

## Certificate in Complementary Healthcare Products - Nutritional Supplements



### 2011 Course Outline

#### Certificate in Complementary Healthcare Products – Nutritional Supplements

Our genes, our environment and our diet are the most important factors that impact on our health and, unlike the other two factors, it is relatively easy to improve food intake. Nutritional supplementation provides a quick means of compensating for dietary deficiencies and for initiating rapid improvement in impaired body functions.

Growing awareness of the importance of dietary needs, vitamins and minerals within the marketplace has resulted in an increased demand for well trained members of the complementary healthcare industry.

#### Become more expert in Nutritional Supplementation

The Certificate in Complementary Healthcare Products – Nutritional Supplements provides graduates with a sound understanding of nutritional supplements available for retail sale in Australia. With a detailed description of individual nutritional supplements, students will graduate with practical and theoretical knowledge of nutritional supplements and their effect on the body.

#### Learning Goals

- Speak meaningfully about individual nutritional supplements, their impact on the body, main uses, dosage, adverse effects, available supplements and dietary sources
- Understand the role of nutritional supplements in the complementary healthcare industry
- Enhance your existing skills you bring to your role, providing greater job opportunity
- Clarifying controversies about nutritional supplements, thus improving customer confidence and subsequently sales
- Confidence in accurately guiding customers to the nutritional supplement that best match their needs

#### Career Opportunities

A 'must do' course for people with aspirations in the complementary healthcare industry. The skills gained upon graduation of this course will be of particular benefit to:

- Complementary healthcare retailers & pharmacy assistants
- Persons new to the complementary healthcare industry
- People new to the complementary healthcare industry
- Staff of industry businesses all of whom should have this level of working knowledge:
  - Sales and Marketing staff
  - Laboratory & product development staff
  - Office and Customer Service staff

#### Course Highlights

- Self paced on-line learning with easy to understand, printable modules.
- Email tutor assistance
- Able to be completed as a stand alone certificate or as part of the Diploma of Complementary Healthcare Products

<http://moodle.chc.org.au>

## Additional Course Information

**Course Duration** – Although designed to allow you to study at your own pace, it is expected to take students between 80-100 hours to complete this course depending on previous knowledge.

**Study Mode** – On-line with printable study notes

**Entry requirements** – Completion of application form on-line at <http://moodle.chc.org.au>. Applicants must have completed Foundation Studies for Complementary Healthcare Products. Students may seek recognition of prior learning (RPL) or recognition of current competency (RCC) where appropriate.

**Assessments** - Online assessment to be taken on satisfactory completion of all modules. The 100 true/false questions must be successfully completed to graduate from the certificate.

### Cost

Member	Member	Non Member
Individual Certificate Enrolment	\$480	\$600
2 Certificate Package Enrolment	\$880	\$1100
Full Diploma (6 certificate) Enrolment	\$2600	\$3200

\* Where required Individual Modules can be purchased for \$60

## EXPLORE THE COURSE CONTENT

Module	Module Name	Module content
<b>One</b>	Macronutrients Part 1	Introduction to nutrition; Introduction to nutrients; Energy; Water; Carbohydrates
<b>Two</b>	Macronutrients Part 2	Protein, amino acids, protein supplements; Lipids, fatty acids, lipid supplements- fish oil, flaxseed oil, evening primrose oil, lecithin; Cholesterol
<b>Three</b>	Micronutrients: Fat soluble vitamins	Introduction to micronutrients; introduction to vitamins; Fat soluble vitamins: vitamins A,D,E,K
<b>Four</b>	Micronutrients: Water soluble vitamins Part1	Vitamins B1, B2, B3, B5, B6
<b>Five</b>	Micronutrients: Water soluble vitamins Part2	Vitamin B12, folic acid, biotin, choline, inositol, vitamin C
<b>Six</b>	Micronutrients: Macrominerals	Introduction to minerals, Phosphorus, calcium, magnesium, potassium, sodium, chloride sulfur
<b>Seven</b>	Micronutrients: Trace elements Part 1	Iron, zinc, copper, manganese, iodine
<b>Eight</b>	Micronutrients: Trace elements Part 1	Endogenous antioxidants, Trace elements: selenium, chromium, molybdenum, silicon, boron, fluorine; Endogenous antioxidants: coenzyme Q10, alpha lipolic acid
<b>Nine</b>	Dietary supplements Part 1	Phytochemicals; Introduction to phytochemicals; Carotenoids: betacarotene, lycopene, lutein, zeaxanthin; Polyphenolics: flavonoids, resveratrol, phytosterols, proanthocyanidins; Organsulfur compounds
<b>Ten</b>	Dietary supplements Part 2	Joint support: glucosamine, chondroitin, MSM, green-lipped mussel; Digestive support: probiotics, digestive enzymes; Brain support: SAMs, amino acids, phosphatidylserine; Bee products: honey, bee pollen, propolis, royal jelly; blue green algae; Brewers yeast

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