Subject Brief

ENDEAVOUR College of Natural Health

NMDD211

Dietary Planning Across the Lifespan

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 2	Semester 4
Bachelor of Health Science (Clinical Nutrition)	Core	Year 1	Semester 2
Bachelor of Nutrition	Core	Year 1	Semester 2
Diploma of Health Science	Elective	Year 1	Semester 2

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: NMDF121

Subject overview

This subject introduces the skills for assessing clients' diets and determining appropriate plans for modifying diet and food choices in individuals at different life stages. Building on knowledge from previous nutritional medicine and bioscience subjects, students explore nutritional assessment tools such as anthropometric measurements and dietary analysis software and learn principles for working with clients to assist them with implementing changes to their diets. The changing nutritional needs across the human lifespan are examined with reference to common conditions. This subject prepares students for clinical practice for the nutritional management of clients' health.

Assessments

- Week 4: Online Quiz
- Week 8: Written Assignment
- Week 12: Written Assignment

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