



Weight Management Coach

Short Course



Duration: 3 Months



20 CPD points



Admission requirements:
No previous requirements



Registered: REPSSA



Modes of delivery: Online



Some course content:

- ▶ The Obesity Epidemic
- ▶ Understanding Nutrients – Kilojoules, Proteins, Carbohydrates and Fats



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



**Other courses you
might be interested in**

- ▶ Nutrition Coach
- ▶ Vegetarian Sport Nutrition
- ▶ Sport Nutrition