



Course Category	Health			
Course Title	IPTFA Applied Nutrition & Weight Management Certificate Course			
Course Code	BH071			
Medium of Instruction	Cantonese			
Duration	30.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP4,500 Non-Macao Resident: MOP4,500			
Certificate	Students who have obtained a passing grade of the course and attended 70% of the class sessions will be issued a course certificate by UTM and a certificate by IPTFA. The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH071	2301	2023/05/03	2023/06/07
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none">• explain the role of proper nutrition and dietary habits in weight control• make appropriate food choices to maintain a healthy body weight• explain the advantages and disadvantages of different weight loss methods• describe the relationship between various psychological factors and weight management			
Outline	<ul style="list-style-type: none">• Concepts on contemporary nutrition• Psychological and behavioural modifications in the process of weight loss• How to choose high quality food• Introducing the Food Pyramid and MyPlate• Caloric needs• Popular weight loss methods• Things to pay attention to when eating out• Calculations related to weight control• Nutritional supplements• Food Labeling			
Teacher	Please refer to the schedule			