Subject Brief

ENDEAVOUR College of Natural Health

NMDF212

Nutritional Biochemistry

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 2	Semester 3
Bachelor of Health Science (Clinical Nutrition)	Core	Year 2	Semester 3
Bachelor of Nutrition	Core	Year 2	Semester 3

EFTSL: 0.125

Delivery mode: Livestream

Co-requisites: Nil

Pre-requisites

- Bachelor of Health Science (Naturopathy): NMDM121, BIOA122
- Bachelor of Health Science (Clinical Nutrition): NMDM121, BIOA122
- Bachelor of Nutrition: NMDF121, BIOA122

Subject overview

This subject builds on biochemistry knowledge to examine how nutrients affect metabolic processes in the human body. Students explore the clinical impact of macro and micronutrients on biochemical pathways to address physiological dysfunction. They integrate knowledge of food sources and nutrient imbalances with clinical signs and symptoms, contrasting normal and dysfunctional metabolic states. The course covers biological oxidation, microbiome dysbiosis, epigenetics, and their roles in disease. Students study liver detoxification, neurotransmitter synthesis, antioxidant mechanisms, inflammation, immune responses, and mitochondrial function. This subject enhances understanding of clinical nutrition and diet therapy, while developing research skills for future nutritional medicine and clinical practice.

Assessments

- Week 6: Written Assignment
- Week 12: Written Assignment

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