



## Health Coach Certificate



#preventivemedicine → [prekure.com](https://prekure.com)

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

# Prevention before cure.

## Contents

- 1 Our Vision

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- 2 **PK101:** Behaviour as Medicine
- 3 **PK102:** Nutrition as Medicine
- 4 **PK103:** Fitness as Medicine
- 5 **PK104:** Mind-Body Medicine
- 6 **PK105:** Making Sense of Research
- 7 **PK106:** Medications & Navigating the Health System

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- 8 The Faculty
- 10 Frequently Asked Questions
- 12 Social Impact

# Become a PreKure Certified Health Coach

Health Coaches are currently the missing link in healthcare. Become a PreKure certified Health Coach and support people in making the critical lifestyle changes required to dramatically improve their wellbeing. You'll have one of the most meaningful jobs on the planet and see better health outcomes for yourself, your family and/or your client or patients.

By doing this certificate you'll be recognised as a credible and qualified Health Coach, gaining an in-depth understanding of the latest science and evidence in prevention medicine.

## Requirements:

1. Complete our 6 online theory courses in your own time. You have up to 12 months to complete:
  - **PK101:** Behaviour as Medicine
  - **PK102:** Nutrition as Medicine
  - **PK103:** Exercise as Medicine
  - **PK104:** Mind-Body Medicine
  - **PK105:** Making Sense of research
2. Complete our 12 x online coaching labs. These are delivered over Zoom and can be completed weekly or fortnightly:
  - **PK106:** Medications and Navigating the Healthcare System
  - The labs are where you hone your coaching skills in a supportive, live and interactive learning environment.
  - Sessions 1-4 Foundations: Who are you as a coach and the core coaching skills.
  - Session 5-8 The Coaching Model: Skills meet process.
  - Session 9-12 Health Coaching: 'Prevention medicine' knowledge meets the art of coaching.
3. Complete our FREE 21-day health challenge, PreKureME. Find out more about PreKureME at [www.prekureme.com](http://www.prekureme.com)



## Behaviour as Medicine

### 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

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*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 as Medicine

**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

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

**KELLY MACDONALD**



## Fitness as Medicine

### 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:** What is physical activity and exercise?
- **Module 2:** Exercise physiology
- **Module 3:** Exercise and chronic disease
- **Module 4:** Exercise prescription I
- **Module 5:** Exercise prescription II
- **Module 6:** Applied sport nutrition

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*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

### Neuroscience, brain health, mental health and wellbeing.

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:** Stress and resilience
- **Module 2:** Mental illness and treatment
- **Module 3:** Mindfulness, mindset and positive psychology
- **Module 4:** Brain health and the ageing brain
- **Module 5:** Sleep

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*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.*



PK105

## Making Sense of Research

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

In this course, you will 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 know to be a credible and evidence informed health coach, PT or nutritionist.

### Course Outline

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

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*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 and a solid grounding in the language of medicine. This course is designed to help you to be able to collaborate with health professionals more effectively, communicate well and advocate for your patient or client.

This course will give you a sound 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:** Tangata whai ora (person seeking wellness)
- **Module 3:** Bias, ethics and professional behaviour
- **Module 4:** Understanding medicines
- **Module 5:** Understanding common treatment pathways
- **Module 6:** Health coaching in primary care

### 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.

## The Faculty

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 former Chief Scientific Advisor to the Ministry of Education in New Zealand. He is the author of four best-selling books.



**Dr Glen Davies** >> *General Practice*

After Otago Medical School Glen spent 2.5 years working in a mission hospital in PNG, then a year as a medical registrar before becoming a GP in Taupo. He is passionate about using Lifestyle and Prevention Medicine to walk with his patients and community on their journey to wellness.



**Dr Simon Thornley** >> *Epidemiologist*

Simon is a public health medicine specialist. His academic career centres on improving dietary treatment for diabetes, and on uncovering the health effects of excess sugar intake. Simon teaches postgraduate evidence-based medicine 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 Desiree Dickerson** >> *Neuroscientist & Clinical Psychologist*

Desiree is a clinical psychologist with a doctorate in the neurodevelopment of mental health disorders. After working in research in New Zealand, Australia and Vienna (Austria), she now lives in Spain and speaks internationally about brain health, cognitive performance, and well-being. Her drive is to reduce the social impacts of ageing and mental health by helping people integrate effective and scientifically-proven habits and strategies into their lifestyles.



**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 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 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, before the cure is needed.



**Sonya English >> *Registered Nurse***

Sonya is a clinical nurse specialist for a critical care outreach team. She has a masters of health practice and has more than 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.



**Dr Carlo Bellini >> *Medical Doctor and Lead Coach***

Dr Carlo Bellini is a consultant, executive coach, and speaker. His expertise lies at the intersection of health, business, and innovation. He works with individuals, teams, and organisations who seek high performance, assisting them to achieve outstanding outcomes.

