

Study Nutrition Online.

**Change your life,
health and career**

11046NAT - CERTIFICATE IV IN NUTRITION



Hi there.



Our mission.

It's simple, we want to improve the health of Australians through education.

Helping people reach their goals with the very best fitness and nutrition qualifications allows us here at Vast Fitness Academy to reach more people, making a significant impact on the health of Australians nationwide.

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**Make the right
decision to reach
your goals.**

Why this course?



Don't go any further.

If there is one thing you must read within this document, it is this...

Before diving into the course content, it's essential to recognise the true value of understanding the units contained within any course.

The 11046NAT - Certificate IV in Nutrition, crafted by peak body Nutrition Council Australia, was meticulously designed to fill the training gap in the Australian nutrition landscape below the university level. This means that 9 of the 14 units contained within this course were designed to educate students in areas that were previously not available for students without attending university. These units are exclusive to this course and will not be found in any other course in Australia.

By focusing exclusively on nutrition knowledge and skills, we've eliminated unrelated units that do not directly relate to nutrition or working with clients. This laser-sharp focus ensures that you receive a complete and comprehensive nutrition education, empowering you to work with a diverse range of clients who have different goals - be it nurturing a healthier relationship with food, body composition targets such as fat loss or muscle gain, or enhancing athletic performance.

Take the time to thoroughly examine pages 11-15, outlining the course and specific units to gain a clear understanding of the well-rounded nutrition education you're about to embark on.

Remember, the knowledge you acquire is far more valuable than any title you may earn upon completion. So, I will highlight as you assess any course, always prioritise understanding the units contained within to unlock your full potential and create a successful career in nutrition.





Accessible to everyone.

There are no prerequisites for this course, so whether you are wanting to commence your career in the health industry, or simply expand on your own knowledge, this is the course for you.



Exclusive course content.

Developed by peak body, Nutrition Council Australia (NCA), Vast Fitness Academy is the only authorised Registered Training Organisation responsible for delivering this qualification.



Dedicated student support.

Students are assigned a dedicated Personal Assessor who is a highly qualified, university-trained Nutritionist or Dietitian with extensive industry experience, ready to provide you with support and guidance throughout your program.



No work placement.

This course is delivered 100% online so there is no requirement for work placement.



Nationally recognised training.

The 11046NAT – Certificate IV in Nutrition is the only Certificate IV level qualification in Australia that qualifies graduates to work as a Nationally Recognised Nutritionist (NRN).



Nutrition council australia.

NCA has developed the nationally recognised and accredited 11046NAT – Certificate IV in Nutrition qualification and the associated Scope of Practice and Risk Stratification Screening Tool. Vast Fitness Academy is the only authorised Registered Training Organisation responsible for delivering this qualification.



Insurance.

AON is the approved insurance broker for NCA, and can provide graduates with the correct and affordable insurance cover, risk advice and claims support.

Say hello to our Nutrition Assessment Team...



Sarah K



Danni



Jo



Mel



Sara E



Personal assessor.

When you join Vast, you will be assigned a dedicated Personal Assessor for the 11046NAT – Certificate IV in Nutrition program. Your Personal Assessor will be a highly qualified, university-trained Nutritionist or Dietitian with extensive industry experience, ready to provide you with support and guidance throughout your program.



Live virtual support.

Alongside email support, we also offer Live Virtual Support, allowing you to connect with one of our Assessors via Zoom and get answers to any questions, helping you stay on track and make progress quickly.



"Sara my assessor was amazing and helpful. The course structure was easy to follow, even as a busy working mum. I would strongly recommend Vast."

Ann Malovan | Jan 2023

"The Nutritionist course by Vast is amazing. The support I receive from my assessor Lyndsie is far beyond what I expected and the learning portal is so easy to use. I would recommend the Certificate IV in Nutrition to anyone wanting to further their education on Nutrition."

Kaysi Nix | Feb 2023

"This was a great course, the content was up to date and relevant. My assessor Dani was amazing, supportive and provide great feedback."

Hayley Wright | Jan 2023

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What you will learn.

