Subject Brief

ENDEAVOUR College of Natural Health

NMDF121

Foundations of Human Nutrition

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 1	Semester 1
Bachelor of Health Science (Clinical Nutrition)	Core	Year 1	Semester 1
Bachelor of Nutrition	Core	Year 1	Semester 1
Diploma of Health Science	Core	Year 1	Semester 1

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: Nil

Subject overview

This subject establishes an essential bridge between health science and nutritional medicine. Students are introduced to the fundamentals of human nutritional science, including the biochemical and physiological functions of individual macro- and micro- nutrients, the importance of nutrients in normal cell function, energy balance and metabolism and the consequences of deficiencies or excesses on human health. This subject explores the role of scientific research and its application in nutritional medicine practice. Foundations of Human Nutrition is essential to the further study of nutritional medicine where students will develop a deeper understanding of the role of diet and nutrition in restoring, maintaining, and promoting optimum health and wellbeing.

Assessments

- Week 4: Online Quiz
- Week 6: Written Assignment
- Week 11: Written Assignment

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