



ENDEAVOUR  
College of  
Natural Health

**Undergraduate Certificate in**  
*Lifestyle Coaching*



**2020 COURSE BROCHURE**

[endeavour.edu.au](http://endeavour.edu.au)

This Undergraduate Certificate is designed to develop emotional intelligence, self-confidence and understanding of various wellness areas that will allow comprehensive lifestyle coaching and practice. Students will develop a deep understanding of mindfulness, wellness, nutrition and physical practices and learn how to apply them in the clinical or residential care setting. Entry into this certificate assumes prior knowledge of human biology and biochemistry.

### Graduate Attributes

Develop deep understanding of mindfulness, wellness, nutrition and physical practices and learn how to apply them in the clinical or residential care setting.

### Skills

Communication, collaboration, organisation, problem solving, digital literacy (all at basic level)

### Included Subjects

- › Introduction to Musculoskeletal Therapies (MSTP2)
- › Mindfulness in Practice (SOCM3)
- › Wellness Practices (BLOW3)
- › Medicinal Food Science (NMDM1)

### AQF level

AQF5 (NMDM1) and AQF 7

### Course Duration

- › 6 months full-time
- › Delivery of this course (without CSP) is accredited until 31 December 2021
- › Students must complete in 6 months

### Study Mode

Subjects in this course are offered online. Students are not eligible for on campus cohorts.

### Semester Intakes

- › Monthly intakes available
- › Offered nationally

### Transfer Credit

This certificate is eligible for entry credits.

### Entry Requirements

Endeavour College is a direct entry institution.

- › English language proficiency equivalent to a 6.5 IELTS result is required
- › For entry into this certificate, applicants must hold a qualification at a minimum level of Certificate IV in a health, allied health or related field (e.g. Fitness) and some experience working in that field

**Please note:** This course is not approved by CRICOS for international students. Only domestic students (Australian or New Zealand citizens or permanent visa holders) may enrol in this course.

### Course Fees†

\$5,982

### Payment Options

- › FEE-HELP approved
- › Upfront payment

Tuition payment arrangements must be confirmed upon admission to the College.

### Who should do this course

If you're looking to upskill in the general wellness area and add to your existing skillset, or if you simply have a personal interest in wellness, this certificate is ideal for you.

### Educational Pathways

Graduates will be eligible to pathway into further study with Endeavour College of Natural Health. Completion of this Certificate may also provide credits into other Higher Education Provider allied health qualifications

For more information on this area of study explore online at [endeavour.edu.au](http://endeavour.edu.au) or call **1300 462 887** to speak with an Admissions Adviser.



**FEE-HELP Available**



**Subjects Delivered Online**



**Full Time Study Load**

## 2020 Full Time Course Structure – 6 Months

Code	Subject Title	Contact Hrs/Wk	Credit Points	EFTSL	Subject Type
MSTP2	Introduction to Musculoskeletal Therapies	3	2	0.125	Theory
SOCM3	Mindfulness in Practice	3	2	0.125	Theory
BLOW3	Wellness Practices	3	2	0.125	Theory
NMDM1	Medicinal Food Science	6	4	0.125	Theory
<b>Course Totals</b>				<b>0.5</b>	

## Subject Descriptions

Code	Subject Title	Description
MSTP2	Introduction to Musculoskeletal Therapies	Introduces students to the many forms of musculoskeletal therapies that are practiced on a global basis.
SOCM3	Mindfulness in Practice	Explores historical foundations and the contemporary development of mindfulness. Introduces the full potential of mindfulness practices and its applications in both in self-care practices and the care of others.
BLOW3	Wellness Practices	This subject will introduce students to the contemporary field of holistic wellness, and its application within clinical practice, for working with clients in relation to self-care, disease prevention, and the promotion of a thriving lifestyle.
NMDM1	Medicinal Food Science	Study the use of food as a therapeutic tool rather than just nutrition. Farming techniques and how these affect the quality of the food grown.

## How to apply

- › Apply online at [apply.endeavour.edu.au](http://apply.endeavour.edu.au)
- › Phone 1300 462 887 and select "1" to speak with an Admissions team member
- › For general course enquires visit [endeavour.edu.au/contact](http://endeavour.edu.au/contact)