# Subject Brief

ENDEAVOUR College of Natural Health

## NMDN111

## Nutrition, Diet and Disease

## 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 examines the evidence-based role of nutrition in maintaining health and managing chronic diseases. Students will explore the relationship between diet, lifestyle, and chronic conditions, including obesity, type II diabetes, cardiovascular disease, and metabolic syndrome. Through critical analysis of scientific literature, students will evaluate the impact of macro- and micronutrients, nutraceuticals, and dietary patterns on health and disease. They will also develop practical skills in applying the Australian Dietary Guidelines and Nutrient Reference Values (NRVs) to support disease prevention and clinical management. The subject emphasises translating complex nutritional science into accessible, evidence-based dietary recommendations for diverse audiences, including clients and healthcare professionals. By the end of this subject, students will be able to apply, communicate, and justify targeted nutritional interventions to improve health outcomes in both clinical and public health settings.

## Assessments

- Week 8: Written Assignment
- Week 12: Written Assignment



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