

# Course Prospectus



**Nutrition fresh to your door!**

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# Why choose to study with Cadence Health?

**Cadence (pronounced kay dance) Health** is an innovative, quality driven, learner based health education provider. Specialising in flexible, supportive distance study in nutrition, courses provide extensive learning facilities which cater for all learning and professional needs. Created by savvy graduates, the Cadence Health team knows the importance of putting students first!

**Our students** come from a diverse range of backgrounds including the fitness industry, health sector, management, natural therapies, retail, administration, food sector and child care to name just a few. We pride ourselves on the diverse range of students we have, including cultural, age, occupation and background.

**Our mission** at Cadence Health, well we could go on and drop all sorts of wonderful words about our goals, but really its simple, we just want to provide the best courses, that our students enjoy and get a lot out of.

## **Student discounts**

Everybody loves to get value for money and we can assure you that's just what you get with us. Not only will you find that we are very competitively priced (due to our super duper logistical infrastructure) but if you study with friends or colleagues you may be eligible for group discounts. Plus, all students have access to 10% off any other courses they do with us via the student learning page, yes all courses!

## **OTHER BITS AND PIECES**

### **EDITORIAL, MEDIA COMMENT, WEBSITE CONTENT**

We currently provide some of Australia's largest parenting and child organisations and magazines, including Huggies (world wide), with editorial, media comment and website content.

# Meet the team at Cadence Health

## **DIRECTOR - Leanne Cooper**

Post Grad. Cert Higher Ed; BA (Psych/Ed), Dip. Nutr.; Adv. N.D.; Cert IV; M.A.T.M.S; MABA.

Consultant nutritionist and lecturer:

- Huggies and various parent and infant organisations
- Manly Sea Eagles Rugby League Club.
- Various corporate, government, community, parent and child care groups.

## **ADMINISTRATION STAFF**

Administration:	Michele Kaye
Nutrition Support:	Liz Dene
New Zealand Operations Manager:	Glenise Cooper
Healthy Eating Coordinators Program Manager:	Emma Donnan
Administration:	Christian McErvale
Editor:	Kayte Nunn
Graphics and PR:	Michele Cooper
Vocation and education consultant:	Leanne Springer Maxine Haig

## **EXPERTS IN THE FIELDS**

Sports Nutritionist:	Kira Sutherland
Herbalist:	Maxine White
Sport and Fitness:	Don Singe
Psychology:	Michele Rickenbach

## **BOARD OF CONSULTANTS AND PLANNING COMMITTEE MEMBERS**

Dietitian:	Tracy McHarg
Fitness Consultant, Head Strength and Conditioning Coach Manly Sea Eagles	Don Singe
Medical Practitioner:	Karen Tattersall
Early Childhood Consultant:	Janet Cater

# The end result...

## QUALIFICATIONS YOU WILL GAIN

Unlike Australia where the Accredited Certificate of Nutrition course has ASQA Statement of Attainment that is Nationally recognized, unfortunately we aren't able to have single units approved for NZQF in NZ.

None the less you can still use your certificates and results document for recognition of learning for work and other studies. Everything helps.

When you take a course with us you are gaining a vocational education qualification. We map many of our courses to nutrition elements of government National Training Packages such as fitness, health and childcare to provide you with additional benefits.

## WHAT CAN YOU DO WITH YOUR QUALIFICATION?

Courses such as our Accredited Certificate of Nutrition can provide you with numerous benefits, to name just a few they include:

- Acting as a pathway to become a nutritionist
- Working in nutrition retail, such as health food shops
- Gaining a role supporting other health care professionals, such as nutritionists or naturopaths
- Working in the weight loss industry as most agencies like you to have sound nutrition knowledge
- Admission into other courses
- Exemptions for nutrition subjects
- Recognition for prior learning for job interviews and training
- Health, sporting and childcare continuing education points for ongoing professional registration

## ACCREDITATION AND APPROVAL

Where would we be without endorsement from the people in the know! So naturally we have secured as many as we can. Cadence Health is a member of the Australian Council of Private Education and Training (**ACPET**).

We are an approved/accredited provider with:

- Our courses hold CECs from **Fitness Australia** and **REPs NZ** for personal trainers in Australia and NZ.
- The Pharmaceutical Society of Australia (**PSA**) for CPD&PI points according to approved PSA Guidelines (Paediatric Nutrition and Weight Loss Nutrition only)
- The Australian College of Midwives Incorporated (**ACMI**) for PDCP points (Paediatric Nutrition and Fertility, Pregnancy and Lactation Nutrition only)
- The International Board of Lactation Consultant Examiners (**IBLCE**) for CERPs (Nutrition for Fertility, Pregnancy and Lactation course only)
- Elective points for **Midwifery Council of NZ**
- Australian Traditional Medicine Society (**ATMS**) and the Australian Natural Therapists Association (**ANTA**) for CPE points.
- National Herbalists Association of Australia (**NHAA**) for CPE points.

Possible eligible points may be gained from the:

- **New Zealand Herbalist Association**
- Other New Zealand natural medicine organisations
- Australian Association of Massage Therapists (AAMT) for PME points

Other peak bodies not listed here may offer **eligible points** from undertaking our courses. Contact your registering body for more details.

**RECOGNITION OF PRIOR LEARNING (RPL) AND USING COURSES FOR FURTHER STUDY**

RPL from courses, experience and training may be used to gain advanced standing and **exemptions**.

The ASQA Statement of Attainment provides national recognition for use with any TAFE or private provider.

Cadence Health courses can be used as evidence for recognition of competency to gain exemption/credit so that you are not required to repeat units in future studies, or as a competency in your current job position. We provide you with documents as proof of your competencies that relate to training packages.

**A PICTURE TELLS A THOUSAND WORDS!**

Here's a few samples of the endorsed logos you get on your certificates!



# Becoming a nutritionist

## **CAN I PRACTICE ONCE I HAVE PASSED THE COURSE?**

Not surprisingly this is one of the most common questions we get asked. The short answer is 'no'. However, knowing that this is why many people come to us, Cadence Health uniquely offers you a pathway to the Advance Diploma of Nutrition that then goes onto a degree in health science if you wish. Also, if you are currently a practitioner covered by your registering body and insured to undertake nutrition as a modality you are fully entitled to practice. Qualified herbalist and professional fitness consultants for example may provide lifestyle recommendations to clients.

