



Supplement & Fad Diet Facts

This online workshop highlights the advantages and disadvantages of popular supplements and fad diets and provides the fitness professional with the knowledge to respond to common client questions.

Workshop Overview:

- What is a Fad diet and do they work? If not, why not?
- Uncover the benefits and weaknesses of current popular Fad diets, including; The Raw Food Diet, Paleo Diet, Mediterranean Diet, High Fat Diet, 5:2 Fasting Diet, Low/No Carbohydrate Diet.
- The background behind supplements, including; how to classify them, who uses them, what to be wary of.
- Understand the facts surrounding the effects of common supplements, such as; Protein, Pre-workout supplements, Beta- alanine, Creatine, Fish Oil.
- Fitness Professional Scope of Practice, including; how to respond to client questions, what information to provide, tips for helping your clients.
- Self-paced online course (over 3 months)

Pre-requisite:

This course is open to anyone, no previous qualifications are required. This course does not count towards CEC points, but it highly recommended to anyone wishing to understand more about diet fads and the facts surrounding supplements.

Upon completion of this course, you will have greater Nutrition Support/Body Composition knowledge and can offer more advice to your clients.

For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol complete details below and email to: info@afa.com.au

Name:

Email:

Address:

Suburb:

State:

Postcode:

Phone: (H):

Phone (M):

Phone (W):

Fitness Australia Registration Number:

Date:

Delivery Option: Online Face to face

Course Cost: \$150

Visa Mastercard Cardholder's Name:

Card Number:

Expiry: / CSV:

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /