



ENDEAVOUR  
College of  
Natural Health

**2021 COURSE BROCHURE**

# *Nutritional and Dietetic Medicine*



**Bachelor of Health Science  
(Nutritional and Dietetic Medicine)**

[endeavour.edu.au](http://endeavour.edu.au)

Clinical Nutritionists approach disease prevention and management through a multidimensional lens. Nutrient adequacy, food quality, dietary behaviours and lifestyle are assessed so that individualised Nutrition Care Plans can be developed. Scientific evidence, ethics and sound clinical reasoning guide practice to ensure that diet and supplement recommendations are efficacious and safe. Clinical Nutritionists integrate traditional food wisdom and current scientific evidence to guide and support individuals and communities to eat well and live healthier lives.

### Course Duration

3 years full time: 24 contact hours per week  
6 years part time: 12 contact hours per week

### Study Mode

This course is offered in mixed mode, with a combination of online, blended, livestreamed and on campus subjects available. See the course structure opposite for details on delivery mode for each subject.

### Delivery Modes defined

Our subjects are delivered in a mix of synchronous (live) and asynchronous (not live) modes of learning. These delivery modes are defined as follows:

- **Online** – fully digital structured learning, supported by our expert academics. Asynchronous (not live) delivery, can study this subject at any time during the week within specified delivery periods. Specific due dates still apply to assessment items.
- **On campus** – attend live classes on one of our 6 campuses at specific timetabled times throughout the week. Supported by online study materials.
- **Livestream** – attend live classes **virtually** at specific timetabled times throughout the week. Supported by online study materials.
- **Blended** – a mixture of live classes (could be scheduled on campus or via livestream) and online content delivery.

Refer to individual subject outlines for details on how each subject is managed using these delivery modes.

### Intakes

Monthly online intakes available. Semester intakes in March and August annually.

### Entry Requirements

Endeavour College is a direct entry institution.

- Year 12 or equivalent (OP/ATAR score not required)
- Mature age students without year 12 equivalent may be admitted based on demonstrated ability to undertake study at higher education level through relevant work and/or life experience, and/or attempted or completed formal, informal or non-formal study.
- English language proficiency equivalent to a 6.5 IELTS result is required.

### Transfer Credit

Students may apply for credit for subjects recently studied in formal education.

### Recognition of Prior Learning (RPL)

Students may apply for RPL based on relevant work experience and educational history.

### Payment Options

- FEE-HELP approved
- Upfront payment

Tuition payment arrangements must be confirmed upon admission to the College.

### Classes

Classes are taught by experts who are highly trained in their fields and who bring their own clinical experience to provide context to foundational and therapeutic subjects.

### Practical Classes

To support learning students attend practical classes where they are expected to practice interviewing and case assessment techniques, as well as physical clinical examination and treatment procedures. This is conducted under the supervision of qualified instructors and with respect for privacy, cultural and religious differences.

### Teaching Clinics

Students gain clinical experience at Endeavour Wellness Clinics under the supervision of qualified practitioners. Our busy clinics provide the opportunity to develop and hone all skills required to run a successful clinic after graduation, including client assessment and management, client recruitment and continuity of care, customer service and dispensary management.

### Assessments

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays, practical/clinical skills demonstration and tutorial participation. All students, regardless of study mode, are required to sit examinations online using Respondus Lockdown Browser software, or in special circumstances under approved external supervision (as per the Examination Policy – Higher Education).

### Professional Recognition

Graduates may apply for membership with the following associations:

- Australian Natural Therapists Association (ANTA)
- Australian Traditional-Medicine Society (ATMS)
- The Complementary Medicine Association (CMA)
- The Nutrition Society of Australia (NSA)

### Online Learning Requirements

Professional associations vary as to the amount of online learning that they accept in a Bachelor degree. Their standards may change at any time and although Endeavour commits to keeping students informed of such changes, ultimately it is the student's responsibility to keep abreast of these issues to ensure they meet the qualifications.

### Career Opportunities

The holistic philosophy and clinical framework that underpins Endeavour's Nutritional and Dietetic Medicine course will prepare students for a successful career in a dynamic and rewarding profession as Clinical Nutritionists. Graduates can choose to work in private practice or pursue careers in population health, media, nutraceuticals and education. Additional employment opportunities include corporate health and nutritional consulting, complementary medicine safety and compliance.

There are a range of postgraduate opportunities in nutrition and public health that are open to Endeavour graduates.

*Please note that the Bachelor of Health Science (Nutritional and Dietetic Medicine) does not meet the professional accreditation requirements for graduates to practice as a Dietitian.*

For more information on this area of study explore online at [endeavour.edu.au](http://endeavour.edu.au) or call **1300 462 887** to speak with an Admissions Adviser.



