

ONLINE



## WEIGHT MANAGEMENT COACH

20 REPSSA ENDORSED CPD POINTS | REPSSA

**COURSE DURATION: 3 MONTHS**

ONLINE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

### entry requirements

No previous qualifications or requirements are needed

### course overview

HFGPA's Weight Management Course is developed by a Registered Dietitian with 15 years experience in private practice! Dietitian Ashleigh Caradas takes you through the science behind weight control.

Includes:

- Learning how to demystify popular diets
- Tools to help you determine the best diet for your clients needs
- Information about calories and macros and how to distribute these in a meal plan
- Knowledge to motivate clients to change their behaviours and thoughts around food and diets

- A must for fitness professionals to learn how to approach a client that wants to lose weight on an emotional, behavioural and physical level. If you don't know how to help them cope with it, you could be doing more harm than harm
- A mini counselling and diet planning course all in one!

\*Note: This course lays the foundation for useful advice, but does not allow you to prescribe diet plans or practice as a dietician

This course is included in our [Nutrition Advisor](#) Bundle course which offers you 4 of our excellent nutrition-based courses at a reduced rate.

### campuses/study modes

ONLINE

Study anytime, anywhere

### course resources

- HFGPA Online Learning Platform
- Online lessons and assessments
- E-manual
- Additional online resources

### accreditation

- 20 REPSSA endorsed CPD points
- HFGPA Certificate of Achievement

## subjects & modules

### WEIGHT MANAGEMENT COACH MODULE

- 1 The Shape I'm in – The Obesity Epidemic
- 2 Understanding Nutrients – Kilojoules, Proteins, Carbohydrates and Fats
- 3 Big Fat Lies and History of Fad Diets
- 4 A Brief History of Food, Agriculture and Processing
- 5 Basic Guidelines for Healthy Weight loss
- 6 How to Motivate and Change Behaviour
- 7 Adjuncts to Weight Loss: The Role of Exercise and Supplements
- 8 The Assessment Process
- 9 Fast Food Generation
- 10 The Basics of Designing a Weight Loss Programme

## learning outcomes

Successful learners will be able to:

- Provide clear, simple and accurate facts based on the scientific principles of weight management
- Promote optimal health and weight loss for the general population
- Safely advise clients on healthy weight management

## learning pathways

- Nutrition Advisor
- Diploma in Weight Management Consultancy
- Nutrition for special dietary needs

## description of modes of delivery

### ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010