



NMDN112

Human Nutrition and Metabolism

General information

Awards	Subject type	Study year	Study Semester
Graduate Certificate in Nutrition	Core	Year 1	Semester 1
Graduate Diploma in Clinical Nutrition	Core	Year 1	Semester 1

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: Nil

Subject overview

This subject explores the digestion, absorption, and metabolism of macro- and micronutrients, examining their essential functions in human health and the consequences of nutrient imbalances. Students will evaluate the role of nutrients in metabolism, energy production, and disease risk, integrating current scientific research to critically assess both the benefits and potential risks of nutrient intake. A strong emphasis is placed on engaging with scientific literature and applying evidence-based nutrition principles to professional practice. Students will develop skills in critical analysis, synthesis of research, and effective communication to translate complex nutrition concepts into meaningful dietary recommendations. By the end of this subject, students will be equipped to evaluate metabolism-related health issues, assess contemporary nutrition trends, and communicate scientific findings to diverse audiences.

Assessments: Written Assignment, Project