



FLEXIBLE STUDY OPTIONS

NATURE CARE COLLEGE DELIVERS STUDY/LIFE BALANCE

THE ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE COURSE CAN BE STUDIED:

- > Full-time duration 3 years
- > Part-time duration 5 years or
- > A study plan can be created by our Course Advisors to suit your individual lifestyle needs

COURSE START DATES

- > Term 1, February (Full-time & Part-time on campus or distance learning)
- > Term 2, May (Distance learning)
- > Term 3, September (Distance learning)

YOUR STUDY SCHEDULE

Nature Care College's flexible approach to scheduling allows you to select your own class times & study option for each class from the Timetable whether you are studying full-time or part-time.

ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE STUDY OPTIONS:

- > On campus
- > Distance learning or
- > Combination of on campus and distance learning

Our flexible approach allows you the option of starting with on campus studies for a term with the flexibility of changing to distance should your needs change.

Nature Care's Course Advisors are available to assist you with creating a flexible timetable to suit your needs.

WHAT IS A NUTRITIONIST?

A Nutritionist provides advice on dietary habits to encourage the achievement of optimum health.

DO YOU ENJOY LEARNING ABOUT HEALTH AND HAVE AN INTEREST IN FOOD?

A Nutritionist may perform the following:

- Analyse patients' eating habits and lifestyle
- Develop and prescribe personalised nutrition and diet plans
- Assess vitamin and mineral deficiencies
- Prescribe vitamin, amino acid and mineral supplements
- Provide advice on cooking methods and recipes
- Consult with individuals/groups on dietary habits and assess nutritional needs
- Liaise with other health professionals on nutrition, including controlled diets for people with special needs
- Plan, conduct and evaluate nutrition intervention programs
- Provide consulting services to corporations & other groups on nutrition & healthy lifestyle habits

DO YOU ENJOY?

- A desire to help people achieve good health
- Committed to promoting preventive medicine as a complement to conventional medical treatments
- An interest in food and food preparation
- Good communication skills

LISA SNOWDON - NUTRITIONIST



“
I LOVED my experience at Nature Care. I made some life long friends, know how to better care for my family & now have a job that I love.
”



RECOGNITION OF OUR COURSE



The Advanced Diploma of Nutritional Medicine is Government accredited with the Australian Skills Quality Authority (ASQA). The Australian Skills Quality Authority (ASQA) is the national regulator for Australia's vocational education and training sector. The Advanced Diploma of Nutritional Medicine is also accredited with the Professional Association - the Australian Traditional Medicine Society (ATMS).

Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

YOUR DEGREE PATHWAY

Graduates of Nature Care College's accredited Advanced Diploma of Nutritional Medicine are eligible to apply for articulation into the Bachelor of Health Science (Food & Nutrition) and Bachelor of Health Science (Complementary Medicine) at Charles Sturt University (CSU) or Bachelor of Health Science (Nutritional Medicine) from Paramount College of Natural Medicine. Please contact Student and Learning Services for further information.

Graduates are also eligible for advanced standing in the following Nature Care College qualifications.

- Advanced Diploma of Naturopathy HLT650507
- Advanced Diploma of Homoeopathy HLT60607
- Advanced Diploma of Western Herbal Medicine HLT60107

COURSE ENTRY REQUIREMENTS

DIVERSITY ADDS TO A SENSE OF COMMUNITY

At Nature Care College, we are committed to welcoming, nurturing and developing growth. Nature Care's students have a wide range of backgrounds such as people straight from school to people with life experience but no educational background. This diversity adds to Nature Care's life-enriching community. Admission to Nature Care College is based on program entry requirements. This may include but is not limited to academic merit, knowledge and skills achieved through formal courses of study, work experience, mature age entry and the potential for tertiary study.

Selection Process: For Vocational Education and Training (VET) courses, Nature Care does not require students to have any specific prior knowledge or a particular University Admissions Index (UAI) for course entry.

ENTRY REQUIREMENTS

- To qualify for admission course entry is through high school matriculation or mature age entry of 21 years and over
- Writing and submitting a personal statement indicating your special areas of interest, any related experience you may have, and why you wish to undertake the course (limited to one A4 page)
- Applicants may be requested to participate in a phone or in person appointment with a Course Advisor prior to final selection

YOUR PAYMENT OPTIONS

VET FEE-HELP The Advanced Diploma of Nutritional Medicine is fully funded by VET FEE-HELP. Students can obtain an Australian Government student loan for all or part of their tuition fees. Please refer to www.naturecare.com.au for further information on VET FEE-HELP.

