



ENDEAVOUR
College of
Natural Health

Undergraduate Certificate in *Lifestyle Coaching*



2024 COURSE BROCHURE

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.

Graduate Attributes

Develop an understanding of mindfulness, wellness, nutrition and physical practices and learn how to apply them in a 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 (BIOW3)
- Foundations of Human Nutrition (NMDF1)

AQF level

AQF5 (NMDF1) and AQF 7

Course Duration

- 6 months full-time or 12 months part-time
- The Undergraduate Certificates qualifications are currently accredited until June 2025 and all subjects need to be completed by May 2025 (unless otherwise noted)

Study Mode

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

Intakes

- February and March online intakes
- Offered nationally

Recognition of Prior Learning (RPL)

Students may apply for RPL based on relevant work experience and/or educational history.

Entry Requirements

Endeavour College is a direct entry institution.

- Year 12 or equivalent (OP/ATAR score not required)
- Mature age students without year 12 equivalent may be admitted based on demonstrated ability to undertake study at higher education level through relevant work and/or life experience, and/or attempted or completed formal, informal or non-formal study
- English language proficiency equivalent to a 6.5 IELTS result is required

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.

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 or call **1300 462 887** to speak with an Admissions Adviser.



FEE-HELP Available



Subjects Delivered Online



Part Time or Full Time Study Load

2024 Full Time Course Structure – 6 Months

Code	Subject Title	Contact Hrs/Wk	Credit Points	EFTSL	Subject Type	Delivery Mode
MSTP2	Introduction to Musculoskeletal Therapies	3	2	0.125	Theory	Online
SOCM3	Mindfulness in Practice	3	2	0.125	Theory	Online
BIOW3	Wellness Practices	3	2	0.125	Theory	Online
NMDF1	Foundations of Human Nutrition	6	4	0.125	Theory	Online

Course Totals

0.5

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.
BIOW3	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.
NMDF1	Foundations of Human Nutrition	Establishes the essential bridge between bioscience and nutrition science. Students explore the biological and physiological functions of macro and micro nutrients.

How to apply

- Apply online at 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/course-enquiry