



Health Coach Certificate



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PreKure® is a social enterprise that exists to inspire a change in medicine to be more focused on prevention.

Prevention before cure.

The medical system we have today spends most of its budget on treating sickness and very little on disease prevention. On average, we spend the last 15 years of our lives suffering from the complications of one of the big four chronic diseases: cancer, dementia, heart disease, or diabetes. But the problem is that we medicate the symptoms, rather than treating the root cause of the disease.

PreKure®'s vision is to make prescribing lifestyle medicine as easy as prescribing medicines.

Together we can change medicine. Prevention is cure. Lifestyle is medicine.

Health Coach Certificate

The current health system is failing sufferers of chronic disease – we need Health Coaches to help solve the problem. By completing our online courses and becoming a PreKure® certified Health Coach, you can support people in making the critical lifestyle changes required to dramatically improve their health and hauora/wellbeing.



Health & Behaviour Change

Learn how to get real results with your clients.

In this course, you will learn both the art and science of coaching and behaviour change, giving you the practical knowledge to help your clients or patients make sustainable behaviour changes.

Learn all about motivational interviewing, how habits are formed, and discover the latest techniques from the field of positive psychology. This course arms you with everything you need to know, so you can really make a difference.

Course Outline

- **Module 1:** What is human health?
- **Module 2:** Health & chronic disease
- **Module 3:** Behaviour change 101
- **Module 4:** Motivation 101
- **Module 5:** Positive psychology for behaviour change
- **Module 6:** Being the best you can be



This course helped me to improve how I live my life, and how I can help others improve theirs as well. It's got many dimensions to it which made it a very interesting and inspiring course.



PK102

Nutrition: The Science & Practice

Cut through the nonsense and get science-based nutrition knowledge, tools and confidence.

Have intelligent and informed conversations about nutrition with your clients, by understanding the science of what works, for whom, and when to use it.

Good nutrition is a critical part of getting results with your clients. This course is designed to give Health Coaches, personal trainers, caregivers, and wellness specialists the latest knowledge and tools they need to talk confidently about nutrition with their clients.

This course cuts through all the confusion and gives you a solid foundation in the science.

Course Outline

- **Module 1:** Nutrition fundamentals for human health
- **Module 2:** A brief history of human nutrition
- **Module 3:** The metabolic theory of energy balance
- **Module 4:** Food vs. Nutrients: Different dietary approaches
- **Module 5:** Getting to know your food and nutrients
- **Module 6:** Focusing on the client



The course was eye opening, it supports a holistic approach to diet / nutrition and has definitely cleared up a lot of confusion.

KELLY MACDONALD



Physical Activity, Exercise & Health

Update your knowledge and stay abreast of the latest trends and research in exercise and health.

You'll discover the latest techniques for longevity and optimal health, and gain a valuable understanding of the science of fitness. Keeping fit is a critical part of helping your clients and/or patients be the best they can be.

This course is designed to give Health Coaches, personal trainers, caregivers, and wellness specialists the latest knowledge, and the tools they need, to prescribe exercise programs for any age and life stage.

Course Outline

- **Module 1:** Exercise fundamentals for human health
- **Module 2:** Exercise physiology 101
- **Module 3:** Exercise and cancer, diabetes, heart disease, and dementia
- **Module 4:** Measuring fitness
- **Module 5:** Exercise prescription
- **Module 6:** Sport & exercise nutrition



I found Prof. Grant Schofield's extensive knowledge on the science of exercise and nutrition, partnered with the open-conversation delivery in the course, really beneficial.

**MARWIN SILERIO, PERSONAL TRAINER,
LES MILLS BRITOMART**



Mind-Body Medicine

Learn how to keep yourself and your clients mentally well.

Getting enough sleep is fundamental to good health. In this course, you'll learn about the science of sleep, as well as gaining the practical know-how to help your clients get a better quality and quantity of it. You'll examine stress and what happens to the body when stress becomes distress, as well as learning what's meant by "mental ill-health" and how best to treat it.

This course is designed to arm you with practical tips and tricks to help your clients stay in peak mental condition.

Course Outline

- **Module 1:** Sleep: The science and practice
- **Module 2:** Stress: From eustress to distress
- **Module 3:** Mental ill-health
- **Module 4:** Brain rules for peak performance
- **Module 5:** Breathing, mindfulness & meditation
- **Module 6:** Tools from positive psychology



By aligning with a professional group like PreKure®, I can reassure my clients that I am using the latest, evidence-based tools and techniques to support them.



Making Sense of Research

Learn what and whom to believe when it comes to the latest nutrition, exercise, and health research.

How do you know what is a good or bad interpretation of a scientific study? Why is it important to know the difference between correlation and causation? Learn the signs and symptoms of misleading research, and understand the real science behind those sensationalised newspaper headlines. This course arms you with everything you need to be a credible and evidence-informed health practitioner.

