSE INFORMATION PHONE 1300 82 33 87  
OR VISIT [VUPOLYTECHNIC.EDU.AU](http://VUPOLYTECHNIC.EDU.AU)**