## FAQs

### ***When does the Health Coach Certificate start and finish?***

The Health Coach Certificate (HCC) starts as soon as you enroll and you'll have up to 12 months to complete it. The Certificate can be completed within 6 months with a weekly time commitment of approx 7 hours per week. There are 6 courses that make up the Certificate, and 12 x 2 hour online LIVE coaching Labs, and a practical lifestyle medicine program.

### ***Can I go at my own pace?***

Yes, you can. At the start of the intake you will gain access to all courses in full, which you can then complete at your own pace.

### ***Do the courses have to be completed sequentially?***

No the courses can be completed in any order.

### ***Are there jobs for Health Coaches?***

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

### ***What are the benefits of doing the Health Coach Certificate?***

- You'll get the practical tools and resources you need to make your job as

a Health Coach, GP, Nurse, Nutritionist, PT, 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.

### ***What is the 21-day Lifestyle Medicine Program?***

The 21-day health challenge, PreKureME, is all about being focused and disciplined for a short period of time with the goal of giving your wellbeing a boost. This is ideal for people who wish to establish or reinstate healthy habits. PreKureME is a component of the Health Coach Certificate as it offers hands-on practice with behaviour change techniques. Before you start coaching, let PreKureME teach you how to give your health a reset, to practice what you preach!

### ***What happens in the Coaching Skills Labs?***

This is where you will be taught by our coaching faculty in an online live and interactive setting. You'll apply what you're learning in a safe environment, honing your skills so you'll feel confident when working with real patients and/or clients. Surrounding yourself with your

fellow Health Coach students will inspire and encourage you. These interactive sessions are where you as students train and share your experiences together and are a really important part of the PreKure Health Coaching training process.

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

Our Health Coach Certificate is a great option for those who wish to work with clients and/or patients as a Health Coach.

If your preference is to up-skill in Prevention Medicine but not work as a Health Coach then you could consider doing our Certificate in Health Science.

### ***Are PreKure courses registered as Continued Professional Development?***

CPD & CME points available. We are in the process of gaining NZQA L4 Qualification for our Health Coach Certificate.

Our courses PK201 and PK202 have been endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and are approved for 15 hours (total activity) CME for General Practice Educational Programme 2/3 (GPEP) and Continuing Professional Development (CPD) purposes. 12.5 CPD REPs points also available per course.



### ***Has this course been assessed by NZQA for micro-credentialing?***

Yes - The New Zealand Qualifications Authority (NZQA) has evaluated the Health Coach Certificate (Micro-credential) delivered by PreKure and has assessed it to be equivalent to 30 credits (300 notional learning hours) at Level 5 on the New Zealand Qualifications Framework (NZQF). This is equivalent to University Level education.

**For more information, please visit [www.prekure.com](http://www.prekure.com).**

# 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:

- Invest in one of our online courses. Upskill in one area, or enroll in one of our certificates.
- Your investment really helps. For every course you buy, we give a prevention medicine program for free.

PreKure® trains, develops and accredits Health Coaches.

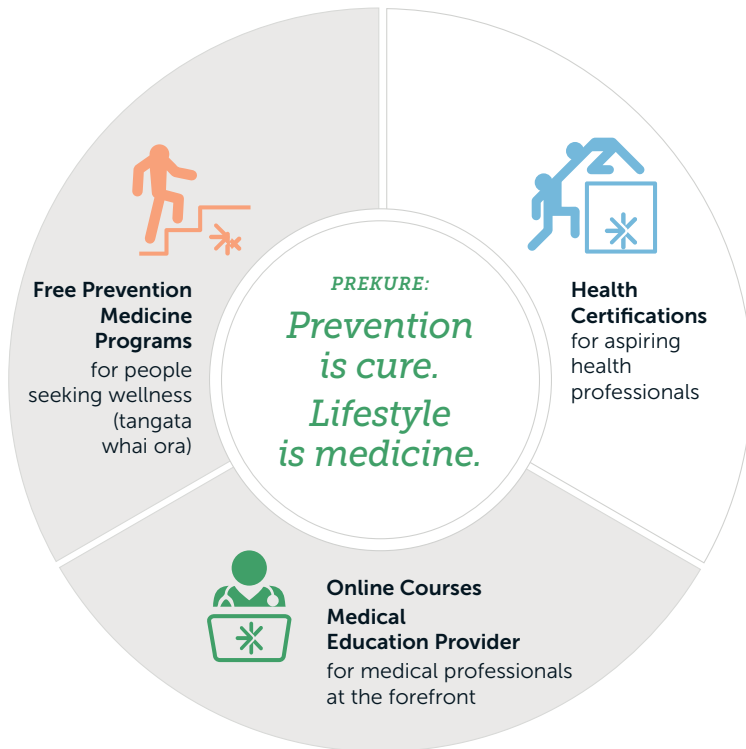
PreKure® is a continuing medical education provider for medical professionals.

PreKure® educates and provides FREE Prevention 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](http://prekure.com) to enrol now.**