



# Nature Care College

Nature Care College Pty Ltd

## Advanced Diploma of Nutritional Medicine

### Course Outline For International Students

National Training Code: HLT61007

CRICOS Accreditation Code: 062002G

Please note: Course content is current as of 6 June 2011

advanced  
diploma

advanced diploma

Nutritional medicine promotes a proactive approach to health by focusing on prevention of disease as well as treatment of disease conditions. Nutritional medicine students will gain a thorough understanding of nutritional therapeutics including: Dietary therapy; Lifestyle and Behavioural counseling; Food preparation; Medicinal cooking; Therapeutic applications of foods; Detoxification and fasting; Therapeutic supplementation.

Units of study developed for the Advanced Diploma of Nutritional medicine have been established to be current, topical and relevant to health in our modern society. Students will find the courses to be stimulating, challenging and refreshing. The course has the strong foundation of healing foods as nutritional medicine and extends to develop an understanding of the principles of dietary and nutritional therapies.

### Advanced Diploma of Nutritional Medicine International Course Content

▶Anatomy & Physiology 1A, 1B & 1C	- 72 hours
▶Anatomy & Physiology 2A, 2B & 2C	- 72 hours
▶Wet Lab 1	- 4 hours
▶Wet Lab 2	- 4 hours
▶Chemistry 1A, 1B, 1C	- 72 hours
▶Biochemistry 1A, 1B, 1C	- 72 hours
▶Symptomatology, Diagnosis & Pathology 1A, 1B, 1C	- 144 hours
▶Symptomatology, Diagnosis & Pathology 2A, 2B, 2C	- 72 hours
▶Pharmacology	- 36 hours
▶Communicate With Clients	- 24 hours
▶Communicate In Health	- 24 hours
▶Nutrition 1A, 1B, 1C	- 72 hours
▶Nutrition 2A, 2B, 2C	- 72 hours
▶Nutrition 3A, 3B, 3C	- 72 hours
▶Nutrition Across the Lifespan 1A, 1B & 1C	- 72 hours
▶Clinical Studies - Nutrition	- 24 hours
▶Physical Examination & Integrated Pathology	- 24 hours
▶Food Fundamentals	- 24 hours
▶Safe Practices	- 12 hours
▶Business Skills	- 21 hours
▶Develop Professional Expertise	- 24 hours
▶Evidence Based Practice	- 14 hours
▶Clinical Supervision - Ingestive	- 24 hours
▶Nutritional Medicine Student Training Clinic	- minimum 225 hours
▶Apply First Aid Certificate	- 12 hours

#### Visa Requirements

▶Medical Science Review - International Student 1A, 1B & 1C	- 90 hours
▶Medical Science Review - International Student 2A, 2B & 2C	- 12 hours
▶Chemistry Review - International Student 1A, 1B & 1C	- 90 hours
▶Biochemistry Review - International Student 1A, 1B & 1C	- 90 hours
▶Student Clinic Observation - International Student Year 1, 2, 3	- 675 hours

***It is a requirement of your International Student VISA that the approved course is composed of 20 hours face to face study. This requirement may necessitate additional hours of study to be undertaken to comply with your VISA requirements.***

#### **Apply First Aid Certificate**

It is a requirement of the unit of study that students hold a current First Aid Certificate at graduation.

#### **Anatomy and Physiology 1A (Regional)** (2 hours a week for 12 weeks OR Distance Learning)

This unit of study will teach you about the structure, general function and organisation of the human body.

#### **Anatomy and Physiology 1B (Systematic)** (2 hours a week for 12 weeks OR Distance Learning)

This unit of study introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory, & genito-urinary.

*Pre-requisite:* Anatomy & Physiology 1A

#### **Anatomy and Physiology 1C (Applied)** (2 hours a week for 12 weeks OR Distance Learning)

This unit of study integrates your knowledge of Anatomy & Physiology 1A & 1B, increasing your understanding of a wide range of body functions. Subjects studied include the anatomy and physiology of stress, sleep, consciousness, memory, emotions and behaviour.

*Pre-requisites:* Anatomy & Physiology 1A & 1B

#### **Anatomy and Physiology 2** (2 hours a week for 36 weeks OR Distance Learning)

This unit of study offers a deeper study of the physiological systems of the human body by exploring the clinical application and relevance of the material studied in Anatomy and Physiology 1A, 1B and 1C.