Course Outline

- **Module 1:** Why do science and research?
- **Module 2:** What is epidemiology and why is it important?
- **Module 3:** Types of studies
- **Module 4:** Basic statistics and causal thinking
- **Module 5:** Being a critical thinker
- **Module 6:** Summary and where to go next



I have been challenged with this course and have immensely enjoyed learning something new. I now understand how to apply a critical lens to everything I read.



Medications & Navigating the Health System

Be the Health Coach your clients/patients deserve by understanding how to get the best out of the healthcare system.

In this course, you'll get an overview of medicine and the healthcare system, ensuring you have the relevant knowledge to support your clients when they interact with it, and with medical professionals.

The course is designed to give you a basic understanding of common medications and their therapeutic purposes, as well as enhancing your understanding of common treatment pathways.

Course Outline

- **Module 1:** An overview of medicine
- **Module 2:** Understanding medications
- **Module 3:** Understanding treatment pathways
- **Module 4:** Tangata whai ora / person seeking wellness
- **Module 5:** The health care journey
- **Module 6:** Supporting an informed patient

TANGATA WHAI ORA / PERSON SEEKING WELLNESS

Here at PreKure®, we believe in putting the patient at the centre of healthcare. We encourage full participation by the patient and their whanau/family.

Our People

We are a team of internationally recognised health professionals, highly educated in the science and practise of lifestyle medicine.



Professor Grant Schofield >> *Public Health*

Grant is the Director of The Centre for Human Potential at AUT University and the author of over 300 published research papers and of four best-selling books. Grant is renown for his ability to translate complex science into plain English. Grant believes in putting the public back into public health and is a driving force in challenging outdated guidelines.



Dr Lisa Dawson >> *Oncologist*

Lisa is a Medical Oncologist with special interest in breast cancer, melanoma and Integrative Oncology, which takes a whole-person view of cancer treatment. Integrative Oncology incorporates evidence-based complementary practices, such as nutrition, exercise, and stress management. Lisa is a member of the Society of Integrative Oncology.



Dr Simon Thornley >> *Epidemiologist*

Simon is a public health medicine specialist. His academic career centres on improving dietary treatment for diabetes and uncovering the health effects of excess sugar intake. Simon teaches evidence-based medicine at a postgraduate level at the University of Auckland.



Dr Chris Reid >> *General Practice*

Chris is a GP and clinical lead in one of the first New Zealand practices to be accredited as a Neighbourhood Health Care Home. With more than 25 years of leadership roles in both the military and health sector, his passion is to develop a healthcare system that empowers all of us to embrace a healthy lifestyle. He is currently the chair of the RNZCGP National Advisory Council.



Dr Caryn Zinn >> *Dietitian*

Caryn is an NZ Registered Dietitian and academic at AUT University. She has over 20 years' of consulting experience as a dietitian and is the managing director of her nutrition and lifestyle consultancy practice. She has co-authored three best-selling books and is an internationally recognised leader and advocate in intermittent fasting and whole food, LCHF nutrition approach.



Dr Catherine Crofts >> *Pharmacist*

Catherine has more than 20 years' experience as a clinical pharmacist. She recently completed her PhD in the early diagnosis of metabolic disease, focusing on lifestyle management. She lectures in Pharmacology at Auckland University of Technology.



Dr Louise Schofield >> *Behaviour Change*

Louise has a PhD in Public Health and 15 years' experience in the corporate wellbeing industry, developing behaviour change programs that achieve results. A successful entrepreneur and innovator, she is also the co-founder of PreKure® and her mission is to change medicine to focus more on prevention.



Sonya English >> *Registered Nurse*

Sonya is a clinical nurse specialist for a critical care outreach team. She has a Master's of health practice and 27+ years' experience working with critically-unwell patients, both nationally and internationally. Sonya has first-hand understanding of chronic and acute organ failure, and the effects of functional decline. As an educator and senior nurse, she has a passion for disease prevention and for living a full and quality life.

FAQs

What are the benefits of doing the Certificate?

- You'll get the practical tools and resources you need to make your job as a Health Coach, General Practitioner (GP), Nurse, Nutritionist, Personal Trainer, mum/dad, or caregiver easier. You'll learn the latest science as well as the art of coaching, and you'll discover how to achieve sustainable behaviour change.
- You'll discover the evidence-base for preventive medicine.
- Enjoy more job satisfaction and see better health outcomes for your clients/patients who suffer from chronic conditions.
- Earn CPD and/or CME points.

Which courses make up the Certificate?

The Health Coach Certificate is made up of the following courses:

PK101: Health & Behaviour Change

PK102: Nutrition: The Science and Practice

PK103: Physical Activity, Exercise and Health

PK104: Mind-Body Medicine

PK105: Making Sense of Research

PK106: Medications and Navigating the Health System

You must complete and pass five of these six courses to complete the Certificate. PK101: Health & Behaviour Change is compulsory.

