



**NMDF121**

## Foundations of Human Nutrition

### General information

| Awards  | Subject type | Study year | Study Semester |
|---|--------------|------------|----------------|
| Bachelor of Health Science (Naturopathy)        | Core         | Year 1     | Semester 1     |
| Bachelor of Health Science (Clinical Nutrition) | Core         | Year 1     | Semester 1     |
| Diploma of Health Science                       | Core         | Year 1     | Semester 1     |

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: Nil

### Subject overview

This subject establishes an essential bridge between health science and nutritional medicine. Students are introduced to the fundamentals of human nutritional science, including the biochemical and physiological functions of individual macro- and micro- nutrients, the importance of nutrients in normal cell function, energy balance and metabolism and the consequences of deficiencies or excesses on human health. This subject explores the role of scientific research and its application in nutritional medicine practice. Foundations of Human Nutrition is essential to the further study of nutritional medicine where students will develop a deeper understanding of the role of diet and nutrition in restoring, maintaining, and promoting optimum health and wellbeing.

Assessments: Online Quiz, Written Assignments