The 11046NAT – Certificate IV in Nutrition course is a comprehensive nutrition education program that covers both Health and Wellness and Sports Nutrition Coach elective units.

This course has been meticulously designed to cater to all levels of knowledge and experience, whether you are a novice in the field of nutrition or hold existing qualifications.



>> Course options.

For the Complete Nutrition education you will complete both the Health and Wellness Coach and Sports Nutrition Coach elective units contained within the 11046NAT – Certificate IV in Nutrition. Alternatively, you can choose to specialise in Health and Wellness Coach OR the Sports Nutrition Coach elective units.



Complete Nutritionist.

📅 14 units ⌚ 12 months

Want to know all there is to know about nutrition?

Our Complete Nutritionist course comprises both Health & Wellness Coach as well as the Sports Nutrition Coach electives from the 11046NAT – Certificate IV in Nutrition.

Studying both electives empowers you with the Complete Nutrition Education Toolkit. You will gain the practical skills, knowledge and strategies to provide support to a broad range of clientele, widening your scope of practice and ensuring the ongoing success of your business.



Health & Wellness Coach.

📅 11 units ⌚ 12 months

The Health and Wellness Coach is perfect for those looking to start a new career as a Nutritionist or simply gain knowledge and awareness to improve the health of yourself and your family.

The Health and Wellness Coach course will equip you with practical skills for everyday, real-life practice during your Nutritionist career. You will learn valuable communication skills, analyse client information effectively and successfully build rapport to ensure your nutrition counselling relationship is positive and productive.



Sports Nutrition Coach.

📅 11 units ⌚ 12 months

The Sports Nutrition Coach elective is perfect for anyone who wishes to work specifically with clients looking to change their nutrition to improve their body composition, sporting performance, or athletic results. This course provides comprehensive education on understanding the unique nutritional needs of clients, while considering the numerous variables present within their routines and training schedules.

You will learn how to apply the principles of sports nutrition to design a personalised nutritional plan for a client, including meal frequency and timing, to help them achieve optimal results.

>> What will you learn.

Complete Nutritionist.

- 🔖 **Your Role as an Insured Nutritionist:** Understanding your professional identity.
- 🔖 **Personalised Calorie and Macro Plans:** Crafting precise nutrition plans.
- 🔖 **Mind-Body Connection:** Exploring digestion's impact on holistic wellbeing.
- 🔖 **Gut Health and Detox Science:** Navigating the world of digestive health.
- 🔖 **Holistic Health Relationship:** Interconnecting health, fitness, and nutrition.
- 🔖 **Optimising Client Results:** Tailoring outcomes for fat loss, muscle gain, and health.
- 🔖 **Fad Diets and Diet Systems:** Analysing various diet approaches.
- 🔖 **Structured Client Consultations:** Conducting effective client sessions.
- 🔖 **Evidence-Based Supplementation:** Prescribing supplements with confidence.
- 🔖 **Anatomy and Physiology Mastery:** Applying it to personalised nutrition.
- 🔖 **Tailored Nutrient Planning:** Individualising macro and micronutrients.
- 🔖 **Results-Driven Programs:** Creating plans for fat loss, strength, and health.
- 🔖 **Behavioural Psychology Insights:** Understanding client habits and emotions.
- 🔖 **Customised Goal-Based Nutrition:** Delivering tailored plans for specific objectives.

Health & Wellness Coach.

- 🔖 **Your Role as an Insured Nutritionist:** Understanding your professional identity.
- 🔖 **Personalised Calorie and Macro Plans:** Crafting precise nutrition plans.
- 🔖 **Mind-Body Connection:** Exploring digestion's impact on holistic wellbeing.
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- 🔖 **Tailored Nutrient Planning:** Individualising macro and micronutrients.
- 🔖 **Results-Driven Programs:** Creating plans for fat loss, strength, and health.
- 🔖 **Behavioural Psychology Insights:** Understanding client habits and emotions.
- 🔖 **Understanding & applying the fundamental principles of holistic health and mental health.**

Sports Nutrition Coach.

