



# A Practical Guide to Nutrition for Allied Health - Level 1

**Evidence-Based-Decision-Making: a practical approach to nutritional advice**

## What to Expect

**Developed and taught by Verona Chadwick** this theory and highly practical course includes cases studies to assist your understanding of how to identify, assess and appropriately advise nutritional recommendations to maximise your clients improvement.



This course is an opportunity to develop your skills in providing evidenced based advice across a range of nutritional challenges seen in private practice.

## Course Outline

### Day 1

- 8.15-8.30 Registration
- 8.30-10.30 Introduction, Macronutrients, Good Fats / Bad Fats, Protein Synthesis and Degradation  
**Practical --- Measuring Body Composition**
- 10.30-10.45 Morning Tea
- 10.45 - 1.00 Micronutrients, Manifestations of Deficiencies, **Observational Practical: Micronutrient Deficiencies**
- 1.00 - 1.45 Lunch
- 1.45 - 3.30 Inflammatory Mediators, Insulin Resistance / Type 2 Diabetes , Metabolic Syndrome
- 3.45 - 5.30 Fructose, Appetite Control, Gut Health & Food Intolerances, Understanding Cholesterol

### Day 2

- 9.00 - 10.30 Recap Day One, Macronutrient Group Session, Chronic Fatigue / Fibromyalgia, **Case Study**
- 10.30 - 10.45 Morning Tea
- 10.45 - 1.00 Leptin Resistance, Stress , Body Biorhythms, **Practical --- Abdominal Diagnosis (30mins)**
- 1.00 - 1.45 Lunch
- 1.45 - 3.30 Oxidative Stress , Antioxidants and Ageing, Fatty Liver, Nutritional Pain Relief, Acid / Alkaline Balance, **Case Study**
- 3.30 - 3.45 Afternoon Tea
- 3.45 - 5.00 Osteoporosis, Fracture Healing, Arthritis, Discussion on Diets, Group Examination

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