## **MINIMUM REQUIREMENT FOR BECOMING A NUTRITIONIST**

The minimum requirement to gain public liability indemnity and practice as a nutritionist is a diploma. Qualified nutritionists and dietitians have undertaken tertiary studies at private colleges, TAFE's or universities, for a minimum of three years, plus undertaken over 200 hours of clinical practice.

Some of the types of subject matter that is required to be completed include:

- The sciences (chemistry, biochemistry, biology, physiology and pathophysiology).
- Medicine (pathophysiology, symptomology and diagnosis).
- Clinical practices (counseling and clinical case studies) as well as considerable supervised clinical hours.

## **APPLYING FOR THE ADVANCE DIPLOMA'S OF NUTRITION**

Students can use the Accredited Certificate of Nutrition to gain a credit for Nutrition One in the **Advanced Diploma of Nutrition** with our partner WEA Hunter. Simply advise the office of your study intentions when enrolling.

# Study requirements & completing your course

## **HOW LONG DO THE COURSES TAKE AND HOW FAST CAN I COMPLETE THEM?**

We like to be flexible in every way; courses vary in length from four for a short online course to 36 hours for a longer distance mode course.

## **SO YOU NEED YOUR REGISTRATION POINTS YESTERDAY!**

You can complete any course as fast as you wish. We are happy to help if you need your registration points quickly by priority marking assessments for a fast turn-around time.

## **WHAT IF I NEED MORE TIME?**

No problem! Many of our students work full-time; have families or extensive commitments. All we ask is for you to send us a quick email or call us to let us know.

## **DO I NEED TO ATTEND LECTURES?**

**No.** All our courses are distance or online modes of study with lots of helpful support if you need it. In addition most courses offer online exam options if you prefer this method.

## **HOW WILL I KNOW WHAT TO STUDY AND WHEN?**

Easy! Your student manual, text book and learning activities/study guide clearly direct you through your course. Plus the online quizzes help you to be confident you are going in the right direction.

Naturally we don't expect you to memorise every detail, your study guide will help you to identify what is most important. Most students read a chapter, complete the study questions for that section, mark their answers and revise.

## **CAN I TALK TO SOMEONE FOR HELP?**

**Absolutely!!!!** We love to hear from our students and we are committed to your education. If you are in need, call us!

# When can I start?

We rarely stop here at Cadence Health, so when you are ready to enroll we are ready to process your enrolment! You can start when ever you choose. We enroll daily and send course packs out within 24 hours (we like to confirm your details first). Your course pack with your content is shipped direct to you from our print warehouse in a box to ensure it arrives 'spick and span'.

Our courses are very flexible, you can finish them ahead of time, perhaps for example, if you need your continuing education points quickly. Or you can take more time, because life can sometimes get a bit hectic.

## **INTERNATIONAL STUDENTS**

Depending on the region your parcel must go to, you will be required to add a postage fee (contact the office if you are unsure). Now things do differ from one country to another as we have found out, so please ensure you are aware of any charges you may incur such as VAT or customs for purchasing educational materials from overseas, or 'storage' fees should your parcel be held at the post office if you were not home at the time of delivery. Cadence Health takes no responsibility for fees you may incur within your country of residence.

# Assessments

## **DO I HAVE TO ATTEND AN EXAM?**

No, 'phew' we hear you say, yes we agree! We are all so busy these days, who needs to schedule in an exam. Your assessment is an open-book assessment you can complete as you work through your course, or an open-book timed online exam for speedy results (it is your choice). If you need help we are here to guide you. Oh, and you are provided with a reply paid envelope so all you have to do is pop your completed exam in a post box.

## **HOW WILL I KNOW WHEN MY ASSESSMENT IS DUE?**

Simple, we provide you with an acceptance letter in your course pack and this clearly shows your student number and due date for your assessment. But, remember it is flexible and all you need to do is contact us for an extension.

## **WILL I HAVE TO STUDY IN THE HOLIDAY PERIODS?**

No, we wouldn't do that to you.

## **WHAT IF I CAN'T COMPLETE MY ASSESSMENT ON TIME?**

Just email, mail or telephone us if you need more time, we know how hectic life can be.

We want you to get the most out of your course and we are very flexible and always on hand to help.

# Diploma & Degree

If you end up totally passionate about nutrition and decide that you must be a nutritionist then you will want to go on and do a diploma and then degree. Students wishing to go on with their studies are able to either use their ASQA Statement of Attainment from the Accredited Certificate of Nutrition and apply to other colleges or move directly into our partner's course (with a full exemption).

Students moving directly into the diploma will gain an exemption for Nutrition One. 'But wait there's more', beyond this the diploma provides a pathway onto a Bachelor of Health Science at Charles Sturt University, which opens all sorts of doors. Contact the office for more details.

# What's in a course pack?

## **DO I NEED TO BUY A TEXTBOOK?**

No, your course pack includes a textbook.

## **HOW ARE COURSES DELIVERED?**

Your course pack will come via Fastways Couriers.

Your course paperwork is bound and that is packed into a box to protect it in transit and this all comes direct from our office and contains all your personalized details including your student number, exam cover, Healthy eating booklets, and CD ROM.

## **WHAT WILL I GET IN MY COURSE PACK?**

- An acceptance letter outlining your student details and due dates.
- A tax receipt for your paid fees.
- A comprehensive text with current research articles.
- Student manual.
- CD-ROM of our very popular fact sheets (you can use with clients), plus reports and articles.
- Access codes for the student facilities, online quizzes, online exams and videos.
- A complementary course folder.
- Complementary government and health agency booklets and posters.
- Most courses have additional learning facilities such as audio lectures, manuals and programming booklets.
- A student study guide and answer book (short courses have these included within the text).
- An open-book course assessment.
- Reply paid envelope for return of your assessment (Australia and NZ only).

## **ONLINE LEARNING FACILITY**

As a Cadence Health student you have 24-hour access to our password protected online learning facility. We also use Facebook as a learning resource and Skype. All the online facilities are totally **optional** and not required in order to complete your course.

The site contains extensive reports, all our fact sheets, resource links, practice quizzes, access to online exams, study videos, direct access to our eClassroom, special offers for students and a notice board. Our eClassroom enables students to take practice quizzes, assessments, contact our staff, panel of experts and to talk with other students.

You can post a question you have in mind or reply to other students. This is a student and member's only service.