*Pre-requisites:* Anatomy & Physiology 1A, 1B, 1C

#### **Wet Lab 1 & 2**

Students observe actual specimens of the human body, in a laboratory environment at Sydney University, to further enhance their theoretical knowledge. Wet Lab 1 is offered in Term 2 and Wet Lab 2 is offered in Term 2.

*Pre-requisites:* Anatomy & Physiology 1A, 1B & 1C

*Co-requisite:* Anatomy & Physiology 2

#### **Nutrition 1** (2 hours a week for 36 weeks OR Distance Learning)

In this stimulating unit of study you will gain a solid understanding of the concepts of naturopathic nutrition. You will be introduced to the macronutrients, including their role in absorption, metabolism and diet and will also study nutrient values, specific food groups and the effects of processing on foods.

#### **Nutrition 2** (2 hours a week for 36 weeks OR Distance Learning)

In your second year of Nutrition, you will be provided with the knowledge and skills to prescribe nutritional supplements for illness or imbalance, or simply to maintain wellbeing in the human body.

*Pre-requisite:* Nutrition 1, Chemistry, Anatomy & Physiology 1

*Co-requisite:* Biochemistry

#### **Nutrition 3** (2 hours a week for 36 weeks OR Distance Learning)

As you progress to your third year of Nutrition, you will be provided with the knowledge and skills to effectively assess nutritional problems and treat a wide variety of pathologies and system dysfunctions, using various diets, specific foods, and vitamin and mineral supplements.

*Pre-requisites:* Nutrition 1 & 2, Biochemistry

*Co-requisites:* Symptomatology, Diagnosis & Pathology 1

#### **Chemistry** (2 hours a week for 36 weeks OR Distance Learning)

This one-year unit of study is essential in helping you understand the human condition at a cellular level. The unit of study will explore the fundamentals of chemistry and enable you to identify the many substances in common use.

#### **Biochemistry** (2 hours a week for 36 weeks OR Distance Learning)

Time to explore the microcosm in detail! With an emphasis on organic chemistry, this unit of study describes the structure and interactions of substances as they relate to biochemical processes within the human body.

*Pre-requisite:* Chemistry

#### **Symptomatology, Diagnosis & Pathology 1** (4 hours/week for 36 weeks OR Distance Learning)

A one year unit of study which introduces students to basic pathological processes, methodology of history taking, physical examination and incorporating studies of diseases in each body system.

*Pre-requisites:* Anatomy & Physiology 1A, 1B, 1C

*Co-requisite:* Anatomy & Physiology 2

#### **Symptomatology, Diagnosis & Pathology 2** (2 hours a week for 36 weeks OR Distance Learning)

In this unit of study you will acquire the skills and knowledge to comprehend and analyse the symptoms and signs presented by a patient and to relate these to the changes occurring in their body. The unit of study will reinforce information learnt in Symptomatology, Diagnosis & Pathology 1, and incorporates studies in paediatrics, drug and alcohol abuse and psychiatry.

*Pre-requisites:* Symptomatology, Diagnosis & Pathology 1, Anatomy & Physiology 1A, 1B, 1C, Anatomy & Physiology 2

**Food Fundamentals** (2 hours a week for 12 weeks OR Distance Learning)

Food Fundamentals explores the healing potential of foods and beverages using the best knowledge from both traditional and scientific sources. In this unit of study you will learn how to develop therapeutic diet plans incorporating seasonally available foods and beverages that delight the senses whilst providing specific phytochemicals and nutrients.

*Pre-requisites:* Nutrition 1A

**Physical Examination & Integrated Pathology** (2 hours a week for 12 weeks OR Intensive)

This unit of study is designed to expose students to a wide range of tests that are currently being used in holistic practice - techniques which form an integral part of the modern Naturopathic Clinic. Current pathology skills are also discussed. Students will learn physical examination techniques for the Digestive and Respiratory Systems, Cardiovascular and Nervous Systems.

*Pre-requisites:* Symptomatology, Diagnosis & Pathology 1, Anatomy & Physiology 1 & 2

*Co-requisite:* Symptomatology, Diagnosis & Pathology 2

**Clinical Studies (Nutrition)**

These lectures will enable you to consolidate your knowledge of medical sciences and nutrition, aiming to assist you in solving problems, emulating the methods used by nutritionists in their own clinics. The unit of study will then focus on those health complaints commonly encountered in early practice. This subject involves a considerable amount of home study.

