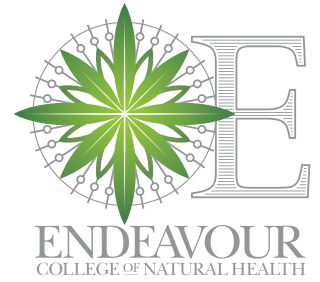


2016 Bachelor of Health Science (Nutritional and Dietetic Medicine)



Become a
qualified
nutritionist and
start your
own practice

Meridian mə'ridēən *Noun*

A system of lines or circles that connect various points as channels through which energy flows. A point or period of highest development, greatest prosperity, or the like.

The meridian circles and lines associated with the Endeavour College of Natural Health symbolise the philosophy of holistic health care upon which the College was founded. Meridian lines continually intersect at various key points reflecting the strong connection between mind, body and spirit that graduates of the College strive to create for their patients to achieve balance and optimal health. The meridian line's ability to capture the point of highest development embodies the College's commitment to producing graduates of the highest quality and instilling the values of lifelong learning.

The holistic philosophy and framework that underpins Endeavour's Nutritional and Dietetic Medicine course will prepare students for a successful career in a dynamic and rewarding profession. Holistic 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. Holistic nutritionists integrate traditional food wisdom and current evidence to motivate 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

Face-to-face on campus with selected subjects available online. See the course structure opposite for online availability.

Online Learning

Subjects that may be taken online are shown in the course structure opposite. For a current listing of online subject availability and intake dates, visit endeavour.edu.au/online-learning/subjects-available-online.

Semester Intakes

February 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 relevant educational history
- 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
- Payment plan or 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, on each other under the supervision of qualified instructors. This is conducted with respect for privacy, cultural and religious differences.

Teaching Clinics

Students gain clinical experience at Endeavour's Wellnation 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.

Assessments

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays, practical/clinical skills demonstration and tutorial participation. Students enrolled in an online subject sit their final exam at the College or, if they live at a distance, under approved external supervision.

Professional Recognition

Graduates may apply for membership with the following associations:

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

Online Learning

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

Graduate Nutritionists may choose to enter clinical practice, either in private practice or in an integrative or other healthcare settings. Additional employment opportunities include corporate health, nutritional consulting in various health-related businesses, complementary medicine safety and compliance, complementary medicine nutrition education, nutraceutical innovation and development, and nutraceutical sales and marketing. 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 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.



FEE-HELP Available



Payment Plans Available



Selected Subjects Available Online



Part Time or Full Time Study Load

2016 Full Time Course Structure – 3 Years

Bachelor of Health Science (Nutritional and Dietetic Medicine) BSc (NutDMed)

