



<b>Course Category</b>	Health		
<b>Course Title</b>	IPTFA Applied Nutrition and Health Management Certificate Course		
<b>Course Code</b>	BH075		
<b>Medium of Instruction</b>	Chinese		
<b>Duration</b>	27.0 hour(s)		
<b>Pre-requisites</b>	Age 17 or above		
<b>Course Fee</b>	Macao Resident: MOP2,680 (Exam Fee: MOP2,290) (Not supported by DSEDJ Subsidy) Non-Macao Resident: MOP2,680 (Exam Fee: MOP2,290) (Not supported by DSEDJ Subsidy)		
<b>Certificate</b>	Students who have attended no less than 70% of the class sessions will be eligible to attend the "IPTFA Applied Nutrition and Health Management Vocational Qualification Recognition Examination".		
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course Start Date</b>
	BH075	2401	2024/06/19
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course End Date</b>
	BH075	2401	2024/07/17
	<b>Course Code</b>	<b>Sub Code</b>	<b>Registration Period</b>
	BH075	2401	2024/05/06 - 2024/06/14
	<b>Course Code</b>	<b>Sub Code</b>	<b>Quota</b>
	BH075	2401	25
<b>Outline</b>	<ul style="list-style-type: none"><li>• Modern nutrition</li><li>• How to choose high-quality foods</li><li>• Introduction to food pyramid and circular plate diagrams</li><li>• Energy requirements and adult nutrition</li><li>• Nutritional analysis of the various popular dietary approaches in the market</li><li>• Considerations when eating out</li><li>• Guidelines for nutritional supplements</li><li>• Food labeling</li><li>• Resistance band exercises</li><li>• Preparing and practising fitness prescriptions</li><li>• Bodyweight and weight training exercises</li></ul>		
<b>Teacher</b>	Please refer to the schedule		
<b>Remarks</b>	Students are required to apply for "IPTFA Applied Nutrition and Health Management Vocational Qualification Recognition Examination" when they are enrolled in "IPTFA Applied Nutrition and Health Management Certificate Course" (The examination fee is MOP2,290) (Not supported by DSEDJ subsidy).  Exam Date and Time: 19 July,2024 19:00-22:00		