Subject Brief

ENDEAVOUR College of Natural Health

NMBC201

Nutrition, Mental Health and Behaviour Change

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Nutrition	Core	Year 2	Semester 4

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: NMHC211

Subject overview

This subject explores the complex connections between nutrition, mental health, and behavioural change. This subject takes an interdisciplinary approach, blending principles from nutritional science, psychology, and public health. Students will explore the bidirectional impact of nutrition on mental health, the psychological and social influences on eating behaviours, and effective, evidence-based approaches to encourage sustainable behaviour change. Students will critically analyse theoretical frameworks, case studies, and practical interventions, building skills to promote healthier eating habits, and improved mental health outcomes in diverse populations.

Assessments

- Week 6: Written Assignment
- Week 12: Written Assignment and Recorded Presentation

© Endeavour College of Natural Medicine