Subject Brief

ENDEAVOUR College of Natural Health

NMDN13

Nutrition and Health Through the Lifespan

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 the role of nutrition in health and disease across all life stages, from pregnancy through to older adulthood. Students will examine major nutrition-related concerns at different life stages and develop evidence-based strategies for dietary assessment and intervention. The subject emphasises the importance of adapting nutrition recommendations to meet the diverse physiological, social, and cultural needs of individuals across the lifespan. Students will also explore how social and cultural factors influence dietary habits and nutrition-related health concerns, ensuring dietary interventions are inclusive and responsive to diverse populations. Through critical evaluation of scientific research and application of dietary planning principles, students will develop the skills necessary for professional practice in nutrition and health settings. Assessments will focus on applying evidence-based dietary strategies and communicating findings in professional and public health contexts.

Assessments

- Week 8: Written Assignment
- Week 12: Written Assignment and Recorded Presentation

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