- 📌 **Your Role as an Insured Sports Nutritionist:** Understanding your professional identity.
- 📌 **Personalised Calorie and Macro Plans:** Clients/athletes with fitness/performance related goals.
- 📌 **Mind-Body Connection:** Exploring digestion's impact on holistic wellbeing.
- 📌 **Gut Health and Detox Science:** Navigating the world of digestive health.
- 📌 **Holistic Health Relationship:** Interconnecting health, fitness, and nutrition.
- 📌 **Optimising Client Results:** Tailoring outcomes for specific athletic performance goals.
- 📌 **Maximise Performance:** Strategies for pre, during and post-exercise nutrition.
- 📌 **Structured Client Consultations:** Conducting effective client sessions.
- 📌 **Evidence-Based Sports Supplementation:** Prescribing supplements with confidence.
- 📌 **Anatomy and Physiology Mastery:** Applying it to personalised nutrition.
- 📌 **Tailored Nutrient Planning:** Individualising macro and micronutrients.
- 📌 **Results-Driven Programs:** Creating plans for athlete peak performance.
- 📌 **Behavioural Psychology Insights:** Understanding and improving fitness/sporting performance.
- 📌 **Customised Goal-Based Nutrition:** Delivering tailored plans for specific athlete objectives.



»» Course delivery.

VFA offers a self-paced, online course for individuals seeking to further their nutrition education. Our courses are designed to accommodate your lifestyle and can be customised to suit your needs.

When you join Vast, you will be assigned a dedicated Personal Assessor for the 11046NAT – Certificate IV in Nutrition program. Your Personal Assessor will be a highly qualified, university-trained Nutritionist or Dietitian with extensive industry experience, ready to provide you with support and guidance throughout your program.

Alongside email support, we also offer Live Virtual Support, allowing you to connect with one of our Assessors via Zoom and get answers to any questions, helping you stay on track and make progress quickly.

The course is delivered through a combination of theoretical and practical elements:

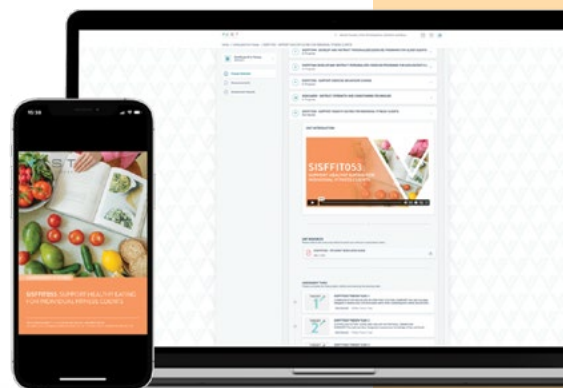
📖 **Theoretical element.**

Our state-of-the-art online learning portal delivers the theoretical element of the course. The course is interactive and engaging, featuring a variety of assessments, including true-false, fill-in-the-blank, multiple-choice, and short-answer responses.

Case studies and short scenarios are used to enhance your understanding of the subjects before moving on to the practical requirements.

Learner resources

Your 'Student Resource Guides' are located within your online learning portal and provide the necessary skills and knowledge required to successfully complete your 'online theory tasks' and 'practical tasks'. VFA will also provide you with any other additional resources to assist your learning. These can all be located within your learning portal under the specific unit of competency.



Online theory tasks

Once you thoroughly understand your available resources, you are ready to complete all online theory tasks within your online learning portal.

For the online fitness courses, online theory tasks comprise a variety of different assessment methods, examples include:

- Multiple choices questions
- Fill-in-the-blank questions
- Mix and match questions
- Short answer questions
- Label image questions

Practical element.

Enhance your practical learning experience from the comfort of your home through our online Nutritionist program. The course is designed to be fully online, eliminating the need for any in-person work placement.

During the course, you will participate in various case study-driven practical tasks that allow you to practice conducting consultations with simulated clients, such as friends and family. This hands-on approach helps you gain a realistic understanding of working with clients and addressing their unique objectives.

