Subject Brief

ENDEAVOUR College of Natural Health

NMCI311

Contemporary Issues in Nutrition

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Nutrition	Core	Year 3	Semester 6

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: NMHC211 Health Communication and Education

Subject overview

This subject will equip students with critical skills to navigate the complexities of nutrition science and public health communication. Students will evaluate nutritional intake, food labelling, and media claims using scientific principles, focusing on accuracy and public health relevance. The subject will emphasise translating nutrition science into practical, evidence-based recommendations accessible to individuals and communities. Students will also learn to challenge nutrition misconceptions and assess claims on food products, supplements, and advertisements using an evidence-based lens. The subject fosters an understanding of evidence-based practice in nutrition and its application to public health challenges, dietary behaviours, and societal perceptions. This course will prepare students to confidently communicate accurate nutrition information and advocate for best practices in diverse settings.

Assessments

- Week 7: Written Assignment
- Week 12: Recorded Presentation

© Endeavour College of Natural Medicine