Code	Subject Title	Contact Hrs/Wk	Credit Points	Austudy %	EFTSL	Subject Type	Pre-req	Co-req	Online	Campus
Semester 1 – 1st Year										
BIOH111	Human Biological Science 1	6	4	25	0.125	Theory	–	–	✓	✓
BIOB111	Chemistry and Biochemistry	6	4	25	0.125	Theory	–	–	✓	✓
SOCH111	History of Healing	6	4	25	0.125	Theory	–	–	✓	✗
SOCF111	Foundations of Communication and Counselling	3	2	12.5	0.0625	Theory	–	–	✓	✓
NMDS111	Sociology of Food	3	2	12.5	0.0625	Theory	–	–	✓	✓
Semester 2 – 1st Year										
BIOH122	Human Biological Science 2	6	4	25	0.125	Theory	BIOH111	–	✓	✓
NMDF121	Foundations of Human Nutrition	6	4	25	0.125	Theory	BIOH111 + BIOB111	SOCQ121	✓	✓
NMDM121	Medicinal Food Science	6	4	25	0.125	Theory	BIOH111	NMDF121	✓	✓
SOCF121	Psychology and Counselling Theory	3	2	12.5	0.0625	Theory/ Practical	SOCF111	–	✗	✓
SOCQ121	Foundations of Critical Enquiry	3	2	12.5	0.0625	Theory	–	–	✓	✓
Semester 3 – 2nd Year										
BIOC211	Pathology and Clinical Science 1	6	4	25	0.125	Theory	BIOH122	–	✓	✓
BIOP211	Pharmacology	3	2	12.5	0.0625	Theory	BIOH122	BIOC211	✓	✓
NMDF211	Nutritional Biochemistry	3	2	12.5	0.0625	Theory	BIOH122 + NMDF121	–	✗	✓
BIOE221	Clinical Examination	3	2	12.5	0.0625	Practical	BIOH122	BIOC211	✗	✓
NMDE211	Energetics of Food	3	2	12.5	0.0625	Theory/ Practical	NMDS111 + NMDF121 + NMDM121 + SOCH111	–	✗	✓
HMCL211	Clinical Skills 1	6	4	25	0.125	Theory/ Practical	BIOH122 + NMDF121 + SOCF111	SOCF121 + BIOC211	✗	✓
Semester 4 – 2nd Year										
HMCL222	Nutritional Medicine Clinical Skills 2	3	2	12.5	0.0625	Theory/ Practical	HMCL211 + BIOP211 + BIOC211 + NMDF121	HMCL223 + BIOS222 + BIOE221 + NMDC221	✗	✓
HMCL223	Clinical Diagnostic Techniques	3	2	12.5	0.0625	Theory	BIOC211 + BIOP211 + NMDF121	BIOS222	✗	✓
BIOS222	Pathology and Clinical Science 2 and 3	6	4	25	0.125	Theory	BIOC211	–	✓	✓
NMDC221	Clinical Nutritional Medicine	9	6	37.5	0.1875	Theory	NMDF211 + NMDM121 + BIOC211	BIOS222	✗	✓
NMDW221	Weight Management in Health and Disease	3	2	12.5	0.0625	Theory	NMDF121 + NMDM121 + BIOC211	BIOS222	✗	✓
Semester 5 – 3rd Year										
NMDC311	Nutritional Medicine Clinical Practicum 1	9	6	37.5	0.1875	Clinic	HMCL222 + BIOS222 + BIOE221 + NMDC221 + HMCL223	SOCI221	✗	✓
SOCI221	Interpersonal Skills of the Helper	3	2	12.5	0.0625	Theory/ Practical	SOCF111	–	✗	✓
NMDD221	Dietary Planning Across the Lifespan	3	2	12.5	0.0625	Theory	NMDS111 + NMDM121 + NMDF121	–	✗	✓
NMDS311	Sports Nutrition	3	2	12.5	0.0625	Theory	NMDF121	–	✗	✓
SOCH311	Foundations of Public Health	3	2	12.5	0.0625	Theory	–	–	✗	✓
NMDA321	Nutritional Physiology Research	3	2	12.5	0.0625	Theory	NMDC221 + BIOS222 + SOCQ121	SOCH311	✗	✓
Semester 6 – 3rd Year										
NMDC323A	Nutritional Medicine Clinical Practicum 2A	9	6	37.5	0.1875	Clinic	SOCI221 + NMDA321 + NMDD221 + NMDS311 + NMDC311	–	✗	✓
NMDC323B	Nutritional Medicine Clinical Practicum 2B	9	6	37.5	0.1875	Clinic	SOCI221 + NMDA321 + NMDD221 + NMDS311 + NMDC311	SOCE311	✗	✓
SOCE311	Establish and Manage a Practice	3	2	12.5	0.0625	Theory	–	–	✓	✓
NMDH322	Community Public Health Nutrition	3	2	12.5	0.0625	Theory	SOCH311 + NMDF121 + NMDM121 + SOCQ121	–	✗	✓
Course Totals			96		3.0					

HOW TO APPLY?

- Apply online at www.endeavour.edu.au/apply.
- Phone 1300 462 887 and select "1" to speak with an Admissions team member.
- For general course enquires visit www.endeavour.edu.au/enquire.



Scan the QR code to view our mobile website.

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 anatomy, physiology, homeostasis and the systems of control, growth, development, replacement, structure, and movement.
BIOB111	Chemistry and Biochemistry	Introduces concepts of general, physical and organic chemistry in order to understand the chemical workings of the body at cellular, tissue and systemic level.
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	Provides further understanding of maintenance of homeostasis and explores systems of transport, protection, nutrition, storage and elimination.
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.
SOQC121	Foundations of Critical Enquiry	Learn to critically evaluate relevant 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 body responses to injury, general pathological processes, symptomatology & diagnostic testing. Explores diseases of cardiovascular, respiratory, digestive & urinary systems.
BIOF211	Pharmacology	Understand pharmacology, and Western drug treatment, awareness of potential interactions between Western drug therapy and traditional medicines.
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	Develop knowledge and skills to perform clinical assessment & examination from a Western medical perspective to assist in client diagnosis and management.
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 2	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 data obtained from these diagnostic procedures for the purpose of providing appropriate and effective treatment to patients.
BIOE222	Pathology and Clinical Science 2 and 3	Provides additional study of pathology and disease states in Western Biomedicine.
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		
NMDC311	Nutritional Medicine Clinical Practicum 1	Students commence their clinical practice training in partnership with a senior student practitioner in the Endeavour WellNation Clinics. 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 using Egan's problem-management/opportunity-development approach.
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		
NMDC323A	Nutritional Medicine Clinical Practicum 2A &	These final clinical practicum subjects provide students with the opportunity to demonstrate the clinical application of knowledge and skills gained throughout the course.
NMDC323B	Nutritional Medicine Clinical Practicum 2B	
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.
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.