

## NMDF212

## Nutritional Biochemistry

### General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 2	Semester 3
Bachelor of Health Science (Clinical Nutrition)	Core	Year 2	Semester 3

EFTSL: 0.125

Delivery mode: Livestream

Co-requisites: Nil

Pre-requisites: NMDF121, BIOA122

### Subject overview

This subject builds on biochemistry knowledge to examine how nutrients affect metabolic processes in the human body. Students explore the clinical impact of macro and micronutrients on biochemical pathways to address physiological dysfunction. They integrate knowledge of food sources and nutrient imbalances with clinical signs and symptoms, contrasting normal and dysfunctional metabolic states. The course covers biological oxidation, microbiome dysbiosis, epigenetics, and their roles in disease. Students study liver detoxification, neurotransmitter synthesis, antioxidant mechanisms, inflammation, immune responses, and mitochondrial function. This subject enhances understanding of clinical nutrition and diet therapy, while developing research skills for future nutritional medicine and clinical practice.

Assessments: Visual Assignment, Written Assignment, Oral Assignment