## **WHAT HAPPENS WHEN I HAVE FINISHED THE COURSE?**

Upon successful completion of your course your results are either mailed or emailed to you (in high resolution pdf files). You will be sent an Accreditation Certificate and transcript of results (for use at other colleges) and loyalty discount voucher. We grade all exams as they arrive and return results within two weeks (or faster for emailed results).

# HERE'S WHAT WE HAVE FOR YOU!

**You will find the following courses detailed in this prospectus and to make it even easier you can click the course link below to be taken straight to the course page on our website.**

## **DISTANCE MODE COURSES**

Accredited Certificate of Nutrition

Certificate of Optimal Sports Nutrition

Nutrition for Fertility, Pregnancy & Lactation

Nutrition Psychology

Certificate of Motivational Techniques

Certificate of Weight Loss Nutrition

Certificate of Childhood Diet & Nutrition

Paediatric Nutrition for Health Care Professionals

## **ONLINE COURSE OPTIONS**

Food Psychology

Dietary Assessment Methods

Childhood Nutrition

Endurance Sports Nutrition - NEW

Strength & Conditioning Success in the Industry

Sugars, & The Sugar to Fat Myth

Mental Health First Aid eCourse (Due out mid 2012)

Herbal Remedies & Sport (Due out Jan 2012)

Pregnancy Exercise (coming soon)

# The Accredited Certificate of Nutrition

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Ideal for personal or professional use. Excellent as an insight into the science of nutrition, especially if you are considering studying at a tertiary level.

## Duration

Equivalent to 34 hours

## Mode of delivery

- Self-paced correspondence
- Text, study guide and answers
- CDROM and online student page
- Healthy eating booklets
- eClassroom

## Accreditation

- Nationally accredited via Fitness Australia for 15 CECs and 37.5 CECs with REPs NZ
- 30 CPE points per year from ATMS (a maximum of 10 CPEs to be carried over to the following year)
- 18 CPE points from NHAA
- May be eligible for ongoing PME points with AAMT and the NZ Herbalists Association
- Mapped to the nutrition elements of the Health Training Package HLT07

ASQA Statement of Attainment available for HLTNUT610A. Exemption for Nutrition One of Advanced Diploma of Nutritional Medicine with our partner WEA Hunter for those wishing to continue studies.

## Fees

\$465 NZ residents

## Text

*The science of diet and nutrition* (supplied), 350 pages

## Assessment

Included in course pack, is an open-book format representing 100% of course assessment, consisting of:

- Multiple-choice questions;
- Short answer questions and;
- Case study section or your own diet dairy analysis;

**Pre-requisites:** Nil

## Content

**Mapped to the Health 07 Training Package, covering HLTNUT610A, Provide Basic Dietary Advice competency unit (Unit 1; Identify Appropriate Dietary Modifications and Unit 2; Negotiate Dietary Change with Client).**

### Introduction to nutrition

Includes the Australian dietary trends and Guidelines, the five food groups and principles of a good diet

**The digestive System** including glands and organs, process, anabolism and catabolism, enzymes and digestion

**Carbohydrates** including the chemical structure (glucose, simple sugars and complex carbohydrates and dietary fibre), health effects and recommended intake, sugars and soft drink in the Australian diet, reading food labels for sugar content, complex carbohydrates and fibre, blood sugar balance and food GIs and glycaemic load.

**Protein and amino acids** covering chemical structure of protein, health effects, essential and non-essential amino acids, net protein utilisation of food, recommended intakes of protein and vegetarian diets.

**Dietary fats (lipids)** discussing the chemical structure of triglycerides, health effects and recommended intakes, essential fatty acids, trans-fatty acids and reducing fat(s) in the diet, dietary sources of fat, dietary fat and cholesterol.

**Vitamins** covering an introduction to micronutrients, recommended Daily Intakes (RDIs); the water-soluble vitamins (B and C), the fat-soluble vitamins (A, betacarotene, D, E and K) and antioxidants and free radicals.

**Water and minerals** looking at water intake, output and requirements, dehydration, fluid, minerals – their functions, influences, absorption, sources, RDI and supplements, calcium, chloride, potassium, phosphorus, sulfur, sodium, magnesium, iron, zinc, iodine, selenium, copper, manganese, fluoride, chromium, molybdenum, and common body signals of deficiencies.

**Energy balance (calories and kilojoules)** covering the measurements of energy (calories/kilojoules), caloric value of foods and alcohol, ratios of nutrients for a healthy diet, components of energy expenditure and calculating daily caloric requirements.

**Nutrition for the athlete and very active** discussing energy producing systems, carbohydrate, protein and fat requirements, before during and after the event, types of activity and exercise, the sporting diet, hydration, dehydration, hydration fluid, professional hydration fluids, maintaining fat-free mass/lean body mass, protein diets and fads, creatine, caffeine, bicarbonate, amino acids

**Body composition, health and fat loss** which covers body mass index and waist to hip ratio, health risks and weight control, what works, theories, causes and what happens in fat cells, fat stores and development of fat cells, insulin and fat storage, the psychology of weight loss, effective weight loss strategies, physical activity, weight loss and fat burning programs.

**Nutrition for the young** reviews feeding babies and creating healthy eating patterns in children and adolescents. Also looks at dietary and eating habits of concern in babies and children.

**Nutrition for older adults** looks at the changes in older adults and how diet and nutrition can play a role in improving longevity and quality of life.

**Food safety** looking at how food poisoning occurs, hazardous foods and food safety; storing food, cleanliness and safety, types of food additives, intolerance and allergy, organic food facts and certification.

**Nutrition assessment** covers the science of how to assess and evaluate a diet and the psychology of how to make recommendations for positive change.

# Nutrition for Fertility, Pregnancy & Lactation

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## Duration

- 20 hours of study

## Mode of delivery

- Self-paced correspondence
- Learning activities
- Supportive booklets
- Additional fact files
- eClassroom

## Accreditation

- 15 CECs Fitness Australia
- 12.5 CECs with REPs NZ
- 12 CPE points per year from ATMS
- ANTA: 20 CPE points
- 20 MidPlus CPD points from the Australian College of Midwives
- 7L & 7R CERPs from IBLCE
- 10 Elective points – Midwifery Council NZ

- 18 CPE points from NHAA
- May be eligible for ongoing PME points with AAMT and with the NZ Herbalists Association

## Fees

- \$320 – NZ residents

## Text

*Nutrition for Fertility, Pregnancy and Lactation: Nutrition and lifestyle for a natural approach to conception and beyond* (supplied) – 220 pages (1.5 line spacing)

## Assessment

Open-book exam consisting of multiple-choice questions and short answer questions OR online timed exam.