AUSTUDY/ABSTUDY Students studying the Advanced Diploma of Nutritional Medicine full-time may apply for Austudy/Abstudy. Centrelink determines eligibility and can be contacted on 13 24 90 or visit their website: www.centrelink.gov.au.

PAY TERM BY TERM AS YOU GO Study programs can be structured to suit your individual lifestyle needs. Course fees are charged on a term by term basis & are dependant on the number of units of study you enrol into each term.

SPREAD THE COST OF YOUR COURSE THROUGHOUT THE TERM Payment Plans provide an option for students to spread the cost of your course fees through out the term, in weekly or fortnightly instalments. A 50% deposit on the terms fees is payable at enrolment, the remaining fees are then spread through out the term. A 10% surcharge applies to the outstanding balance for the use of a Payment Plan.



REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

- We are Australia's most experienced trainers of natural therapists, established in 1973
- Course study plans are designed to maximise learning outcomes & allow time for interactive class discussions
- Work Ready qualifications that allow you to start practising immediately upon graduation
- Bachelor Articulation Pathways
- Our highly regarded Nature Care Clinic – vital to put theory into practice, working with the general public as patients and being closely mentored by specialist practitioners
- Nature Care College graduates are the industry preferred employees
- Flexible study options providing study/life balance
- VET FEE-HELP funding & flexible payment options
- Nature Care College's unique campus atmosphere & wide demographic of students
- The Nature Care Café – in-house vegetarian café
- Library
- Job Assistance – a multitude of job opportunities advertised through Nature Care College

YOUR TRAINERS

Nature Care College trainers are professionals who are passionate about their fields of expertise. They bring a wealth of knowledge, clinical expertise and industry experience to provide for you an exciting, engaging and relevant educational experience as you learn the knowledge and skills needed to be a competent and successful natural therapies practitioner.

YOUR QUALIFICATION

Your qualification at Nature Care College has been established to be current, topical and relevant to health in our modern society. You will find the courses to be stimulating and challenging. 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.

CAN I APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL), CREDIT TRANSFERS & NATIONAL RECOGNITION AT NATURE CARE COLLEGE?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed a nationally endorsed Training Package and Australian Qualifications Framework (AQF) accredited course you can apply for National Recognition of Recognition of Current Competencies.

If you have fully or partially completed studies in the last 10 years with a recognised Higher Education provider within Australia you can apply for Credit Transfer.

If you have acquired knowledge and skills through avenues other than those mentioned above you are encouraged to apply for Recognition of Prior Learning.

Further details can be found on our website <http://www.naturecare.com.au/enrolment/?id=57> or alternatively please contact a Course Advisor who will assist you with the process.

DID YOU KNOW?

A STUDY INTO THE COST EFFECTIVENESS OF COMPLEMENTARY MEDICINE IN AUSTRALIA FOUND **MILLIONS IN HEALTHCARE COSTS COULD BE SAVED** WITHOUT COMPROMISING PATIENT OUTCOMES IF COMPLEMENTARY MEDICINE WERE MORE WIDELY USED

THE GLOBAL MARKET FOR HERBAL REMEDIES ALONE IS ESTIMATED AT **\$83 BILLION DOLLARS** (EXCLUDING SOY, ALGAE & FIBRE)

DOCTORS AND HEALTH PROFESSIONALS RATED THE TOP SOURCE OF RECOMMENDING COMPLEMENTARY MEDICINE INFORMATION *WITH **2 IN 3 AUSTRALIANS USING COMPLEMENTARY MEDICINES EACH YEAR**

*Roy Morgan Research, Catalent Australia 2008

All other statistics obtained from the National Institute of Complementary Medicine (an Australian Government initiative)

