



Gilimbaa artist: Rachael Sarra, Goreng Goreng

Chronic Conditions and Nutrition

**Program
Information**



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Program snapshot

PROGRAM TITLE	Chronic Conditions and Nutrition
PROGRAM SUMMARY	The Chronic Conditions and Nutrition program is nationally accredited and aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet.
UNITS OF COMPETENCY	HLTHPS010 Interpret and use information about nutrition and diet
COST	Fully funded
PRE-READING	It is recommended students review the Foundations of Chronic Disease Program prior to attendance at the workshop.
DELIVERY & ASSESSMENT	One day face to face workshop and in-class activities assessed by a qualified assessor
ESTIMATED HOURS OF STUDY	7 hours of active learning.
CPD HOURS	As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.
ENTRY REQUIREMENTS	To view entry requirements please refer to the next page.
TERMS AND CONDITIONS	Visit benchmarkgroup.com.au/terms-and-conditions View Student Handbook

Program outline

The Chronic Conditions and Nutrition program aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet, using Eat For Health (*new Australian Dietary Guidelines*).

The program provides foundation knowledge on energy needs, basic food groups, identifying good food choices, special diet groups, obesity, client interactions for BMI management and introduces the student to the concept of Aboriginal and Torres Strait Islander foods which is an emerging evidence base.

The Program is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.

Program outcome

Upon successful completion of the program students should have the ability to:

- Access nutritional and dietary information
- Use information about diet and nutrition
- Maintain own knowledge of nutrition

Program content

The face to face workshop includes a lecture and practical workshop activities around identifying good food choices relevant to both the health professional and the client.

Program structure

To achieve competency students must demonstrate successful completion of:

- Case studies, scenarios and oral questioning in the classroom

Workplace observed practice is a mandatory requirement for this course, workplace practice must be observed by a medical practitioner, practice manager or practice nurse or appropriate relevant supervisor that performs the identified workplace tasks as part of their role.

All workplace observed activities must be completed in accordance with work health and safety standards and infection control policies and procedure.

All workplace observed activities must be completed in accordance with workplace policies and procedures of the facility where the activity is being conducted.

Program entry requirements

Entrants to the Chronic Conditions and Nutrition program must provide evidence of a relevant professional role.

Relevant roles would include:

- Aboriginal and/or Torres Strait Islander Health Workers or Practitioners
- Registered Nurses
- Enrolled Nurses
- General Practitioners
- General Practice Registrars
- Allied Health Workers
- Nutritionists
- Dieticians
- Personal Trainers
- Social and Emotional Wellbeing Workers
- Others on request.

Students must complete the Foundations of Chronic Disease prior to entry to this program.

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About The Benchmarque Group

The Benchmarque Group is a Registered Training Organisation (RTO 21824) delivering a range of clinical skills courses and programs to meet the needs of a broad range of health professionals across Australia.

As an RTO working in the health sector, our focus is on the delivery of courses and programs designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.

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