Note: Slight variations in content may occur.

## CONTENT

**Natural fertility:** Why take the natural approach?

**Infertility, fertility and conception** covering why fertility is a problem and rates of conception. Approaches to overcoming infertility; Assisted reproductive technologies in brief

**Infertility** looking at female and male infertility and testing, checking for hormonal imbalances, endometriosis and external influences.

**Understanding conception** covering the female reproductive anatomy and physiology review; ovaries, fallopian tubes, uterus, vagina, when the timing is right, mucus, fertility, the female cycle and conception and checking temperature to predict ovulation.

### **Pre-conception care, improving fertility and prevention of miscarriage**

The 16 essential points (lifestyle, diet and nutrition) – a detailed review

**Reducing the risk of spontaneous abortion (miscarriage)** looking at dietary issues in miscarriage - coffee and miscarriage; effect of under nutrition and malnutrition on pregnancy and nutrients and prevention of miscarriage.

**Diet and nutrition in pre-conception care:** General recommendation for both prospective parents and the importance of a healthy body weight. Neural tube defects, zinc and conception, dietary sources of zinc, vitamin C and E

Nutrition and dietary pre-conception care for women discussing B9/folic acid and conception, forms of Vitamin C, significant dietary sources of vitamin C and E, iron; forms of dietary iron and iron supplementation, magnesium and conception, functions and dietary sources of magnesium, antioxidants and free radicals and body signals of nutrient deficiencies.

Pre-conception care for men looking at diet, nutrition and lifestyle recommendations – zinc and selenium and sperm, vitamin E, antioxidants and carnitine.

**Elements of a healthy diet including** the dietary Guidelines for Australians and the five food groups

Health effects and recommended intakes of carbohydrates and sugars

- Ingredient listings, nutrition information and reducing refined sugar intake

Dietary protein review

- Health effects, roles and sources of protein
- Vegetarians, vegans, fruitarians, macrobiotic diets
- Problems and benefits of vegetarian diets

Dietary fats review

- Introduction to dietary fats
- Health effects of dietary fats
- Essential fatty acids and linoleic acid
- Reducing fat(s) in the diet

**Special dietary needs**

Covers in detail the nutrient and energy requirements during pregnancy. The process of milk production and maternal dietary influences is discussed. Additionally covers the nutritional and dietary needs and affects during lactation.

# Certificate of Optimal Sports Nutrition

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## Available in NZ via Absolute Health

### Duration

- 20 hours of study

### Mode of delivery

- Self-paced distance course
- Learning activities and answers booklet
- eClassroom

### Accreditation

- Nationally accredited for 15 CECs by Fitness Australia and 25 CECs with REPs NZ
- 20 CPE points per year from ATMS
- ANTA: 20 CPE points
- 18 CPE points from NHAA
- May be eligible for ongoing PME points with AAMT

### Fees

- \$335 - NZ residents

### Text

*Sports Nutrition and the Sporting Diet* - 100 pages (supplied)

### Assessment

Open-book exam consisting of multiple-choice questions and short answer questions OR online timed exam.

### Relationship to Training Packages

Mapped to 'Fitness Industry' Training Package SRF04

## Content

**Elements of a Healthy Diet** covering the Dietary guidelines, carbohydrates, dietary fats and protein, fruit and vegetable intake, and calculating caloric intake and the energy of food.

**Hydration and sports** including dehydration and fluid levels, fluids to use in sports, professional hydration fluids, fluid temperature and influence on performance.

**Hydration techniques and testing and measures of Hydration** looking at the night before, day of the event, during the event, after the event, estimating body fluid loss via sweat and self-testing procedures.

**Body temperature** covering cooling strategies and the use of ice-jackets in sport.

**Fueling and food** covering sports specific functions of carbohydrates, simple sugars and sport, the glycaemic index and energy fluctuations, blood sugar balance and energy flow, starch, fibre, glycogen and complex carbohydrates and fats and the sporting diet.

**Protein for energy** section looks at the functions of protein and relevance in sport, maintaining your fat free mass to improve energy production, timing and quantity of intake for events, foods for athletes, vegetarian athletes and protein fads to avoid.

**Calories and food energy** discussing caloric values and ratio of nutrients for athletes, calculating calories in food and alcohol and fuels for activity and energy.

**Body fat distribution and measurement of body mass** covering waist to hip ratio, body mass index, lean body mass and assessing body fat and examples.

**Energy balance** reviewing energy intake, expenditure, metabolism and calculating energy requirements.

**Supplements in sport** looking at issues of why to supplement, if large numbers of vitamins/minerals in a supplement mean it is better and supplement quality and issues of dose and what to look for: supplements.

**Sporting aids and performance** covering creatine, research findings, dose, side effects; Caffeine, effects, dose, applications to sport; Bicarbonate, uses, side effects; Amino acids, branch-chain amino acids, single amino acids, amino acid form.

**Putting it into practice** looks at before the event, during the event, after the event, practical exercise - applying the theory and event meal planners.

This course is designed by a nutritionist who has spent a number of years in clinical practice working with some of Australia's elite sporting people. It has real application to based on real case studies.

**Don Singe, Head Strength and Conditioning Coach, Manly Sea Eagles** has had integral input into this course. Students will receive samples of nutrition and fitness programs used by some of Don's national athletes as well as Manly players.



**Training Buddy**

Cadence Health is a proud supporter of Training Buddy, [www.trainingbuddy.com.au](http://www.trainingbuddy.com.au). For all your fitness and exercise requirements Training Buddy is all you need.

# Nutrition Psychology; Food choice & eating habits

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## Duration

- 17 hours of study

## Mode of delivery

- Self-paced distance course
- Learning activities and answers booklet

OR

## eCourse

- Delivered via email all content and facilities remain the same

## Accreditation

- Nationally accredited for 15 CECs by Fitness Australia  
10.5 CECs with REPs NZ
- 20 CPE points per year from ATMS
- ANTA: 20 CPE points
- 18 CPE points from NHAA

## Fees

- \$320 - NZ residents (printed and mailed)
- \$199 – eCourse version (emailed)

## Text

*Nutrition Psychology* - 200 pages (supplied)

## Assessment

Open-book exam consisting of multiple-choice questions and short answer questions OR online timed exam.

