



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatid.co.za · Website: www.aatid.co.za

COURSE BROCHURE

Nutrition Programme Planning for Health Improvement

Health Sciences and Social Services / Promotive Health and Developmental Services

Unit Standard 260383 · NQF Level 4 · 12 Credits · 9 Days

COURSE OVERVIEW

This course equips learners with the competencies to plan, implement, and promote nutritional programmes aimed at improving individual and community health. Participants will learn to assess nutritional needs, design appropriate interventions, and evaluate programme effectiveness within diverse South African contexts.

Category	Health Sciences and Social Services
Subfield	Promotive Health and Developmental Services
Unit Standard	260383
Accreditation	SAQA Accredited · NQF Level 4 · 12 Credits
Duration	9 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the nutritional needs of target groups using appropriate assessment tools and data.
- Design a comprehensive nutritional programme that addresses identified health needs and promotes behaviour change.
- Implement the nutritional programme using evidence-based strategies and resources.
- Evaluate the effectiveness of the nutritional programme through monitoring and feedback mechanisms.
- Promote the nutritional programme to stakeholders and the community using effective communication techniques.
- Apply ethical and legal principles in the planning and promotion of nutritional programmes.

WHO SHOULD ATTEND

- This course is designed for community health workers, nutrition advisors, fitness professionals, and anyone involved in health promotion or programme planning who seeks to enhance their skills in nutritional programme development.

COURSE OUTLINE

Day 1: Introduction to Nutrition Programme Planning

- Overview of nutrition programme planning
- Key concepts: nutrition security, malnutrition, dietary diversity
- Stakeholder analysis and community engagement
- Ethical considerations in nutrition planning
- Introduction to SAQA Unit Standard 260383
- Course structure and assessment criteria

Day 2: Nutritional Assessment and Data Collection

- Types of nutritional assessments: anthropometric, dietary, biochemical
- Data collection methods: surveys, interviews, focus groups
- Selecting appropriate indicators
- Ethical considerations in data collection
- Data quality assurance
- Practical exercise: conducting a mini-assessment

Day 3: Analysis of Nutrition Problems and Needs

- Data analysis techniques for nutrition data
- Problem tree analysis and causal mapping
- Prioritisation criteria (e.g., prevalence, severity, resources)
- Identifying vulnerable groups
- Writing a needs assessment report
- Group work: analysing sample data sets

Day 4: Setting Goals, Objectives, and Targets

- SMART criteria for objectives
- Types of objectives: process, output, outcome
- Linking objectives to identified problems
- National nutrition policies and frameworks
- Setting realistic targets
- Exercise: drafting objectives for a case study

Day 5: Designing Nutrition Interventions

- Types of nutrition interventions (supplementation, fortification, education)
- Programme logic models
- Evidence-based intervention selection
- Resource mobilisation and budgeting
- Cultural sensitivity and local adaptation
- Group activity: designing an intervention plan

Day 6: Implementation Planning and Management

- Implementation planning tools (Gantt charts, work plans)
- Role clarification and team management
- Monitoring implementation progress
- Risk management and contingency planning
- Stakeholder coordination

- Practical: creating an implementation plan

Day 7: Monitoring and Evaluation of Nutrition Programmes

- M&E; frameworks and indicators
- Process vs. outcome evaluation
- Data collection tools for M&E;
- Evaluation designs (pre-post, control groups)
- Using M&E; for decision-making
- Case study: evaluating a nutrition programme

Day 8: Communication, Reporting, and Advocacy

- Report writing structure and style
- Visualising data for advocacy
- Stakeholder communication strategies
- Advocacy techniques for nutrition programmes
- Media and public engagement
- Exercise: preparing a brief for policymakers

Day 9: Integration, Review, and Final Assessment

- Consolidation of programme planning process
- Final programme plan presentations
- Peer and facilitator feedback
- Review of unit standard assessments
- Action planning for implementation
- Course evaluation and closure

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **12 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 33,300.00	R 33,300.00
1	In-House	R 43,300.00	R 43,300.00
1	On-Campus (Pretoria)	R 50,000.00	R 50,000.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	20 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	20 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	24 Aug 2026	On-Campus	Mauritius
14 Aug 2026	26 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	26 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	27 Aug 2026	On-Campus	Shenzhen, China
17 Aug 2026	27 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 260383) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza, 1122 Burnett St, Hatfield 0028, Pretoria, Gauteng, South Africa
Tel: +27 12 004 8389 · WhatsApp: +27 65 077 6310 · apply@aaticd.co.za · www.aaticd.co.za