



ENDEAVOUR  
College of  
Natural Health

**Undergraduate Certificate in**  
*Building Health  
Through Nutrition*



**2024 COURSE BROCHURE**

[endeavour.edu.au](http://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)
- Weight Management in Health and Disease (NMDW2)

### AQF level

AQF7 (mix of 2CP and 4CP subjects)

### Course Duration

- 6 months full-time or 12 months part-time – NMDF1, NMDM1 then NMDD2 and NMDW2
- The Undergraduate Certificates qualifications are currently accredited until June 2025 and all subjects need to be completed by May 2025 (unless otherwise noted)

### Study Mode

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

### Intakes

- February and March online intakes
- Offered nationally

### Recognition of Prior Learning (RPL)

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

### 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.

### 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](https://endeavour.edu.au) or call **1300 462 887** to speak with an Admissions Adviser.



**FEE-HELP Available**



**Subjects Delivered Online**



**Part Time or Full Time Study Load**

## 2024 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	Blended
NMDF1	Foundations of Human Nutrition	6	4	0.125	Theory	Online
NMDD2	Dietary Planning Across the Lifespan	3	2	0.125	Theory	Livestream
NMDW2	Weight Management in Health and Disease	3	2	0.125	Theory	Livestream

### 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.

## How to apply

- Apply online at [apply.endeavour.edu.au](https://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/course-enquiry](https://endeavour.edu.au/course-enquiry)