**FEE-HELP Available**



**Austudy Approved**



**Part Time or Full Time Study Load**

## How to apply

- Apply online at [apply.endeavour.edu.au](http://apply.endeavour.edu.au)
- Phone 1300 462 887 and select "1" to speak with an Admissions team member
- For general course enquires visit [endeavour.edu.au/contact](http://endeavour.edu.au/contact)

# 2021 Full Time Course Structure – 3 Years

## Bachelor of Health Science (Nutritional and Dietetic Medicine) *BHSc(NutDMed)*

Code	Subject Title	Contact Hrs/Wk	Credit Points	Austudy %	EFTSL	Subject Type	Pre-req	Co-req	Delivery Mode
<b>Semester 1 – 1st Year</b>									
BIOH111	Human Biological Science 1	6	4	25	0.125	Theory	–	–	Online
BIOB111	Chemistry and Biochemistry	6	4	25	0.125	Theory	–	–	Online
SOCH111	History of Healing	6	4	25	0.125	Theory	–	–	Online
SOCF111	Foundations of Communication and Counselling	3	2	12.5	0.0625	Theory	–	–	Online
NMDS111	Sociology of Food	3	2	12.5	0.0625	Theory	–	–	Online
<b>Semester 2 – 1st Year</b>									
BIOH122	Human Biological Science 2	6	4	25	0.125	Theory	BIOH111	–	Online
NMDF121	Foundations of Human Nutrition	6	4	25	0.125	Theory	BIOH111 + BIOB111	SOCQ121	Online
NMDM121	Medicinal Food Science	6	4	25	0.125	Theory	BIOH111	NMDF121	Online (S1)/Blended (S2)
SOCP121	Psychology and Counselling Theory	3	2	12.5	0.0625	Theory/ Practical	SOCF111	–	Online
SOCQ121	Foundations of Critical Enquiry	3	2	12.5	0.0625	Theory	–	–	Online
<b>Semester 3 – 2nd Year</b>									
BIOC211	Pathology and Clinical Science 1	6	4	25	0.125	Theory	BIOH122	SOCQ121	Online (S1)/Blended (S2)
BIOP211	Pharmacology	3	2	12.5	0.0625	Theory	BIOH122 + SOCQ121	BIOC211	Online
NMDF211	Nutritional Biochemistry	3	2	12.5	0.0625	Theory	BIOH122 + NMDF121	–	Blended (S1)/Livestream (S2)
BIOE221	Clinical Examination	3	2	12.5	0.0625	Practical	BIOH122	BIOC211	Livestream/On Campus
NMDE211	Energetics of Food	3	2	12.5	0.0625	Theory/ Practical	NMDS111 + NMDF121 + NMDM121 + SOCH111	–	Blended (S1)/Livestream (S2)
HMCL211*	Clinical Skills 1	6	4	25	0.125	Theory/ Practical	BIOH122 + NMDF121 + SOCF111	SOCP121 + BIOC211	Livestream/On Campus
<b>Semester 4 – 2nd Year</b>									
HMCL222*	Nutritional Medicine Clinical Skills	3	2	12.5	0.0625	Theory/ Practical	HMCL211 + BIOP211 + BIOC211 + NMDF121	HMCL223 + BIOS222 + BIOE221 + NMDC221	Livestream/On Campus
HMCL223	Clinical Diagnostic Techniques	3	2	12.5	0.0625	Theory	BIOC211 + BIOP211 + NMDF121	BIOS222	Livestream
BIOS222	Pathology and Clinical Science 2 and 3	6	4	25	0.125	Theory	BIOC211	–	Online (S1)/Blended (S2)
NMDC221	Clinical Nutritional Medicine	9	6	37.5	0.1875	Theory	NMDF211 + NMDM121 + BIOC211	BIOS222 + HMCL222	Blended (S1)/Livestream (S2)
NMDW221	Weight Management in Health and Disease	3	2	12.5	0.0625	Theory	NMDF121 + NMDM121 + BIOC211	BIOS222 + BIOE221	Blended (S1)/Livestream (S2)
<b>Semester 5 – 3rd Year</b>									
NMDC314*	Nutritional Medicine Clinical Practicum 1	9	6	37.5	0.1875	Clinic	HMCL222 + BIOS222 + NMDC221 + HMCL223 + BIOE221	SOCI221	On Campus
SOCI221	Interpersonal Skills of the Helper	3	2	12.5	0.0625	Theory/ Practical	SOCF111 + SOCP121	–	On Campus
NMDD221	Dietary Planning Across the Lifespan	3	2	12.5	0.0625	Theory	NMDS111 + NMDM121 + NMDF121	–	Blended (S1)/Livestream (S2)
NMDS311	Sports Nutrition	3	2	12.5	0.0625	Theory	NMDF121	–	Blended (S1)/Livestream (S2)
SOCH311	Foundations of Public Health	3	2	12.5	0.0625	Theory	SOCQ121	–	Online (S1)/Livestream (S2)
NMDA321	Nutritional Physiology Research	3	2	12.5	0.0625	Theory	NMDC221 + BIOS222	SOCH311	Livestream
<b>Semester 6 – 3rd Year</b>									
NMDC321*	Nutritional Medicine Clinical Practicum 2	9	6	37.5	0.1875	Clinic	SOCI221 + NMDA321 + NMDD221 + NMDS311 + NMDC314	–	On Campus
NMDC322*	Nutritional Medicine Clinical Practicum 3	9	6	37.5	0.1875	Clinic	SOCI221 + NMDA321 + NMDD221 + NMDS311 + NMDC314	SOCE311	On Campus
SOCE311	Establish and Manage a Practice	3	2	12.5	0.0625	Theory	–	–	Online
Elective	Free Elective (see below)	3	2	12.5	0.0625		←	As selected	→
<b>Course Totals</b>			<b>96</b>		<b>3.0</b>				
<b>Elective Options –</b> Elective options can only be selected as per their Semester and Online schedules, and as prerequisite completions allow									
NMDH322	Community Public Health Nutrition	3	2	12.5	0.0625	Theory	SOCH311 + NMDF121 + SOCQ121 + NMDM121 + NMDS111 + NMDD221	–	Online
BIOW311	Wellness Practices	3	2	12.5	0.0625	Theory	BIOH122 + SOCQ121	–	Online
SOCM311	Mindfulness in Practice	3	2	12.5	0.0625	Theory	–	–	Online
MSTN121	Neurophysiology	3	2	12.5	0.0625	Theory	BIOH111	–	Blended (S2)

