

Qualification & Scope of Practice Overview

Weight Management Profession (Proposed Recognition)

Certificate IV in Weight Management — CertIV(WeightMgt)

Protected Titles & Post-Nominals (with registration & insurance):

APN, APWMP, APWLC, APWC, APHC, APNC

Authorised Client Groups

- ✓ Adults aged 18+ (including geriatric) with low-to-moderate risk.
- ✓ High-risk adults (18+, non-geriatric) only with written clearance from their treating practitioner.

Restrictions

- ✗ Cannot work with high-risk geriatric clients.
- ✗ Cannot work with clients under 18 years.
- ✗ Must refer unmanaged high-risk clients for medical clearance.

Core Activities

- Conduct health screening and collect client history.
- Provide evidence-based nutrition and weight management education.
- Develop and adapt personalised meal plans for low-to-moderate risk adults.
- Support behaviour change using approved coaching techniques.
- Monitor progress and adjust programs.
- Refer high-risk clients as required.

Diploma of Weight Management — Dip(WeightMgt)

Protected Titles & Post-Nominals (with registration & insurance):

APAN, APWMS

Authorised Client Groups

- ✓ Moderate-to-high risk clients aged 13+, including adolescents and geriatric clients.
- ✓ Clients with complex needs, under a multidisciplinary care model.
- ✓ Formal collaboration with medical and allied health teams.

Restrictions

- ✗ Cannot practise outside areas of competence or without required multidisciplinary oversight.

Core Activities

- Conduct specialist assessments and interventions for moderate-to-high risk clients.
- Develop complex, tailored nutrition and weight management interventions.
- Work directly with adolescents, integrating psychosocial and developmental needs.

- Lead multidisciplinary case coordination with medical/allied health.
- Monitor and adapt programs for complex conditions under co-management.

Exclusions (Both Levels)

- Diagnose or prescribe therapeutic diets without written clearance.
- Undertake invasive tests or medical procedures.
- Work with clients outside their authorised scope.

Alignment with National Priorities

- National Obesity Strategy 2022–2032: Expands workforce capability and equity.
- Productivity Commission Draft Recommendation 3: Provides a scalable, accredited preventive workforce.