Through effective consultations, you will build strong communication skills and become familiar with the numerous factors that influence clients' routines and training schedules. In addition, you will work on case studies featuring fictional clients, where you will analyse provided information, create nutrition plans, and recommend strategies to help clients achieve their goals. Lastly, you will discover the importance of consistently modifying a client's plan based on their results and feedback, ensuring optimal progress and success.



>> Qualification details.

QUALIFICATION	11046NAT - CERTIFICATE IV IN NUTRITION
VERSION/RELEASE DATE OF QUALIFICATION	VERSION 1, APRIL 2022
TOTAL NUMBER OF AVAILABLE UNITS	14 UNITS
TOTAL NUMBER OF REQUIRED UNITS	11 UNITS To achieve the 11046NAT - Certificate IV in Nutrition, students must complete a minimum of 11 units in total, comprised of the required 'core units' and one entire elective stream.
NUMBER OF CORE UNITS	8 UNITS
NUMBER OF ELECTIVE STREAMS	2 ELECTIVE STREAMS (Sports Nutrition Coach AND/OR Health & Wellness Coach)
NUMBER OF ELECTIVE UNITS	3 ELECTIVE UNITS PER STREAM



Work Placement

No work placement required.



Study Mode

Online and self paced



Study Duration

Up to 12 months from the date of enrolment.

RECOGNITION OF PRIOR LEARNING

If you have previously completed qualifications that you believe could be a credit towards your nutrition course, you can apply for Recognition of Prior Learning (RPL).

For more information please discuss with one of our Careers Advisors.

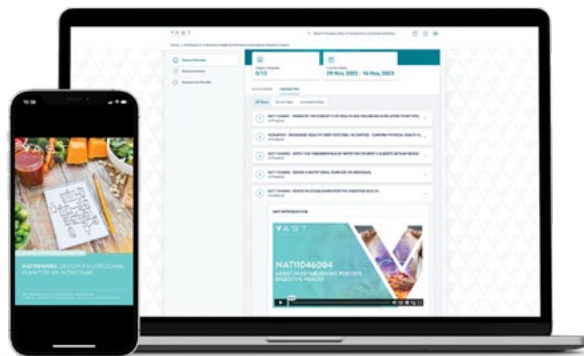


»» Course overview.

To build upon your knowledge base, structured education is used. Firstly, you'll receive eight core units that outline all the factors contributing to overall health and wellness. These units provide you with an in-depth understanding of the human body's inner workings, including biology, chemistry, anatomy, and physiology.

Subsequently, you'll delve into the role, function, and chemical makeup of macronutrients and micronutrients, and learn how to establish positive digestive health with your clients. These core concepts will provide you with critical knowledge that will be applied throughout the course.

Afterward, you'll complete a step-by-step process for assessing your client's needs through structured consults. This process will enable you to identify your client's individual needs and subsequently develop evidence-based, results-driven programs for fat loss, strength performance, or general health.



Throughout the course, you will learn practical skills and knowledge that will help you develop customised nutrition plans and personalised advice to help your clients achieve their health and wellness goals. Additionally, you'll acquire the ability to analyse and compare various supplements and their ingredients, allowing you to select the most suitable supplement for your clients to reach their goals.

The course will also cover how to identify and address the psychological and emotional aspects of a client's eating habits, as well as effective communication techniques to help them achieve their goals. You'll learn how to understand the impact of stress, motivation, and performance anxiety on a client's nutrition and how to implement various psychological approaches to enhance their performance.

Lastly, you will be equipped with hands-on skills and in-depth knowledge necessary to deliver customised nutrition plans and personalised advice to help your clients achieve their health, fitness, or performance goals. This knowledge applies whether you're a Health and Wellness Coach providing general health and nutrition guidance or providing specialised nutrition strategies for athletes and clients who wish to lose fat or gain muscle.

>> Core units.

HLTAAP002* - Confirm physical health status + HLTAAP001* - Recognise healthy body systems (combined unit)

Through the study of foundational anatomy and physiology principles, our program equips students with the knowledge of how the human body functions and processes food. This enables students to recognise their clients' health status by understanding the structure and function of each human body system. By having a comprehensive understanding of how the body works, students can provide personalised nutrition advice and guidance to their clients.