\* Evidence of a current and valid Working with Children Check (or equivalent) is required to be presented to and validated by College, prior to commencement of this subject. Visit [endeavour.edu.au/policies-and-procedures](http://endeavour.edu.au/policies-and-procedures) for details. Students are able to study only one clinic subject per timetabled clinic block.

# Subject Descriptions

## Bachelor of Health Science (Nutritional and Dietetic Medicine) *BHSc(NutDMed)*

Code	Subject Title	Description
<b>Semester 1</b>		
BIOH111	Human Biological Science 1	Introduces concepts of human physiology, anatomy and homeostasis within cellular, tissue and system levels, including nervous, muscular, skeletal and endocrine.
BIOB111	Chemistry and Biochemistry	Introduces basic concepts of chemistry and biochemistry needed to understand chemical homeostasis at cellular, tissue and system levels.
SOCH111	History of Healing	History and philosophy of health paradigms from early human existence to present day. Current public health is explored.
SOCF111	Foundations of Communication and Counselling	Introduces communication, counselling and interpersonal skills for a natural medicine practitioner.
NMDS111	Sociology of Food	Introduces students to the social determinants of health and examines why we eat the way we do in local and international settings. Explores the influences of gender, globalisation, and the rise of non-communicable disease.
<b>Semester 2</b>		
BIOH122	Human Biological Science 2	Introduces concepts of human physiology, anatomy and homeostasis within further system levels, including digestive, cardiovascular, immune, pulmonary, urinary and reproductive.
NMDF121	Foundations of Human Nutrition	Establishes the essential bridge between bioscience and nutrition science. Students explore the biological and physiological functions of macro and micro nutrients.
NMDM121	Medicinal Food Science	Explores the therapeutic potential of food to prevent and treat disease. Contemporary issues relating to growing, storing, processing, preparing and regulating food are discussed, and the impact of external factors on food quality and safety are investigated.
SOCP121	Psychology and Counselling Theory	Introduces fundamental theories which underpin counselling approaches necessary for client management in complementary healthcare practice.
SOC0121	Foundations of Critical Enquiry	Learn to critically evaluate peer reviewed published literature, understand a variety of research methodologies, statistical techniques, and importance of research ethics.
<b>Semester 3</b>		
BIOC211	Pathology and Clinical Science 1	Introduces concepts of microbiology as well as symptomatology, diagnostic techniques and pathological processes of cardiovascular, respiratory, digestive and urinary systems.
BIOP211	Pharmacology	Introduces pharmacology, pharmacokinetics and toxicology concepts of contemporary medicine to build awareness and understanding of potential interactions between current biomedical treatments and traditional medicine.
NMDF211	Nutritional Biochemistry	Examines the major metabolic pathways and nutritional influences associated with dysfunction and optimisation, including an in-depth understanding of nutrient metabolism, physiology and molecular genetics.
BIOE221	Clinical Examination	Develops basic knowledge and practical clinical skills to assist in client diagnosis and treatment.
NMDE211	Energetics of Food	Introduces the framework and elements of nature and the concept of the constitutional types as they are utilised in the practice of dietary prescription within Chinese Medicine, Ayurveda and European traditional medicine.
HMCL211	Clinical Skills 1	Introduces the principles and processes associated with the provision of professional, effective, efficient and safe management of patients in clinical practice.
<b>Semester 4</b>		
HMCL222	Nutritional Medicine Clinical Skills	This subject further develops students' skills in evaluating and managing patients and their presenting health conditions through the processes of case-taking, health assessment, and therapeutic strategy development.