*Pre-requisites:* Anatomy & Physiology 1A, 1B, 1C, Anatomy & Physiology 2, Symptomatology, Diagnosis & Pathology 1, Nutrition 1, Nutrition 2

*Co-requisites:* Symptomatology, Diagnosis & Pathology 2, Nutrition 3

**Safe Practices** (Workshop OR Distance Learning)

This unit incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). It incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

**Business Skills** (Intensive OR Distance Learning)

This unit of study will prepare you for working in a clinical health setting by providing you with the knowledge and skills to administer a practice. You will also learn how to make referrals to other health care professionals and community services when appropriate, develop your networking skills and maintain ethical work practices.

**Develop Professional Expertise** (2 hours a week for 12 weeks OR Intensive OR Distance Learning)

This unit of study will provide you with the knowledge and skills required to establish and manage a successful complementary health care practice. You will also learn how to continue your professional development once your formal study is completed, keep up to date with the latest industry news, make a positive contribution to the knowledge base of your profession and critically evaluate some specific types of research.

**Evidence Based Practice** (Workshop OR Distance Learning)

This unit of study will enhance your critical thinking skills and will provide you with the knowledge and skills required to source and evaluate relevant information and then apply those findings to clinical practice.

**Clinical Supervision – Ingestive** (2 hours a week for 12 weeks)

This unit of study supports students in the facilitation of effective communication in relation to clinical practice and the health sector.

*Pre-Requisite* – 100 hours of modality clinic

*Co-Requisite* – Student clinic

**Pharmacology** (3 hours a week for 12 weeks)

Pharmacology familiarises the student with pharmacological terminology, introduces the classification of commonly used drugs according to their pharmacological actions and investigates drug side effects and interactions.

*Pre-Requisite* – Anatomy & Physiology 1 & 2, Symptomatology, Diagnosis & Pathology 1, Biochemistry

**Communicate With Clients** (2 hours a week for 12 weeks OR Intensive)

This unit of study covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

**Communicate In Health** (2 hours a week for 12 weeks OR Intensive)

This unit of study specifies the outcomes required to gather information and maintain effective working relationships and networks, with particular regard to communication and representation.

**Nutrition Across The Lifespan 1A, 1B & 1C** (Distance Learning)

This unit of study covers the changing nutritional needs across the lifespan from pre-conception, through pregnancy, birth, infancy and childhood into adulthood. There is a focus on disease risk and prevention especially in later adulthood and the incidence of disease across different population groups, including indigenous Australians.

*Pre-Requisite:* Nutrition 1 & 2 *Co-Requisite:* Nutrition 3

**Apply First Aid Certificate**

It is a requirement of the unit of study that students hold a current First Aid Certificate at graduation.

**Medical Science Review 1A**

In this unit of study, students are introduced to medical terminologies, mathematical concepts and basic chemistry to assist in their current and future studies. Online workshops will be used to assist in knowledge and visualisation of body systems and muscles. A series of DVDs are presented with learning activities to assess skills and knowledge.

**Medical Science Review 1B**

In this unit of study, students will expand on their knowledge of the human body systems. Each body system will be studied in detail with DVD and online resources to assist in the knowledge and skills acquired.

**Medical Science Review 1C**

In this unit of study, students will expand their knowledge of the human body systems. Online workshops will be used to assist in knowledge and visualisation of body systems and muscles. A series of DVDs are presented with learning activities to assess skills and knowledge.

**Medical Science Review 2A, 2B & 2C**

Course work to complete this requirement of these units of study will be composed of two 2 hour tutorials in term one of the year two study plan for MSR 2A, two 2 hour tutorials in term two of the year two study plan for MSR 2B, and two 2 hour tutorials in term three of the year two study plan for MSR 2C. These tutorials are designed to enhance understanding with material taught in class, and to further expand student knowledge.

**Biochemistry Review**

In this unit of study, students are supported in their study of Biochemistry and its relevance to nutritional medicine. Online resources are used to assist students in understanding of Biochemical concepts with learning activities and tutorial style workshops.

**Chemistry Review**

In this unit of study, students are supported in their study of Chemistry and its relevance to nutritional medicine. Online resources are used to assist students in understanding of Chemical concepts with learning activities and tutorial style workshops.