NAT11046001 - Promote the concepts of health and wellbeing in relation to nutrition

At our program, we utilise foundational anatomy and physiology principles. This helps you understand how the body functions and how food works within it. By learning the structure and function of each human body system, you can recognise your clients' health status. With this knowledge, you gain a comprehensive understanding of how the body works. Therefore, you can provide personalised nutrition advice and guidance to your clients.

NAT11046002 - Apply the fundamentals of nutrition to meet a client's dietary needs

At the outset of this unit, we explore the fundamentals of nutrients. We introduce the six essential nutrients, discussing what they are, how they can be classified into macro and micronutrients, where they are found, how they are processed and utilised within the body, and the recommended quantities for each. With this understanding, students will be able to identify various nutrient deficiencies, recognise their signs and symptoms, and provide appropriate assistance to clients within their scope of practice.

NAT11046003 - Design a nutritional plan for an individual

In this unit, students have the opportunity to apply foundational nutrition principles to develop customised meal plans for five (5) case study clients with different needs and goals. The unit provides a step-by-step process for developing meal plans, including analysing the client's current nutritional intake, calculating their recommended nutritional requirements, and identifying areas that require change. Students will also learn how to make flexible nutritional recommendations if a client is unwilling to follow a structured meal plan.

NAT11046004 - Assist in establishing positive digestive health

In this unit, we emphasize the importance of having a thorough understanding of digestive health for both successful practice and client success. You will gain a comprehensive understanding of the physiology of the digestive system, the organs involved in digestion, and the significance of fibre and having a healthy gut microbiome. Additionally, you will learn about bowel transit time and pH levels, which are important factors in maintaining optimal digestive health. Furthermore, you will be able to identify factors that negatively impact the digestive system and recognise when it is not functioning as it should. This knowledge will enable you to provide effective dietary advice and guidance to your clients to help improve their digestive health and overall wellbeing.

NAT11046005 – Analyse and apply principles of psychology and behaviour management

In this unit, we cover basic psychological and behaviour management principles to equip you with the skills to foster positive change in the lives of your clients. You will gain an understanding of the many facets of behavioural change and what is needed to achieve it successfully. Moreover, this unit delves into the science of how food and nutrients impact behavior and emotions. You will learn how specific nutrients can improve or worsen a client's mental health. This knowledge will enable you to provide effective dietary advice and guidance to improve your clients' mental and emotional wellbeing. By understanding the connection between food and mental health, you will be equipped to help your clients achieve their health and wellness goals.

NAT11046006 – Advise customers on the use of nutritional supplements and ergogenic aids

In this unit, we cover basic psychological and behaviour management principles to equip you with the skills to foster positive change in the lives of your clients. You will gain an understanding of the many facets of behavioural change and what is needed to achieve it successfully. Moreover, this unit delves into the science of how food and nutrients impact behaviour and emotions. You will learn how specific nutrients can improve or worsen a client's mental health. This knowledge will enable you to provide effective dietary advice and guidance to improve your clients' mental and emotional wellbeing. By understanding the connection between food and mental health, you will be equipped to help your clients achieve their health and wellness goals.

** These two units are combined to accelerate studies.*



Elective Stream One

Health & Wellness Coach.

CHCCSL001 – Establish and confirm the counselling relationship

This unit has its foundations set in counselling strategies and principles, and it focuses on the initial stages of conducting a consultation. You will learn how to gather sufficient client information and implement various counselling techniques to foster healthy relationships with your clients.

By the end of this unit, you will have the knowledge and skills to take a structured approach to consultations and implement effective communication techniques. Additionally, you will gain an understanding of the exact parameters within which you can assist a client within a counselling context.

This unit equips you with the tools and techniques necessary to conduct successful consultations, ensuring that you can communicate effectively with your clients and provide them with the support they need to achieve their health and wellness goals.