## COURSE CONTENT

Theoretical frameworks and theoretical models of food choice

The individual

- Sensory, psychological, physiological and demographic factors influencing food intake
- Market segment theories and consumer behaviour

The food

- The effect of context and environment plus the physical characteristics of food on intake and satiety
- 'Palatability'
- The effect of food labelling

The environment

- Including economic factors, access to resources and advertising effects on food choice

Food choice

- What is 'liking', 'wanting', 'hunger', 'satiety', 'appetite regulation' and how do they affect what we choose to eat

Topic: Obesity

- What regulates food consumption
- Changing habits and patterns
- Learning and unlearning habits
- Topic: Food neophobia

# Certificate of Motivational Techniques

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## **Duration**

- 16 hours of study

## **Mode of delivery**

- Self-paced distance course
- Learning activities
- Personality testing
- Case studies
- eClassroom

## **Accreditation**

- Fitness Australian: 15 CECs
- ANTA: 16 CPE points
- 16 CPE points per year

- 18 CPE points from NHAA

## **Fees**

- \$180 NZ residents

## **Text**

*Motivational techniques; encouraging positive behaviour* - 100 pages, (supplied)

## **Assessment**

Open-book exam consisting of multiple-choice questions and short answer questions OR online timed exam.

## Content

### **Introduction to theories of motivation**

- Behavioural, cognitive and humanist theories of motivation

### **Motivation and an individual's needs**

- What is drive?
- Levels of human needs
- Maslow's Hierarchy of Needs and primary and secondary needs

### **The impact of internal states on motivation**

- Nervous system activity and motivation
- Personality and behaviour: introverts and extroverts

### **Energising behaviour via goals and beliefs**

- Goals and beliefs; Factors involved in achieving goals
- Achievement motivation
- Fear of failure
- Intrinsic and extrinsic states of motivation
- The influence of incentives on motivation and the effects of extrinsic rewards and intrinsic motivators

### **Energising behaviour through beliefs and expectations**

- Expectations of completing a task
- Factors influencing attributions to success or failure
- Attributions for success or failure and the Attribution Theory
- The Locus of a person's control – luck or effort

### **Find relationships between theories**

Put your knowledge to work but understanding out theories relate and work in the real world.

**Conclusion** - Where do I start? Developing your skills; Ethics; Pace yourself; Barriers

**Course work** - You will be given real case studies in leadership, sports and personal life.

# Certificate of Weight Loss Nutrition

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## Duration

- 30 hours of study

## Mode of delivery

- Self-paced correspondence
- Audio lecture
- Programming booklets
- eClassroom

## Accreditation

- 15 CPD&PI points according to approved PSA Guidelines. Recognition No: CR07-00017
- Nationally Accredited Program for 15 CECs by Fitness Australia
- 30 CPE points per year from ATMS with a maximum of 10 CPE points to be carried over to the following year
- ANTA: 30 CPE points
- 18 CPE points from NHAA
- 18.75 CECs with REPs NZ

- May be eligible for ongoing PME points with AAMT

## Fees

- \$460 inclusive of all costs and fees and learning facilities

## Text

*Weight loss, body shaping, diet and exercise*, - included in fees, 182 pages.

## Course requirements

No prerequisites, although it is **strongly** recommended that either the Certificate of Diet and Nutrition or similar course covering the fundamentals of nutrition and diet has been undertaken.

## Assessment

Open-book exam consisting of multiple-choice questions and short answer questions OR online timed exam.

## Content

**Introduction section** covering the classification of overweight and obesity; what causes overweight and obesity? Planning and prevention of overweight – public health approach and Government strategies

**Issues of overweight in Australia** discussing the demographics of overweight and obesity. The cost of overweight and obesity, health risks associated with being overweight WHO report findings into disease prevention

**Understanding, beliefs and causes** covering a holistic view of overweight and obesity. Environmental influences on weight control, other influences - eating patterns, diet composition, balance of nutrients, early life experiences, changes in levels of activity, takeaway and fast food consumption, influence of knowledge and education programs, and the 'set-point' theory and weight cycling

**Body fat distribution and measurement of body mass** looking at body fat distribution and levels of body fat, manual measures of body fat (body mass index, Waist to hip ratio), automated measures of body fat and lean body mass

**Elements of a Healthy Diet and application to fat loss** covering the dietary Guidelines for Australians and the World Health Report 2002, nutrients and fat loss, carbohydrates, starch and dietary fibre, ways of increasing fibre intake, blood sugar after a meal and fate of excessive sugar. The glycaemic index (GI), protein, functions, fat loss, satiety, deficiency, sources, serves, quality  
High protein diets; protein supplements, fruit and vegetables and recommended levels of alcohol and ways of reducing alcohol intake.

**In depth look at dietary fats** covering sources of fat in Australian diets, saturated, monounsaturated and, polyunsaturated fatty acids, essential fatty acids, cholesterol and lipoproteins, daily energy requirements of fat, margarine v cold pressed oil and trans-fatty acids. Reducing fat intake

**Physiology of the fat cell** which discusses the location and development of body fat. Insulin's influence on fat storage, the cycle of lipogenesis, lipolysis and release of FFAs in the body

**Energy Balance** covering factors involved in food intake, calculating calories and kilojoules. Alcohol and calories, expending energy - basal metabolism, physical activity. Lean body mass, MR and activity, exercise and appetite control

**Food labelling and reading labels** covering labelling laws and ingredient listings. Reading labels for sugar content; reducing refined sugar intake, calculating fat calories from a panel, foods with over 30% calories from fat, nutrient claims, terminology to disguise ingredients

Logos and endorsements of food products and genetically modified foods and ingredients

**Physical activity and fat loss** looks at exercise programs for fat loss, gender differences in reasons for not exercising; Reported barriers to exercise, exercise preferences for men and women and level of activity for fat loss.

**Stores of body fuels; Fuels and physical activity for fat loss** as well as the effect of fitness levels on fat loss and fuel usage, spot reduction of body fat and fat loss exercise and post-exercise effect on fat loss.

**The psychology of behaviour modification and weight loss** specifically family attitudes towards alcohol and its consumption socially, feelings of self-worth and competence, self-limiting behaviours, setting the environment, enhancing motivation and using rewards, the importance of fulfilling needs a sense of control.