**Student Clinic Observation - International Student**

## Full Time 3 Year Study Plan – International Students

	term one	term two	term three
year one	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1A</li> <li>▶ Chemistry 1A</li> <li>▶ Nutrition 1A</li> <li>▶ Communicate With Clients</li> <li>▶ Medical Science Review 1A – International Student</li> <li>▶ Chemistry Review 1A– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1B</li> <li>▶ Chemistry 1B</li> <li>▶ Nutrition 1B</li> <li>▶ Food Fundamentals</li> <li>▶ Develop Professional Expertise</li> <li>▶ Medical Science Review 1B – International Student</li> <li>▶ Chemistry Review 1B– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 1C</li> <li>▶ Chemistry 1C</li> <li>▶ Nutrition 1C</li> <li>▶ Communicate In Health</li> <li>▶ Evidence Based Practice</li> <li>▶ Medical Science Review 1B – International Student</li> <li>▶ Chemistry Review 1B– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>
year two	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 2A</li> <li>▶ Biochemistry 1A</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 1A</li> <li>▶ Nutrition 2A</li> <li>▶ Business Skills</li> <li>▶ Medical Science Review 2A – International Student</li> <li>▶ Biochemistry Review 1A– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 2B</li> <li>▶ Wet Lab 1</li> <li>▶ Biochemistry 1B</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 1B</li> <li>▶ Nutrition 2B</li> <li>▶ Safe Practices</li> <li>▶ Medical Science Review 2B – International Student</li> <li>▶ Biochemistry Review 1B– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anatomy &amp; Physiology 2C</li> <li>▶ Wet Lab 2</li> <li>▶ Biochemistry 1C</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 1C</li> <li>▶ Nutrition 2C</li> <li>▶ Medical Science Review 2C – International Student</li> <li>▶ Biochemistry Review 1C– International Student</li> <li>▶ Student Clinic Observation– International Student</li> </ul>
year three	<ul style="list-style-type: none"> <li>▶ Clinical Studies (Nutrition) 1A</li> <li>▶ Nutrition Across the Lifespan 1A</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 2A</li> <li>▶ Nutrition 3A</li> <li>▶ Physical Examination &amp; Integrated Pathology</li> <li>▶ Nutritional Medicine Student Clinic</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Clinical Studies (Nutrition) 1B</li> <li>▶ Nutrition Across the Lifespan 1B</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 2B</li> <li>▶ Nutrition 3B</li> <li>▶ Pharmacology</li> <li>▶ Nutritional Medicine Student Clinic</li> <li>▶ Student Clinic Observation– International Student</li> </ul>	<ul style="list-style-type: none"> <li>▶ Clinical Studies (Nutrition) 1C</li> <li>▶ Nutrition Across the Lifespan 1C</li> <li>▶ Symptomatology, Diagnosis &amp; Pathology 2C</li> <li>▶ Nutrition 3C</li> <li>▶ Clinical Supervision - Ingestive</li> <li>▶ Apply First Aid Certificate</li> <li>▶ Nutritional Medicine Student Clinic</li> <li>▶ Student Clinic Observation– International Student</li> </ul>

## Student Clinic

**Total requirement: 225 hours** Nutritional Medicine Clinic.

**Total hours required for International students:**900 hours

The additional 675 Clinic hours are required to comply with International student VISA requirements to complete 20 hours face to face study per week.

The following pre and co requisites only apply to the third year of student clinic hours

*Pre-requisites:* Nutrition 2, Symptomatology, Diagnosis & Pathology 1B, Safe Practices.

*Co-requisites:* Nutrition 3

## Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 9438 3333 or [info@naturecare.com.au](mailto:info@naturecare.com.au)

## Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations role plays and presentations.

## Recognition of our course

The Advanced Diploma of Nutritional Medicine is fully Government accredited with ASQA (The Australian Skills Quality Authority) and CRICOS approved.

The Advanced Diploma of Nutritional Medicine is also accredited with the Australian Traditional Medicine Society (ATMS).

## International Students

The Advanced Diploma of Nutritional Medicine is accredited with CRICOS and overseas students are eligible for a student visa to study this qualification at Nature Care College. International students must meet their VISA requirements by studying 20 hours face to face, which is achieved by adhering to the full time (3 year) study plan set out on page 4 of this Course Outline.

## Degree Pathway

Graduates of the Advanced Diploma of Nutritional Medicine are eligible for Degree articulation into the Bachelor of Health Science (Complementary Medicine) at Charles Sturt University.

Students on any International Visa sub-class who wish to pursue this pathway to the Bachelor of Health Science (Complementary Medicine) need to be aware that the course is delivered by Distance Education and is not CRICOS Registered. Charles Sturt University cannot support an international Student Visa for this course and you should seek approval from your CRICOS registered provider to apply for this pathway. You can continue to study with CSU towards this degree even if no longer able to remain in Australia

## Fees Payable

Fees are payable as per Nature Care College's terms and conditions.

