



ENDEAVOUR
College of
Natural Health

**2021 INTERNATIONAL STUDENTS
COURSE BROCHURE**

Nutritional and Dietetic Medicine



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

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 Fees†

AUD \$59,819

Course Duration

3 years full time: 24 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. International students are required to attend livestream classes on campus in our purpose-built digital classrooms.
- **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

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.

Campus Availability

Brisbane, Gold Coast, Melbourne, Perth & Sydney.

Campus CRICOS Code:

National CRICOS Provider Code: 00231G

CRICOS Course Code:

089452C

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

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

Students must pay initial tuition fees deposit upon admission and balance two weeks prior to the relevant intake commencing. Payment of tuition fees for subjects enrolled in future intakes will only be accepted six weeks prior to the relevant intake/s. All payments must be made in Australian Dollars.

Classes

Classes are taught by experts who are highly trained in their fields and who bring their own clinical experience to help provide context to 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's Teaching 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 patient assessment and management, patient recruitment and continuity of care, customer service and dispensary management.

The following requirements must be organised prior to commencing clinical practicum. Current certification needs to be valid for duration of clinic session in the following areas:

- First Aid Certificate
- Relevant State Working with Children Check
- Police checks
- Students in clinic are also required to wear a uniform, which can be purchased through the Endeavour Bookstore.

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 also 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 Dietician.

For more information on this area of study explore online at endeavour.edu.au or call 1300 462 887 to speak with an Admissions Adviser.



Selected Subjects Delivered Online



Full Time Study Load

How to apply

- Apply online at 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

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

Subject Descriptions

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

| Code | Subject Title | Description |
|-------------------------|--|---|
| Semester 1 | | |
| 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. |
| Semester 2 | | |
| 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. |
| NMMD121 | 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. |
| Semester 3 | | |
| 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. |
| Semester 4 | | |
| 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. |
| Semester 5 | | |
| 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. |
| Semester 6 | | |
| 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. |
| Elective Options | | |
| 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.