



Nature Care College

Nutrition Across the Lifespan 1 DISTANCE LEARNING

DESCRIPTION

This unit of study enables the student to develop an in-depth understanding of the changing nutritional requirements associated with specific age and life-stage health needs and conditions. Starting with preconception care this unit of study takes a comprehensive look at nutrition during all stages of a lifecycle from preconception and pregnancy care, to infancy, primary, teenage and adult years through to nutritional needs and health issues of the elderly. There are three units of study that make up Nutrition across the lifespan 1 (NAL 1A, NAL 1B & NAL 1C).

DURATION:

One term per unit of study (12 weeks), approximately 72 learning hours.

LEARNING OUTCOMES:

By the conclusion of the unit of study, students should be able to:

1. Demonstrate an understanding of the changing nutritional requirements across the lifespan.
2. Assess the effect of physiological and other changes on nutritional status of the individual.
3. Apply current statistical data to identify risk factors for disease conditions across the lifespan.
4. Compare and critique mainstream and naturopathic nutrition approaches to dietary recommendations across the lifespan.
5. Develop and apply specific case taking skills for various stages of the lifespan.
6. Plan nutritional treatment strategies for various stages of the lifespan.
7. Provide specialised nutritional medicine treatment for children and adolescents
8. Provide specialised nutritional medicine treatment for women
9. Provide specialised nutritional medicine for men
10. Manage the specialised nutritional medicine treatment
11. Develop resources for clients as they relate to diet and lifestyle.
12. Research prevention and treatment protocols as they relate to health and disease across the lifespan.

PRE-REQUISITES:

Nutrition 1, 2, Chemistry, Biochemistry, Symptomatology, Diagnosis & Pathology 1

CO-REQUISITES:

Nutrition 3, Symptomatology, Diagnosis & Pathology 2, Clinical Studies

ASSESSMENT:

Nutrition across the lifespan 1A

Assignment 100%

Nutrition across the lifespan 1B

Assignment 100%

Nutrition across the lifespan 1C

Assignment 100%

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Pass mark for all assessments: 60%

All components must be completed and each term passed at 60% in order to pass this subject satisfactorily.

All exams/assessments are held during scheduled College exam weeks. Please refer to the Distance Learning Examination Information Flyer, issued in week 6-7 for these dates.

NOTE: Students are required to take photocopies before submitting assignments to the distance learning department (view welcome pages for submission protocol)

**COMPETENCIES
PARTIAL
COMPLETION:**

Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency
HLTNUT608A Provide specialised nutritional medicine treatment

**TEACHING
METHOD:**

Distance Learning Units of study: Incorporating Distance Learning Workbook and Distance Learning Compulsory Reader and compulsory textbook

**MATERIALS
REQUIRED:**

Nutrition Across the Lifespan Distance Learning workbooks
Compulsory textbook
Nature care college library membership – access to Nature Care College Library remote database
Online access – to access compulsory readings

TEXTBOOKS:**a) Compulsory:**

Nutrition across the lifespan - Distance learning workbooks NAL 1A, 1B, 1C

Brown J.E. Nutrition through the lifecycle. 4th ed. Thompson Wadsworth; 2011

b) Highly Recommended Reading/References:

Higdon J. An evidence based approach to vitamins and minerals. NY: Thieme; 2003

Jamison J. Clinical guide to nutrition & dietary supplements. Churchill & Livingstone; 2003.

Osiecki H. The physician's handbook of clinical nutrition. 7th ed. Eagle Farm: Bioconcepts; 2006.

Zimmermann M. Burgerstin's Handbook of nutrition. Micronutrients in the prevention and therapy of disease. Stuttgart, Germany: Thieme.

Nutrition across the Lifespan 1A:

Kitzinger S. The new experience of childbirth. London: Orion House; 2004

Naish F. Natural fertility. Sally Milner Pub Pty Ltd; 2004

Naish F, Roberts J. The Natural way to better babies. Milsons Point, NSW: Random House; 2002

Naish F, Roberts J. The natural way to a better pregnancy. Sydney: Doubleday; 1999

Naish F, Roberts J. The natural way to better breastfeeding. Doubleday, Transworld Pub, Random House; 2002

Naish F, Roberts J. The natural way to better birth and bonding. Milsons Point, NSW: Doubleday, Transworld Pub; 2000

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WEEK-BY-WEEK OUTLINE

Nutrition across the lifespan 1A: TERM 1

WEEK 1	Introduction – Overview of course Case taking for different stages Nutritional requirements – International perspectives Determination of requirements Dietary reference values
WEEK 3	Preconception Nutrition
WEEK 4 & 5	Nutrition during pregnancy
WEEK 6	Nutrition during pregnancy: Toxin exposure in pregnancy & Food safety issues for pregnancy
WEEK 7 & 8	Nutrition during pregnancy: conditions and interventions Common Health problems for pregnancy
WEEK 9	Childbirth and Labour
WEEK 10	Nutrition and Lactation
WEEK 11	Nutrition and Lactation: conditions and interventions Common problems and conditions for the breastfed baby and nursing mother
WEEK 12	Complete weeks 1-11 and complete assessment tasks

Nutrition across the lifespan 1B: TERM 2

WEEK 1	Infant Nutrition
WEEK 2	Infant Nutrition: Common infant nutritional problems and concerns
WEEK 3 & 4	Toddlers 1-3 years old Preschoolers 3-5 years old Toddlers and Preschoolers: Conditions and interventions
WEEK 5	School age children 3-5 years
WEEK 6	School age children: conditions and interventions
WEEK 7	Adolescents: Dietary habits and nutrient requirements Physical changes during adolescence Nutrition screening and assessment, and interventions
	Adolescents: Diet and later disease Optimum diet and eating patterns for adolescents
WEEK 9	Adolescents: Conditions and interventions Eating disorders, food fads, micronutrient deficiency, obesity Indigenous Australian's
WEEK 10	Childhood and adolescent behavioural problems and depression
WEEK 11	Adolescent beliefs, substance abuse and chronic health conditions Alcohol, recreational drugs, tobacco smoking
WEEK 12	Complete weeks 1-11 and complete assessment tasks

Nutrition across the lifespan 1C: TERM 3

WEEKS 1 & 2	Adult nutrition: Physical changes of adulthood: prevention, conditions and interventions
WEEK 3 & 4	Adult nutrition: Risk factors, conditions and interventions associated with women's health Risk factors, conditions and interventions associated with men's health Cancer: Association between diet and cancer Breast, Colorectal, Lung, Skin cancer Diet in cancer treatment
WEEK 5	Adult nutrition: Risk factors, conditions and interventions associated with women's health Risk factors, conditions and interventions associated with men's health Diabetes Mellitus Cardiovascular disease OTC analgesics and anti-inflammatory drugs: health consequences
WEEK 6	Ageing – Biological aspects Theories of ageing Damage accumulation theories Age related diseases Modification of the ageing process
WEEK 7	Older people: Physiological changes Body composition The GIT. Endocrine function Activity patterns Appetite and taste
WEEK 8	Older people: Nutritional requirements
WEEK 9	Older people: Nutritionally related problems Changes in body composition and energy Nutritionally related problems of the GIT Risks for malnutrition
WEEK 10	Older people: Nutritional management of geriatric patients Under-nutrition Diagnosis and evaluation
WEEK 11	Frail elderly: Nutritional status and pharmaceutical drugs Palliative Care
WEEK 12	Complete weeks 1-11 and complete assessment tasks