CHCMHS011 – Assess and promote social, emotional and physical wellbeing

In this unit, you will learn how to take a holistic approach to address your client's nutritional concerns. We will provide you with a comprehensive understanding of each wellbeing domain, including physical, social, emotional, spiritual, and cognitive.

By studying these domains, you will gain an understanding of the interconnectivity of each aspect of your client's wellbeing and how each domain can impact their nutritional habits and behaviours. This knowledge will enable you to provide effective and tailored nutritional advice to your clients, ensuring that their dietary recommendations meet their unique needs and goals.

By the end of this unit, you will have the knowledge and skills to provide holistic nutrition advice, considering all aspects of your client's wellbeing, to help them achieve optimal health and wellness.

CHCCSL007 – Support counselling clients in decision-making processes

Building on the previous unit, which focused on the initial stages of consultation, this unit takes you straight into the heart of the consultation process. Here, you will learn the essential skills required to shape your client's goals into realistic, achievable objectives based on their strengths.

In addition, you will learn several decision-making models that you can use with your clients to determine the best course of action. This knowledge will enable you to provide effective and tailored nutritional advice to your clients, ensuring that their goals are achievable and in line with their individual abilities and strengths.

By the end of this unit, you will have the knowledge and skills to conduct successful consultations, providing effective and tailored nutrition advice to help your clients achieve their health and wellness goals.

Elective Stream Two

Sports Nutrition Coach.

NAT11046007 – Provide nutrition information to clients for exercise related goals

This unit builds on nutrition principles introduced in earlier units in the course; however, it provides further education on tailoring nutrition principles and strategies to support clients participating in regular physical activity. The student will learn how to manipulate a physically active client's diet depending on their activity level. The student will also learn the importance of having a robust network of support personnel to support their client.

NAT11046008 – Design a diet to assist clients in achieving exercise related goals

This unit enables students to expand their knowledge of nutrition for physically active clients, building on the information provided in the previous unit. Through this unit, students will acquire the ability to tailor their nutritional advice based on different sporting, physique, training, and timing requirements, ultimately increasing their athlete's likelihood of achieving peak performance. By the end of the unit, students will design a meal plan for an athlete of their choice.

NAT11046009 – Apply sports psychology principles in a nutritional coaching context

In this unit, students will be introduced to the world of sports psychology, which may assist clients in achieving peak performance. The unit explores principles such as mental rehearsal, visualisation, guided imagery, motivation, arousal, and aggression, providing students with a deeper understanding of how to incorporate these principles into their nutrition practice.

 **Chat** to a Careers Advisor.



>> Work placement.

There is NOT a requirement for work placement when completing the 11046NAT – Certificate IV in Nutrition. The course contains both theory and practical tasks that can be completed at home.

The practical assessments can be completed at home with a friend or family member, which can be submitted in a video format to our student portal. Most practical tasks are case study based and follow the same clients through various changes and stages in their journey.

These case studies were designed to provide as much real-life experience via online delivery. There are only a few units which require students to find people in their life who can be their 'clients'. Students are not required to find real paying clients, they can use friends and family when completing the practical assessments.

>> Career opportunities.

A graduate of the 11046NAT – Certificate IV in Nutrition will qualify for Nutrition Council Australia registration.

Registration allows access to Allied Health Professional Indemnity/Public Liability insurance through AON Insurance.

This registration allows graduates to legally practise as Nutritionists under the Nutrition Council Australia Scope of Practice. Nutritionists work with clients to identify their specific needs and goals and provide them with detailed nutritional advice and individually tailored meal plans to assist the client in achieving those needs and goals.

