

**Proposed Schedule Professional Certificate in
Wellness Programming and Consultation
Full day class sample**

Class Day	Topic	Mode	Time	Duration
1	Basic Physiology <ul style="list-style-type: none"> Digestive & Excretory System Circulatory & Respiratory System Muscle & Skeletal System 	Online	10am – 6pm	7 hours
2	Basic Physiology <ul style="list-style-type: none"> Skin & Immune System Endocrine & Reproductive System Nervous System 	Online	10am – 6pm	7 hours
3	Nutrition Essential <ul style="list-style-type: none"> Macronutrients – Carbohydrate, Protein, Fat Micronutrients – Vitamins & Minerals 	Online	10am – 6pm	7 hours
4	Client Profiling Consultation Setting	Online	10am – 6pm	7 hours
	Common Health Issue <ul style="list-style-type: none"> Dietary Suggestion 	Online		
	E-Consultation	Online	10am – 12pm	2 hours
5	Dietary Questionnaire <ul style="list-style-type: none"> Design Analysis & Recommendation 	Online	10am – 6pm	7 hours
	Consultation Role-play – FFQ	Online		
6	Physical Activity <ul style="list-style-type: none"> Energy System in the Body Questionnaire Design 	Online	10am – 6pm	7 hours

Class Day	Topic	Mode	Time	Duration
	<ul style="list-style-type: none">Analysis & Recommendation			
	Consultation Role-play – PAQ	Online		
	E-Consultation	Online	10am – 12pm	2 hours
7	Stress <ul style="list-style-type: none">Changes in the BodyQuestionnaire DesignAnalysis & Recommendation	Face-to-face Class	10am – 6pm	7 hours
	Consultation Role-play – SQ	Classroom Practical		
8	Lifestyle Modification <ul style="list-style-type: none">ErgonomicsSleep	Online	29 Nov 2022 10am – 6pm	7 hours
	Assessment			
	TOTAL		60 hours	