How long does it take to complete the Health Coach Certificate (HCC)?

The certificate takes five months on a part-time basis. It is possible to complete the HCC within two to three months if it's done on a full-time basis, with two to three courses completed per month. Each course usually takes between 12 and 20 hours and consists of six 60–90 minute modules, with each module requiring a further 30–90 minutes of reading and/or reflective practise.

When does each course start and finish?

Each course opens on the first day of the month and must be completed by the last day of that month.

Can I go at my own pace?

Yes, you can. The course can easily be completed within four weeks by committing to four or five hours of work per week.

Are there jobs for Health Coaches?

Yes. Health Coaches are employed in GP clinics, pharmacies, governmental organisations, hospitals, insurance companies, corporate employers, and more. Alternatively, you can also start your own health coaching business.

Can I do the Health Coach Certificate even if I don't plan on practising as a Health Coach?

Yes. This certificate is designed for those who work with clients and/or patients, teaching you how to change their behaviour and ultimately improve their health and wellbeing. You will also learn many tips and tricks that will help you and your loved ones personally. To date, we have had GPs, nurses, full-time mums, gardeners, IT specialists, and more enrolling for this certificate!

How do I know if I will make a good Health Coach?

Are you passionate about health and wellbeing? Do you like to help other people and find it easy to build relationships? Are you a good listener? If so, health coaching could be for you! Health Coaches believe in people. They believe that people can change, and they bring optimism and efficiency to the change process.



Social Impact

We believe that Health Coaches are fundamental to the successful future of medicine.

While doctors are at the front line of diagnosis, it's Health Coaches who provide the support that enables people to make lifestyle changes. Behavioural change requires moral and emotional support, which Health Coaches are perfectly placed to provide.

How it works:

- Enrol in one of our Health Coach courses. The choice is yours; simply upskill in one area, or complete five of the courses and become a Prekure® certified Health Coach.
- Your investment really helps. For every course you buy, we give a lifestyle medicine program for free.

PreKure® trains, develops and accredits Health Coaches.

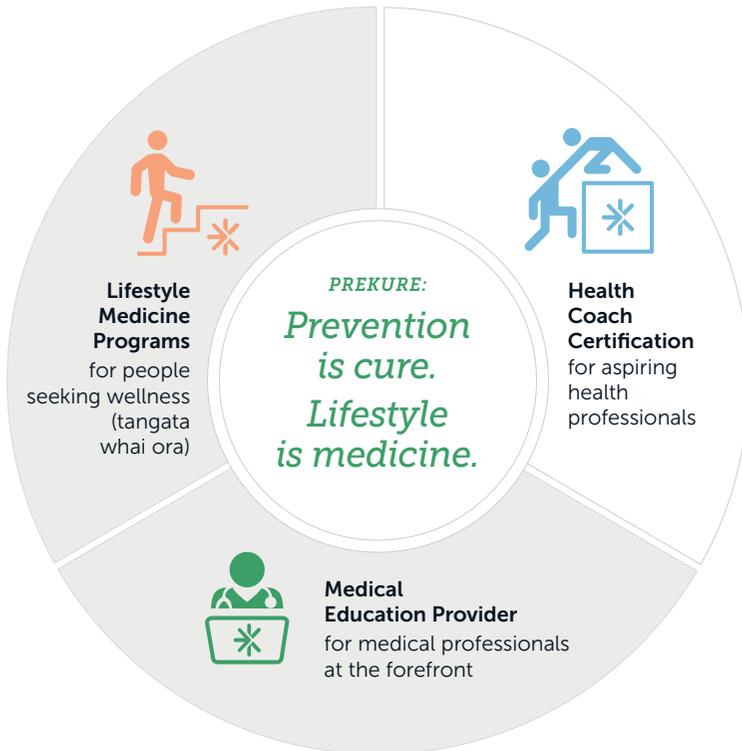
PreKure® is a continuing medical education provider for medical professionals.

PreKure® educates and provides FREE Lifestyle Medicine Programs courses to the general public.



THE HEALTHCARE SYSTEM TODAY

- Sickness system
- Reactive
- Medication focused
- Outdated nutritional guidelines
- Hierarchical approach
- Outdated research paradigm / medical based research
- Increase lifespan
- Surviving
- Individual



✱ THE FUTURE OF HEALTHCARE

- Hauora (health and wellbeing) system
- Preventative
- Lifestyle focused
- Evidence-informed nutritional guidelines
- Tangata whai ora (person seeking wellness)
- Today's research paradigm / scientific based research
- Increase healthspan
- Thriving
- Whanuangatanga (relationships) that promote wellness / whanau / family

We need Health Coaches!*

We believe that Health Coaches are currently the missing link in healthcare. Health Coaches will help people to make the lasting behaviour changes required to turn back the tide of chronic disease.

Go to prekure.com to enrol now.