HMCL223	Clinical Diagnostic Techniques	Introduces diagnostic and functional laboratory tests and procedures used in natural medicine practice. Students learn to interpret and evaluate pathology reports obtained from these diagnostic procedures for the purpose of assessment and monitoring the effectiveness and safety of naturopathic treatment.
BIOS222	Pathology and Clinical Science 2 and 3	Introduces symptomatology, diagnostic techniques and pathological processes of sensory organs, musculoskeletal, integumentary, blood, nervous, endocrine and reproductive systems.
NMDC221	Clinical Nutritional Medicine	The philosophy of holistic nutritional prescribing is built upon through the introduction of evidence-based nutrition therapies. Students work toward developing individualised models of care that utilise diet and nutritional supplements in the prevention and management of acute and chronic disease.
NMDW221	Weight Management in Health and Disease	Addresses the multifactorial issues that contribute to obesity and underweight issues, focusing on evidence-based strategies for weight management that encompass models and theories of change and coaching strategies.
<b>Semester 5</b>		
NMDC314	Nutritional Medicine Clinical Practicum 1	Students commence their clinical practice training in partnership with a senior student practitioner in the Endeavour Wellness Clinic. Patients are treated under the supervision of clinical supervisors.
SOCI221	Interpersonal Skills of the Helper	Communication theories & skills to establish and maintain a client helping relationship.
NMDD221	Dietary Planning Across the Lifespan	Introduces dietary and nutrition analysis and considers relevant dietary patterns and nutritional needs across the human lifespan.
NMDS311	Sports Nutrition	Introduces students to the specific nutritional requirements for athletes with emphasis placed on the practical application of sports nutrition guidelines and practices.
SOCH311	Foundations of Public Health	Explores the nature and scope of public health activity and the challenges facing public health in the 21st century. Students learn to evaluate current public health programs as well as developing an understanding of epidemiology and its relevance to public health practice.
NMDA321	Nutritional Physiology Research	In this subject students explore new and emerging nutritional science concepts, reviewing the evidence of diets, nutraceuticals and food phytochemicals that are associated with disease prevention and management.
<b>Semester 6</b>		
NMDC321	Nutritional Medicine Clinical Practicum 2	These final clinical practicum subjects provide students with the opportunity to demonstrate the clinical application of knowledge and skills gained throughout the course.
NMDC322	Nutritional Medicine Clinical Practicum 3	
SOCE311	Establish and Manage a Practice	Develop skills to establish a health practice and manage/operate the clinic. Business strategies, ethics, privacy and relevant legislative requirements.
<b>Elective Options</b>		
NMDH322	Community Public Health Nutrition	Community Public Health Nutrition Introduces students to the central principles and practices of community and public health nutrition and the current and emerging issues in the growing field of public health nutrition.
BIOW311	Wellness Practices	This subject will introduce students to the contemporary field of holistic wellness, and its application within clinical practice, for working with clients in relation to self-care, disease prevention, and the promotion of a thriving lifestyle.
SOCM311	Mindfulness in Practice	Explores historical foundations and the contemporary development of mindfulness. Introduces the full potential of mindfulness practices and its applications in both in self-care practices and the care of others.
MSTN121	Neurophysiology	This subject expands on the knowledge of the nervous system developed in BIOH111 and introduces neurological testing. Students begin to investigate the links between the nervous system and pain and dysfunction of the musculoskeletal system.

# YES

- Many Australian health funds give rebates for Endeavour Nutritional and Dietetic Medicine graduates.
- Graduates can practise and undertake clinical consultations.