## Nominal Hours and Duration of Course

Nominal hours for the international version of the Advanced Diploma of Nutritional Medicine is 2160 hours. The duration of this course is a total of 9 terms equal to 108 weeks of term class contact and 36 weeks of holidays and mid term breaks, making a total of 144 weeks.

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.

The Advanced Diploma of Nutritional Medicine (HLT61007) is nationally recognised under the Australian Quality Training Framework. The following table lists the Units of Competency achieved upon successful completion of the award. Subjects that correspond with each Unit of Competency are also listed below.

Code	Title	Common/ Specialist/ Elective
BSBFLM303B	Contribute to effective workplace relationships	Common*
HLTCOM502B	Develop professional expertise	Common*
HLTCOM503B	Manage a practice	Common*
HLTCOM404B	Communicate effectively with clients	Common*
HLTCOM406B	Make referrals to other health care professionals when appropriate	Common*
HLTFA301B	Apply first aid	Common*
HLTHIR501A	Maintain an effective health work environment	Common*
HLTIN504B	Manage the control of infection	Common*
HLTOHS300A	Contribute to OHS processes	Common*
HLTAP401A	Confirm physical health status	Common*
HLTAP501A	Analyse health information	Common*
CHCORG28A	Reflect and improve upon professional practice	Common*
HLTNUT601B	Apply literature research findings to clinical practice	Specialist**
HLTNUT603A	Apply a nutritional medicine diagnostic framework	Specialist**
HLTNUT604A	Manage work within a clinical nutritional framework	Specialist**
HLTNUT605A	Perform nutritional medicine health assessment	Specialist**
HLTNUT606A	Plan the nutritional treatment strategy	Specialist**
HLTNUT607A	Provide nutritional medicine treatment	Specialist**
HLTNUT608A	Provide specialised nutritional medicine treatment	Specialist**
HLTNUT609A	Prepare and dispense nutritional and dietary supplements	Specialist**
HLTNUT610A	Provide basic dietary advice	Specialist**
HLTNUT602B	Provide specialised nutritional care	Elective**
HLTHOM604B	Perform clinical screening examination and assessment <i>[Customised]</i>	Elective**

Units of competency alignment with subjects		
Unit(s) of competency		Subject(s)
BSBFLM303B	Contribute to effective workplace relationships	Communicate in Health
HLTCOM404B	Communicate effectively with clients	Communicate with Clients
HLTCOM406B	Make referrals to other health care professionals when appropriate	Business Skills
HLTCOM502B	Develop professional expertise	Develop Professional Expertise
HLTCOM503B	Manage a practice	Develop Professional Expertise
HLTFA301B	Apply first aid	Apply First Aid
HLTHIR501A	Maintain an effective health work environment	Clinical Supervision - Ingestive
HLTOHS300A	Contribute to OHS processes	Safe Practices
HLTIN504B	Manage the control of infection	Safe Practices
HLTAP401A	Confirm physical health status	Anatomy & Physiology 1A, 1B Symptomatology, Diagnosis & Pathology 1A
HLTAP501A	Analyse health information	Anatomy & Physiology 1C, 2 Symptomatology, Diagnosis & Pathology 1B, 1C, 2 Wet labs 1, 2 Chemistry Biochemistry Pharmacology
CHCORG28A	Reflect and improve upon professional practice	Clinical Supervision - Ingestive
HLTNUT601B	Apply literature research findings to clinical practice	Evidence Based Practice
HLTNUT603A	Apply a nutritional medicine diagnostic framework	Clinical Studies – Nutrition
HLTNUT604A	Manage work within a clinical nutritional framework	Nutritional Medicine Student Clinic Food Fundamentals
HLTNUT605A	Perform nutritional medicine health assessment	Nutritional Medicine Student Clinic
HLTNUT606A	Plan the nutritional treatment strategy	Nutrition 3
HLTNUT607A	Provide nutritional medicine treatment	Nutrition 2 Nutritional Medicine Student Clinic
HLTNUT608A	Provide specialised nutritional medicine treatment	Nutrition Across the Lifespan Nutrition 3 Clinical Studies - Nutrition
HLTNUT609A	Prepare and dispense nutritional and dietary supplements	Nutritional Medicine Student Clinic
HLTNUT610A	Provide basic dietary advice	Nutrition 1
HLTNUT602B	Provide specialised nutritional care	Nutrition 3 Nutritional Medicine Student Clinic
HLTHOM604B [Customised]	Perform clinical screening examination and assessment	Physical Examination and Integrated Pathology
Supervised Student Clinic – 675 hours		