

Subject Brief

ENDEAVOUR

College of
Natural Health



NMHN221

Health and Nutrition in Weight Management

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: NMDD211

Subject overview

This subject offers exploration of the multifactorial issues that contribute to weight-related challenges, including both obesity and underweight conditions. It examines how genetics, metabolism, hormonal imbalances, psychological stress, socio-economic status, and cultural influences interact to affect individual health outcomes. Students will gain a solid foundation in understanding these complex interactions and their impact on overall well-being. It emphasises evidence-based strategies, integrating lifestyle modifications, nutritional planning, and physical activity, while also introducing behaviour change and coaching techniques for sustainable habit formation. Finally, students will learn to apply interdisciplinary and holistic approaches through real-world case studies and community settings to design effective weight management interventions.

Assessments: Written Assignments