**Programs plans and the way forward** discusses dietary assessment, identifying unsound schemes. Products and weight loss preparations and very low calorie diets (VLCD).

# Paediatric Diet & Nutrition

## for Health Care Professionals

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### AVAILABLE IN AUSTRALIA ONLY

#### Details of study

- \$450, inclusive of all costs and fees and learning facilities
- 36 hours of study

#### Continuing Ed/Recognition

- 15 CPD&PI points according to approved PSA Guidelines. Recognition No: CR06-0004
- 36 points awarded in the ACM Professional Development Credit Point Programme for midwives
- 30 CPE points per year from ATMS (a max 10 points to be carried over to following year)
- 32 CPE points ANTA
- 18 CPE points from NHAA
- May be eligible for ongoing PME points with AAMT and with the NZ Herbalists Association

#### Mode of delivery

- Self-paced correspondence
- Text book and knowledge guide
- Extensive health care resource kit
- Audio CD lecture
- eClassroom
- Online facilities

#### Prerequisites

- A health science or equivalent background OR
- The Certificate of Diet and Nutrition OR
- The Certificate of Childhood Diet and Nutrition OR
- Relevant childhood or nutrition course from other providers

We recommend anyone with a health care background undertake this course as apposed to the Certificate of Childhood Diet and Nutrition as it is specifically clinically written.

## Overview

Finally a course providing an extensive look into an area of nutrition often not covered in detail in undergraduate studies. This childhood nutrition course spans infancy to adolescence, and is specifically designed to meet the needs of those with a health science background such as GPs, pharmacists, nurses, midwives, early childhood nurses, nutritionists and naturopaths who have an interest in paediatric health.

### CONTENT

- Dietary principles and guidelines in childhood, infant digestion, growth and development and the regulation of hunger, food safety and food hazards, an in depth look at breastmilk and breastfeeding, issues in breastfeeding, formula composition and feeding.
- The introduction of solids, fluids and adverse reactions to foods. Nutrients, glycaemic index and load, the RDI's in childhood and adolescence, food sources and nutritious foods.
- Taste preferences (innate and learnt), social influences on eating habits.
- Extensive review of dietary patterns of concern and health related dietary and nutrition issues in infancy and childhood. Includes allergies, anaemia, food neophobia, tooth decay, behaviour, disorders, sports nutrition, overweight etc.
- Lastly, a comprehensive section on meal planning and meal evaluation. Extensive resources for clients and customers.

### LEARNING OUTCOMES

All health professionals undertaking the course shall, by the end of the course, be competent in:

- Demonstrating a thorough understanding of the principles to childhood nutrition
- Applying nutrition principles to common dietary health issues and needs in childhood
- Assessing dietary intakes and making basic recommendations for improvement
- Understanding the issues of preparing age and culturally relevant foods, snacks and drinks to meet children's preferences and needs
- Demonstrating how to maintain food safety standards

Those without a relevant background or nutrition studies should consider the Certificate of Childhood Diet and Nutrition (see next course). Please note that the scope of this course is fundamental dietary and nutritional guidelines paediatric health is beyond this course.

# The Certificate of Childhood Diet & Nutrition

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## **Fees**

- \$472.50, inclusive of all costs and fees and learning facilities
- \$420 + GST via Parents Centre NZ

## **Duration**

- 38 hours of study

## **Accreditation**

- 30 CPE points per year from ATMS (a maximum of 10 CPEs to be carried over to the following year)
- ANTA: 32 CPE points
- Accredited by Fitness NSW for 8 CEC points
- 18 CPE points from NHAA and NZ Herbalists Association
- May be eligible for ongoing PME points with AAMT
- Eligible for discretionary points for Midwifery Council of NZ

Elements of the course are mapped to units from the national training package 'Care for Children' to assist RPL for entry into further study.

## **ASQA Statement of Attainment**

To gain a VETAB statement of attendance students should enrol via St George Community College.

## **NZ Residents**

NZ residents save money and enrol direct with Parents Centre New Zealand.

- Phone: 04 233 2022
- Fax: 04 233 2063
- Web: [www.parentscentre.org.nz](http://www.parentscentre.org.nz)

## **Mode of delivery**

- Self-paced correspondence
- Text book and learning guide
- Audio lecture
- Additional files such as recipes
- Various ethnic child health fact sheet

## **Prerequisites**

- There are no prerequisites.

## **CERTIFICATE III IN CHILDREN'S SERVICES**

Enrol via **St George Sutherland Community College** and you will gain a Statement of Attainment for the nutrition unit of Certificate III in Children's Services (see page 21 for contact details). The course is ideal for:

- Parents and caregivers; Childcare specialists and workers; Child care training organisations; those working in canteens.

## **COURSE DESCRIPTION**

The course offers a comprehensive and practical approach to healthy eating for children. Undertaking this course will ensure you feel confident that your child is getting the best start to life. A rare insight into Childhood Nutrition that you are unlikely to find elsewhere.

### **Feeding Babies in the First Year**

This unit looks specifically at the nutritional needs of infants from birth to 12 months of age.

**Content:** A comprehensive look at breastfeeding, milk supply, dietary influences on breastmilk, how to choose the best formula and terminology used by manufacturers. An exhaustive section on introducing solids, including when the time is right, what foods to start with, how much, how to progress to meals, food safety, the most common dangerous foods and strategies to ensure the best eating habits are in place early. Ideal for those looking for flexible and supportive study (for personal or professional reasons) in nutrition for infants in the first year of life.

### **Nutrition and Healthy Eating for Children**

This unit is jammed packed of common-sense information, strategies and tips. The text takes the approach that 'parents offer, children choose', our focus is on encouraging a realistic attitude toward healthy eating in childhood, free of blame. You will gain the assurance that your child is getting the best from what they eat.

**Content:** Covering all aspects of childhood nutrition from carbohydrates and sugars through to iron and calcium. Nutritionally related health issues such as tooth decay, behaviour, allergies, picky eating, constipation etc are covered in detail. Winding up with a section to bring the information together in a realistic way so you can create and encourage a healthy diet.

### **Creating Healthy Eating Habits**

There are many factors that influence the habits we form towards food and meals. This section looks closely at these while providing many tips on how to cope with some of the challenges in getting kids to eat healthily.

**Content:** Covering taste preferences (innate and learnt), the effect of bribes and rewards, social influences on eating habits and has an extensive review of dietary patterns of concern and health related dietary and nutrition issues in infancy and childhood. Includes allergies, anaemia, food finickyness, tooth decay, behaviour and overweight etc. And to bring it all to a practical level the section finishes with a comprehensive look at meal planning and meal evaluation.

