Subject Brief

ENDEAVOUR College of Natural Health

NMDN114

Complementary Nutrition, Dietary Assessment, and Analysis

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 evidence-based dietary assessment methods, nutritional data interpretation, and the application of practical dietary recommendations to support health across diverse populations. Students will develop the skills needed to assess and interpret dietary intake data using Australian food composition databases and nutrient analysis software. The subject examines the relationship between diet, physical activity, and non-communicable diseases, equipping students with the ability to critically evaluate nutrient interactions and dietary modifications to support health outcomes. Students will also explore the scientific basis and applications of functional foods, dietary therapy, and supplementation within a nutrition context. A strong emphasis is placed on client-centred care, cultural responsiveness, and effective communication, ensuring students can translate complex nutrition concepts into accessible recommendations. Through applied learning activities, students will refine their ability to communicate nutritional findings professionally, tailoring recommendations to meet diverse audience needs while recognising the scope of practice and appropriate referral pathways.

Assessments

- Week 7: Written Assignment
- Week 12: Written Assignment and Recorded Presentation

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