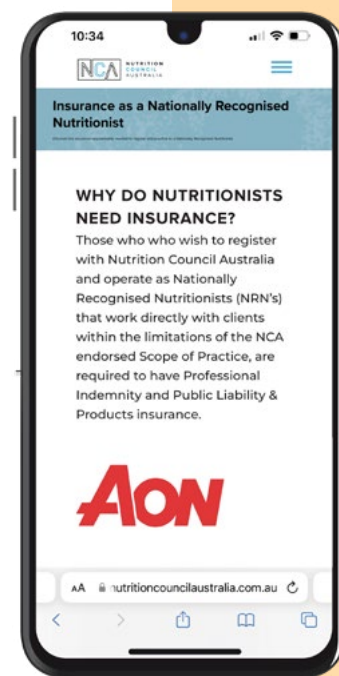
Sports Nutrition Coach	Corporate Wellness Coach
Health and Wellness Coach	Hospitality Consultant
Functional Nutrition Consultant	Online Store Owner
Recipe Developer	Market Stall Holder
Online Nutrition Coach	Health Food Store Retailer
Food Blogger or Content Creator	Supplement Store Retailer

»» Nutrition council australia.

Nutrition Council Australia (NCA) is a collaborative industry association that promotes positive nutritional information and healthy lifestyle practices within Australia.

NCA has developed the nationally recognised and accredited 11046NAT – Certificate IV in Nutrition qualification and the associated Scope of Practice and Risk Stratification Screening Tool.

Vast Fitness Academy is the current authorised Registered Training Organisation responsible for delivering this qualification.



What insurance does a Nationally Recognised Nutritionist require?

Nationally Recognised Nutritionist (NRN's) and work directly with clients within the the NCA endorsed Scope of Practice, are required to have Professional Indemnity and Public Liability and Products insurance.


A Nutritionist provides advice and counselling in relation to diet, food, and nutrition. Most clients will take on this advice and achieve great results. However, there is always a chance that a client may experience an unforeseen reaction to the advice or misinterpret part of the plan, which could lead to them holding the Nutritionist legally liable and ask for payment for damages.

What insurance provider does Nutrition Council Australia recommend?

AON is the approved insurance broker for Nutrition Council Australia, and can provide graduates with insurance cover, risk advice and claims support.

The AON Health Combined Professional Indemnity and Public and Products Liability insurance for Nutritionists includes:

- Flexible Professional Indemnity cover limits
- Unlimited retroactive date
- Run off cover
- 2 hours complimentary legal advice per policy, annually.

 **Click here** for more NCA info.

03 Support.

**You can
expect a lot**



Don't just take our word for it...



Liz Rodger

2 reviews

★★★★★ 7 months ago

I cannot recommend VAST highly enough! Having just completed my Cert IV in Nutrition, I felt incredibly supported throughout the whole process by the VAST team, and my amazing assessor, Sarah.

The course material was easy to understand and so well delivered that it made it actually enjoyable to get to study every day!

Thankyou to VAST and the team, I am now super excited to put all that you've taught me into practice. Time to go out there and help people make a positive change to their life!



Julia Serafina

18 reviews

★★★★★ 8 months ago

Loved studying with Vast Fitness Academy!! I completed 10763NAT - Certificate IV in Nutrition within the 12 months. The assessors are highly trained and fast with response times. The online portal was user friendly and the assessment material was organised well. Definitely a comprehensive course that you finish feeling confident that you have the required skills and knowledge. With 10+ years experience in the industry, this would be my recommendation on a training academy for certification.



Debbie Williams

2 reviews

★★★★★ 3 months ago

I would highly recommend Vast Fitness Academy to future students as a place to learn and gain a qualification. The assessors were very supportive when needed and assessments were marked in a timely manner. The online learning platform is easy to use and all resources were provided including webinars which helped with understanding the content. Thanks to Amanda, my assessor, for clarifying assessment requirements and assisting me to complete the Certificate IV in Nutrition! Thanks Vast!



Mariana Assandri

1 review


★★★★★ 7 months ago

I have just graduated with Vast Fitness Academy with my Certificate IV in Nutrition. I found the content of the course and the tools and examples provided very informative and easy to follow.

Having not studied for 30 years, Everything was made easy by my assessor's Mandy and Sara who were very prompt and supportive throughout the course.

After searching for a nutrition course for some time, I was lucky to have found Vast Fitness Academy who I highly recommend for this course.

Thank you for helping me achieve my qualification!!

 [Click here](#) for more reviews.

Where to from here?



Frequently asked questions



Further course information



Chat to a Careers Advisor



VAST
FITNESS ACADEMY