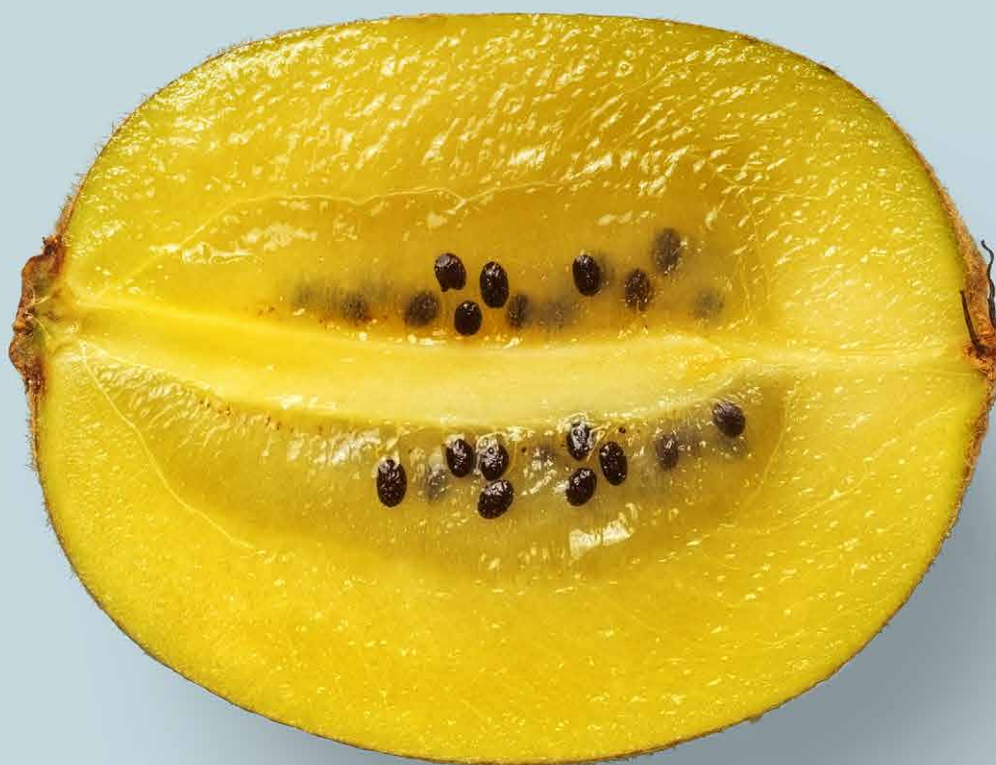


ENDEAVOUR
College of
Natural Health

Undergraduate Certificate in

*Building Health
Through Nutrition*



2021 COURSE BROCHURE

endeavour.edu.au

The Undergraduate Certificate in Building Health Through Nutrition allows students to obtain a comprehensive understanding of human nutrition and introduces students to food-based science, including food spoilage, food additives and natural toxins. The certificate helps students understand how food components interact with the body's biochemistry to how this applies in managing immunity or maintaining healthy weight throughout one's lifespan. Entry into this certificate assumes prior knowledge of human biology and biochemistry.

Graduate Attributes

Develop deep understanding of nutritional needs across the human lifespan.

Skills

Communication, collaboration, organisation, problem solving, digital literacy (all at basic level)

Included Subjects

- › Foundations of Human Nutrition (NMDF1)
- › Medicinal Food Science (NMDM1)
- › Dietary Planning across the Lifespan (NMDD2)
- › Elective:
Weight Management in Health and Disease (NMDW2) or Sports Nutrition (NMDS3)

AQF level

AQF7 (mix of 2CP and 4CP subjects)

Course Duration

- › 6 months full-time –
NMDF1, NMDM1 then NMDD2 and elective
- › Students must complete within 6 months

Study Mode

Subjects in this course are offered online. Students are not eligible for on campus cohorts.

Semester Intakes

- › Monthly intakes available
- › Offered nationally

2021 Full Time Course Structure – 6 Months

| Code | Subject Title | Contact Hrs/Wk | Credit Points | EFTSL | Subject Type | Delivery Mode |
|------------------|---|----------------|---------------|-------|--------------|---------------|
| NMDM1 | Medicinal Food Science | 6 | 4 | 0.125 | Theory | Online |
| NMDF1 | Foundations of Human Nutrition | 6 | 4 | 0.125 | Theory | Online |
| NMDD2 | Dietary Planning Across the Lifespan | 3 | 2 | 0.125 | Theory | Online |
| Elective: | | | | | | |
| NMDW2 | Weight Management in Health and Disease | 3 | 2 | 0.125 | Theory | |
| NMDS3 | Sports Nutrition | 3 | 2 | 0.125 | Theory | |

Course Totals

0.5

Subject Descriptions

| Code | Subject Title | Description |
|-------|---|---|
| NMDM1 | 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. |
| NMDF1 | 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. |
| NMDD2 | Dietary Planning Across the Lifespan | Introduces dietary and nutrition analysis and considers relevant dietary patterns and nutritional needs across the human lifespan. |
| NMDW2 | 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. |
| NMDS3 | Sports Nutrition | Introduces students to the specific nutritional requirements for athletes with emphasis placed on the practical application of sports nutrition guidelines and practices. |

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

Transfer Credit

This certificate is eligible for entry credits.

Entry Requirements

Endeavour College is a direct entry institution.

- › English language proficiency equivalent to a 6.5 IELTS result is required
- › For entry into this certificate, applicants must hold a qualification at a minimum level of Certificate IV in a health, allied health or related field (e.g. Fitness) and some experience working in that field

Please note: This course is not approved by CRICOS for international students. Only domestic students (Australian or New Zealand citizens or permanent visa holders) may enrol in this course.

Course Fees*

- › Commonwealth Supported Place* - \$2,000
- › Non-supported place - \$5,982

* This Undergraduate Certificate is approved for a limited number of Commonwealth Supported Places. Terms and conditions apply – contact the admissions team direct to confirm eligibility.

Payment Options

- › FEE-HELP approved
 - › Upfront payment
- Tuition payment arrangements must be confirmed upon admission to the College.

Who should do this course

Ideal for those working in allied health or related fields who already possess a working foundational knowledge of biology, pathology, and communication who are looking to add nutritional medicine knowledge and skills to use in their own professional practice.

Educational Pathways

Graduates will be eligible to pathway into further study with Endeavour College of Natural Health. Completion of this Certificate may also provide credits into other Higher Education Provider allied health qualifications.

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.



FEE-HELP Available



Subjects Delivered Online



Full Time Study Load



Commonwealth Supported Place Available