Also now covering: Overweight and obesity; Underweight; Nutrition for the sporty child; Disordered eating habits; Supplements in childhood; Vegetarian children

# Online course options

**Online courses are sent to you via email so you can save the documents to what ever device you choose, making life very easy and convenient.**

## Food Psychology

- 2 hour online program
- 2 CECs Fitness Australia pending
- CEC points REPs NZ pending
- May be eligible points with other registering bodies upon request

### **Fees**

- \$49.00 NZ residents

If you have taken other nutrition courses you are likely to find this one goes well beyond the traditional nutrition and dietetics topics.

Content in this course dispenses with definitions and examples of nutrients and energy. The science of consumer behaviour has long sought to understand our shopping habits, but just how much do we understand about our own eating habits? Why is it that some foods have more appeal to us, and our children, than others? Why are some foods harder to say 'no' to? And why is it so hard to change our eating habits? If you have been on a crusade to change your eating habits or have ever wondered why it's so hard to change the trend of increasing waistlines, then this fact sheet is going to be right up your alley. Nutritionist Leanne Cooper takes a look at the science and the psychology behind our eating habits to help make sense of why some habits die hard, and just how they came about in the first place to make sense of amending eating habits.

## Dietary Assessment Methods

- 7 hours of study (all materials are emailed in pdf)
- Fitness Australia for 5 CEC points; 3.75 REPs CEC points; CPE points from ATMS, ANTA and NHAA may be applicable upon request to your registering body. All students receive a transcript of results and Certificate of Attainment with relevant accrediting logos.

### **Fees**

- \$125 NZ residents

Dietary assessment for many is an essential part of the results they gain with clients, so understanding what tool to use, how to apply it, analyse the data and implement changes is vital. If you have ever wondered where to start with a clients diet diary, or wanted to get the most from the time spent on diet analysis, this is the course for you! This short course guides you through weighed and non-weighed diet diary options and their limitations and benefits, through to software to analyse data. You will learn how to calculate information using the Nutrient Reference Values (NRVs) such as EER (Estimated Energy Requirements) and nutrient requirements, including case studies to ensure practical application.

## Endurance Training Nutrition

- 4 hours of study (all materials are emailed in pdf)
- Fitness Australia for 2 CEC points; CPE points from ATMS, ANTA and NHAA may be applicable upon request to your registering body. All students receive a transcript of results and Certificate of Attainment with relevant accrediting logos.

### **Fees**

- \$49 NZ Residents

Looking for sports specific information on nutrition for endurance sports, well you have just found it! Ideal for those working with clients who are marathon runners or triathletes covering pre-training foods, eating during events and post-event recovery, along with hydration and valuable case studies to really ensure you can apply all you have learnt. Written by athlete and expert sports nutritionist, and lecturer, Kira Sutherland (Grad Dip Sports Nutrition).

## Strength and Conditioning Success in the Industry

- 6 hours of study (all materials are emailed in pdf)
- Expected to be 4 hours of study (all materials are emailed in pdf)
- Fitness Australia for 4 CEC points (pending); 3.75 REPs NZ CEC points; CPE points from ATMS, ANTA and NHAA may be applicable upon request to your registering body. All students receive a transcript of results and Certificate of Attainment with relevant accrediting logos.

### **Fees**

- \$100 NZ residents

Explores not only how to get into the field of strength and conditioning (S&C) but what it takes to be a success. Written by Head of S&C at the Manly Sea Eagles (Premiers 2008 and 2011) Donny Singe, the course is an eye-opener into the world of S&C at the elite level, covering motivation, logistics and how to get to the top.

## Nutrition for Children

- 8 hours of study
- 5 REPs CEC points; Fitness Australia for 8 CEC points; CPE points from ATMS, ANTA and NHAA may be applicable upon request to your registering body. All students receive a transcript of results and Certificate of Attainment with relevant accrediting logos.

### **Fees**

- \$125 NZ residents

Covering more than just healthy eating habits for children, the course also looks into; how our kids are fairing; carbs and sugars; protein and fat and their importance in growth; hydration and drinks; nutrients of importance and current deficiencies in the community; weight; food and behaviour; allergies and much more. Ideal for personal trainers, teachers and carers working with school-aged children.

## Sugars, & The Sugar to Fat Myth

- 6 hours of study (all materials are emailed in pdf)
- 3.75 REPs CEC points; Fitness Australia for 4 CEC points (pending); CPE points from ATMS, ANTA and NHAA may be applicable upon request to your registering body. All students receive a transcript of results and Certificate of Attainment with relevant accrediting logos.

### **Fees**

- \$100 NZ residents

Finally, the facts on sugars and their role in health and illness and the truth about the fait of excessive sugar intake. There is so much bad press about sugars, even the good sugar, a little like the old views on fat. Where we once thought we needed to get rid of it, we now know that we need naturally occurring fats for health. Now sugar is in the same boat, but many sugars are vital for bodily processes. Get the facts!

## OUT SOON

- Herbal remedies in sport
- Mental Health First Aid eCourse
- And lots lots more...

# Admission requirements and enrolling

## HOW DO I ENROL?

Students wishing to apply can enrol by:

1. Going to [www.cadencehealth.co.nz](http://www.cadencehealth.co.nz) and enrol and pay securely online using credit card or Paypal
2. Mailing a completed enrolment form with a cheque or cash
3. Direct crediting into Cadence Health NZ via Heartland Building Society account

Students under 18 years of age will require a legal guardian to authorise and accept the enrolment conditions.

## WHAT IF I AM ENROLLING FROM OVERSEAS?

All students who reside outside of Australia simply enrol as normal but are required to pay an additional fee on their course fees. Students can opt to pay online using PayPal,

## ENROLLING FROM NZ

Many of our courses are offered directly out of our NZ office or via our partners, visit [www.cadencehealth.co.nz](http://www.cadencehealth.co.nz) to avoid currency fees and postage.

## CORPORATE NUTRITION TRAINING

Our current clientele come from a range of backgrounds including Infant Formula producers, Unilever, Huggies and more. We offer specialised nutrition training packages as well as other information services. Our corporate training has been so successful that some of our clients have undertaken retraining and refreshers with us a number of times. To discuss your corporate training needs contact the office to make a time for our director to visit you.

