Subject Brief

ENDEAVOUR College of Natural Health

NMPM211

Maternal and Paediatric Health and Nutrition

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Nutrition	Core	Year 2	Semester 3

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: NMDD211

Subject overview

This subject examines maternal and infant nutrition, emphasising the critical first 1,000 days from conception to a child's second birthday. It explores key nutritional requirements during pregnancy, lactation, early childhood, and adolescence, highlighting the role nutrition plays in supporting development, growth, and long-term health outcomes. The students will investigate and analyse population health nutrition interventions and strategies for preventing and addressing pregnancy-related concerns. Priority is given to understanding the social determinants and cultural influences that shape dietary behaviours, as well as evaluating Australian healthcare policies and community support initiatives aimed at improving maternal and child health outcomes. Through critical analysis of evidence-based research and Australian public health frameworks, students will gain skills to assess, develop, and implement nutrition strategies that support diverse populations. This subject prepares students to apply nutrition knowledge in public health, clinical, and community contexts, contributing to equitable and effective maternal and child health solutions.

Assessments

- Week 6: Written Assignment and Recorded Presentation
- Week 12: Written Assignment

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