



FNHW201

First Nations Peoples' Health and Wellbeing

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: NMD112

Subject overview

This subject explores the holistic health perspectives of Aboriginal and Torres Strait Islander peoples, emphasising the interconnectedness of social, spiritual, and emotional wellbeing with Community and Country. Students will examine Indigenous traditional healing and food practices, and bush medicine, alongside the history and health consequences of colonisation. The framework for the subject is based on the three domains outlined in the Australian Public Service Commission's Aboriginal and Torres Strait Islander Cultural Capability. Through a strengths-based approach, students will develop cultural competency, critically reflecting on history, culture, and diversity. They will learn how to engage in culturally appropriate, safe, and sensitive communication to build trust and respectful relationships with Aboriginal and Torres Strait Islander peoples, apply evidence-based and strengths-based best practice approaches in health care, and reflect on how personal and dominant cultural paradigms influence interactions. This subject highlights the strengths and resilience of Indigenous peoples, empowering students to deliver health care that respects and celebrates the cultural integrity of First Nations Australians while addressing the structural inequities that affect their health and wellbeing.

Assessments: Written Assignments