## WHERE CAN I ENROL?

Cadence Health provides students with a number of ways of enrolling, you can enrol direct with **Cadence Health** or via an increasing number of education providers around Australia and New Zealand (see over page for details).

## Enrol direct with Cadence Health

✉ 20 Koro Mews, Papamoa Beach, Tauranga 3118

☎ 07 574 6499

✉ [gcooper@cadencehealth.co.nz](mailto:gcooper@cadencehealth.co.nz)

🌐 [www.cadencehealth.co.nz](http://www.cadencehealth.co.nz)

**Direct Credit to Heartland Building Society  
Account Number 03 1783 0461165 013**

## WHAT FORMS OF PAYMENT CAN I USE?

PayPal, cheques, and direct credit.

**IF YOU DO NOT RECEIVE A CONFIRMATION FROM US PLEASE CONTACT THE OFFICE TO ENSURE WE HAVE THE CORRECT DETAILS.**



# Important contact details

## CADENCE HEALTH AUSTRALIA – HQ

📍 PO Box 313 Manly NSW 1655

☎ 02 9400 9759

☎ 02 9400 9759

✉ [info@cadencehealth.com.au](mailto:info@cadencehealth.com.au)

🌐 [www.cadencehealth.com.au](http://www.cadencehealth.com.au)

## CADENCE HEALTH NZ

📍 20 Koro Mews Papamoa Beach Tauranga 3118

✉ [gcooper@cadencehealth.co.nz](mailto:gcooper@cadencehealth.co.nz)

☎ 07 574 6499

🌐 [www.cadencehealth.co.nz](http://www.cadencehealth.co.nz)

## NZ PARTNERS

### WHATS THE DIFFERENCE BETWEEN ENROLLING WITH US OR OUR PARTNERS

Enrolling via one of our partners is a great way to support your local community. Your education provider simply takes your enrolment payment and sends your details to us. Cadence Health runs all courses.

#### Parents Centre NZ Inc

Parents Centre is the leading parenting organisation in New Zealand. NZ residents can now enrol into our Childhood Nutrition courses direct through Parents Centre NZ.

📍 Unit 4, Bridgepoint 13 Marina View, Mana

📍 PO Box 54 128, Mana

☎ 04 233 2022 or fax 04 233 2063

✉ [info@parentscentre.org.nz](mailto:info@parentscentre.org.nz)

🌐 [www.parentscentre.org.nz](http://www.parentscentre.org.nz)



#### Absolute Health

Absolute Health NZ is a quality provider of nutritional support; they also distribute products to health food retail outlets. Kiwi's can now enrol into our most popular course via Absolute Health.

#### Absolute Health

9a Temple St, Meadowbank, Auckland

☎ 09 5218920 or fax 09 5218921

✉ [belinda@absolutehealth.co.nz](mailto:belinda@absolutehealth.co.nz)

🌐 [www.absolutehealth.co.nz](http://www.absolutehealth.co.nz)



**Our NZ office distributes** all courses NZ wide. This way we can assure you of relevant NZ nutrition information sourced from the best agencies in the health fields, fast service and competitive fees.

# Terms & Conditions

**Note:** Where students have enrolled via another institution into a Cadence Health course the enrolling institutions terms and conditions may apply in the first instance (the exception is Lifestyle Learning Direct who enrol students under Cadence Health terms and conditions). Regarding withdrawal from a course/s joint refund charges may apply.

## **A. ENROLMENT INFORMATION**

Successful applicants will be notified by telephone or mail. All required course materials are forwarded to your nominated address.

### ***Certificates and Academic Transcripts***

Certificates and academic transcripts will be forwarded to all students upon successful completion of the course.

Replacement certificates are available at the cost of \$15 (inclusive), as are text books at a cost of \$50 (inclusive).

### ***Fees***

Course fees are outlined in the course description in the prospectus. Course fees are inclusive of course materials, resources, learning and answer booklets, manual, quizzes, examinations, reply paid envelope for examinations and GST. Failure to submit course fees with your enrolment may result in the delay or eventual cancellation of your place in the course.

In common with other educational institutions, fees are non-refundable and non-transferable unless Cadence Health cancels the course (withdrawals from the course are discussed below).

### ***Methods of payment***

Enrolment fees may be paid through PayPal, cheque, cash or direct credited into Cadence Health, Heartland Building Society, Account Number 03 1783 0461165 13. Course material will be forwarded on receipt of payment and acceptance into your course.

### ***Extensions***

While there is no official deferment policy for distance learning modules owing to the structure and short-term nature of the courses, being self-paced extensions are possible. We offer flexible learning and are happy to extend due dates. Students should contact the office to discuss a deferment date.

### ***Re-sit exams***

Re-sit exams are offered to students who for whatever reasons were unable to reach the 50% pass mark. A fee of \$55 (inclusive of GST) is payable prior to the re-sit being conducted.

Cadence Health will advise students requiring resits of further details at the time.

## **B. REFUNDS AND REFUSALS**

### ***Withdrawal***

Students choosing to withdraw from their studies must advise Cadence Health **in writing within 14 days of receiving course materials**. Provided all course materials are returned in their original condition, you will receive a credit for course fees paid less a \$45 AUD or \$55 NZD for New Zealand residents (inclusive) administration fee. Refunds are not possible for E-Books or resource kits.

Students withdrawing after this period will forfeit the full fees paid.

### ***Failure to complete***

Students unable to complete their course and wishing to retake the course can do so and should contact the office for re-enrollment details (an enrolment fee of \$80 may apply).

**Cancellations and changes**

Cadence Health reserves the right to cancel a course, or refuse any enrolment as permitted by law. Cadence Health reserves the right to adjust fees, vary course requirements or course schedules at any time as deemed necessary.

**Conduct**

Students and members should conduct themselves in a professional manner, respecting the information provided, and the ethics and principles of the course. Students should also not pass on any passwords or other materials under copyright laws.

**Refusals**

Refusal of a position in the course is at the discretion of the admissions department should the student not meet the requirements set out.

**Dismissals**

Students and members may be suspended or dismissed from the course according to the gravity of the following circumstances:

- Improper conduct.
- Using the materials in an unlawful manner.

**C. COMPLAINTS**

Complaints must be in writing and directed to Cadence Health. All complaints are lodged formally and considered by our complaints panel. One of our staff will contact any complainants within three working days of receipt of the complaint.