RECOMMENDED STUDY PLANS



Nature Care
College

RECOMMENDED FULL TIME 3 YEAR STUDY PLAN

	Term One	Term Two	Term Three
Year 1	<ul style="list-style-type: none"> Anatomy & Physiology 1A Chemistry 1A Nutrition 1A Communicate With Clients 	<ul style="list-style-type: none"> Anatomy & Physiology 1B Chemistry 1B Nutrition 1B Food Fundamentals Develop Professional Expertise 	<ul style="list-style-type: none"> Anatomy & Physiology 1C Chemistry 1C Nutrition 1C Communicate In Health Evidence Based Practice
Year 2	<ul style="list-style-type: none"> Anatomy & Physiology 2A Biochemistry 1A Symptomatology, Diagnosis & Pathology 1A Nutrition 2A Business Skills 	<ul style="list-style-type: none"> Anatomy & Physiology 2B Wet Lab 1 Biochemistry 1B Symptomatology, Diagnosis & Pathology 1B Nutrition 2B Safe Practices 	<ul style="list-style-type: none"> Anatomy & Physiology 2C Wet Lab 2 Biochemistry 1C Symptomatology, Diagnosis & Pathology 1C Nutrition 2C
Year 3	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1A Nutrition Across the Lifespan 1A Symptomatology, Diagnosis & Pathology 2A Nutrition 3A Physical Examination & Integrated Pathology Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1B Nutrition Across the Lifespan 1B Symptomatology, Diagnosis & Pathology 2B Nutrition 3B Pharmacology Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1C Nutrition Across the Lifespan 1C Symptomatology, Diagnosis & Pathology 2C Nutrition 3C Clinical Supervision - Ingestive Apply First Aid Certificate Nutritional Medicine Student Clinic

CAREER PATHS TO CONSIDER PRIVATE PRACTICE | SPA OR GYM PRACTITIONER
INDUSTRY COMPANY PRACTITIONER | PRACTITIONER ADVISORY SERVICE | RESEARCH |
PUBLISHING | EDUCATION | HEALTH SERVICE | WEIGHT LOSS COUNSELLOR | CONSULTING

RECOMMENDED STUDY PLANS



Nature Care
College

RECOMMENDED PART TIME 5 YEAR STUDY PLAN

	Term One	Term Two	Term Three
Year 1	<ul style="list-style-type: none"> Anatomy & Physiology 1A Chemistry 1A Nutrition 1A Communicate With Clients 	<ul style="list-style-type: none"> Anatomy & Physiology 1B Chemistry 1B Nutrition 1B Food Fundamentals 	<ul style="list-style-type: none"> Anatomy & Physiology 1C Chemistry 1C Nutrition 1C
Year 2	<ul style="list-style-type: none"> Anatomy & Physiology 2A Biochemistry 1A Nutrition 2A Safe Practices 	<ul style="list-style-type: none"> Anatomy & Physiology 2B Biochemistry 1B Nutrition 2B Develop Professional Expertise Wet Lab 1 	<ul style="list-style-type: none"> Anatomy & Physiology 2C Biochemistry 1C Nutrition 2C Evidence Based Practice Wet Lab 2
Year 3	<ul style="list-style-type: none"> Nutrition 3A Symptomatology, Diagnosis & Pathology 1A 	<ul style="list-style-type: none"> Nutrition 3B Symptomatology, Diagnosis & Pathology 1B 	<ul style="list-style-type: none"> Nutrition 3C Symptomatology, Diagnosis & Pathology 1C
Year 4	<ul style="list-style-type: none"> Symptomatology, Diagnosis & Pathology 2A Pharmacology Business Skills Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Symptomatology, Diagnosis & Pathology 2B Communicate In Health Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Symptomatology, Diagnosis & Pathology 2C Physical Examination & Integrated Pathology Nutritional Medicine Student Clinic
Year 5	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1A Nutrition Across the Lifespan 1A Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1B Nutrition Across the Lifespan 1B Apply First Aid Certificate Nutritional Medicine Student Clinic 	<ul style="list-style-type: none"> Clinical Studies (Nutrition) 1C Nutrition Across the Lifespan 1C Clinical Supervision - Ingestive Nutritional Medicine Student Clinic



Individual Unit of Study Course Outlines can be downloaded from the website for all classes www.naturecare.com.au homepage under 'Course Finder'. The outline has the course description, pre & co-requisites, assessment, textbook & week by week lesson outline information.

ADVANCED DIPLOMA OF NUTRITIONAL MEDICINE COURSE CONTENT

Module Name	Hours
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 Clinic	minimum 225 hours
Apply First Aid Certificate	12 hours