Subject Brief

ENDEAVOUR College of Natural Health

NMDI221

Diet and Disease

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: NMPM211

Subject overview

Nutrition plays a pivotal role in reducing disease burden and optimising health outcomes, with significant benefits for both individuals and society. In this subject, students will learn about human nutrition and its relationship to health and disease. Key topics include obesity, type II diabetes, cardiovascular disease and metabolic syndrome. Students will learn to translate findings into accessible nutritional advice for the public and utilise the Australian Dietary Guidelines and Nutrient Reference Values, to make informed decisions on nutrition for disease prevention and use during chronic disease management.

Assessments

- Week 6: Written Assignment
- Week 12: Written Assignment

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