



# Nature Care College

## Nutrition 3

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**DESCRIPTION**

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.

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**DURATION**

72 hours

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**LEARNING  
OUTCOMES**

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

1. Explain the special nutritional needs for various health conditions associated with the different body systems: including the digestive system, the immune system, integumentary system, respiratory system, endocrine system, reproductive and urinary systems for male and female, cardiovascular system, and nervous system
  2. Outline disease processes and the nutritional treatment of the various systems of the body
  3. Apply and adapt different diets effectively for different conditions.
  4. Determine and evaluate deficiency signs and use specific micronutrients as therapeutic aids for specific conditions.
  5. Identify deficiency signs and use specific vitamins and minerals as therapeutic aids for specific conditions.
  6. Identify therapeutic foods for the treatment of specific conditions
  7. Assess a client's health in relation to their lifestyle and environment.
  8. Critique the qualities of a holistic practitioner to enable effective functioning in a clinical situation.
  9. Interpret tests for specific conditions, e.g., urinalysis, urinary testing, blood pressure, pulse rate and assess test results, e.g., blood tests, hair analysis results, etc, appropriate to different conditions.
  10. Manage and provide specialised nutritional care
  11. Plan the nutritional treatment strategy protocol
  12. Discuss a treatment strategy with the client
  13. Demonstrate an ability to write a professional report about a client
  14. Educate the client in dietary and lifestyle modification programs
  15. Provide specialised nutritional medicine treatment for mental health care
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<b>TEACHING METHOD</b>	Modified lecture Case studies Group discussion						
<b>ASSESSMENT</b>	<p><b>Term 1:</b> Weekly repertory / Assignment 1 (Week 12) 20% Assignment 2 (Week 12) 80%</p> <p><b>Term 2:</b> Weekly repertory / Assignment 1 (Week 12) 20% Assignment 2 (Week 12) 80%</p> <p><b>Term 3:</b> Weekly repertory / Assignment 1 (week 12) 20% Assignment 2 (Week 9) 40% Exam (Week 11) 40%</p> <p><b>Pass mark 60%</b> Each assessable component must be completed and passed at 60% each term in order to pass this subject satisfactorily.</p>						
<b>COMPETENCIES PARTIAL COMPLETION</b>	<p>This subject is in partial completion of the following unit/s of competencies toward the Advanced Diploma of Nutritional Medicine HLT61007:</p> <table> <tr> <td>HLTNUT602B</td> <td>Provide specialised nutritional care</td> </tr> <tr> <td>HLTNUT606A</td> <td>Plan the nutritional treatment strategy</td> </tr> <tr> <td>HLTNUT608A</td> <td>Provide specialised nutritional medicine treatment</td> </tr> </table>	HLTNUT602B	Provide specialised nutritional care	HLTNUT606A	Plan the nutritional treatment strategy	HLTNUT608A	Provide specialised nutritional medicine treatment
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HLTNUT608A	Provide specialised nutritional medicine treatment						
<b>ATTENDANCE</b>	80% minimum						
<b>PRE-REQUISITES</b>	Nutrition 2 Chemistry Biochemistry						
<b>CO-REQUISITES</b>	Symptomatology, Diagnosis and Pathology 1						
<b>MATERIALS REQUIRED</b>	Notebook, pen. Nature Care College library membership – access to Nature Care College Library remote database Online access – to access compulsory readings						

## WEEK-BY-WEEK OUTLINE

### TERM ONE

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<b>WEEK 1</b>	Overview of course Assessment Naturopathic nutritional assessment Diet Analysis / Client interviews and dietary questionnaire Clinical practice concepts of Nutrition Clinic; case taking preparation for practitioner experience Naturopathic nutrition foundation Protocol Establishment Treatment priorities Therapeutic order Product knowledge
<b>WEEK 2</b> <b>Digestive</b>	Overview of Digestive system and nutritional support Digestive disorders Aphthous stomatitis Periodontal disease Hypo/hyperchlorhydria Peptic / gastric ulcers Helicobacter pylori
<b>WEEK 3</b>	Intestinal Permeability Dysbiosis Small intestine bacterial overgrowth Food intolerances/allergies Digestive enzyme disorders Lactose intolerance Coeliac disease
<b>WEEK 4</b>	Irritable bowel syndrome Inflammatory bowel disease: Crohn's Disease/ Ulcerative Colitis Constipation Parasites – ascariasis
<b>WEEK 5</b>	Candida Gallbladder support/gallstones Fasting
<b>WEEK 6</b>	Liver detoxification processes and support Hepatitis Cirrhosis of the liver Fatty liver
<b>WEEK 7</b> <b>Immune</b>	Overview of immune system, Role of GI in immune system Acute infections Chronic infections Infections in children CFS / CMV Post viral Ross River / Barmah forest virus HIV/AIDS

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<b>WEEK 8</b>	Introduction to Atopic conditions Nutritional Support for immune response TH1 / TH2 balance Atopic dermatitis
<b>WEEK 9</b> <b>Integumentary</b>	Overview integumentary system Eczema Psoriasis Dermatitis Acne
<b>WEEK 10</b>	Erythema multiforme Rosacea Urticaria Cellulite
<b>WEEK 11</b> <b>Respiratory</b>	Overview Respiratory system Asthma Allergic Rhinitis Bacterial sinusitis Pneumonia
<b>WEEK 12</b>	Strep pharyngitis Viral pharyngitis Acute bronchitis Otitis media <b>Assignment 1 &amp; 2 due</b>
<b>TERM TWO</b>	
<b>WEEK 1 &amp; 2</b> <b>Endocrine</b>	Overview of endocrine system and nutritional support Stress Hypothyroidism/hyperthyroidism
<b>WEEK 3</b>	Hypo / Hyperglycaemia Pre-diabetes / Insulin resistance Diabetes – type 1 and 2 Diabetic complications Gestational diabetes
<b>WEEK 4</b> <b>Reproductive / Urinary</b>	Overview of female reproductive system Menstrual disorders – menorrhagia, amenorrhoea, dysmenorrhoea PMS

<b>WEEK 5</b>	Endometriosis PCOS Preconception and Pregnancy Female infertility
<b>WEEK 6</b>	Lactation Weaning Fibrocystic breast disease Menopause
<b>WEEK 7</b>	Sexually transmitted diseases: trichomoniasis, Chlamydia Pelvic Inflammatory disease Cervical dysplasia Vaginitis
<b>WEEK 8</b>	Overview Urinary system Urinary system disorders: cystitis, kidney stones Overview Male reproductive system Male reproductive disorders: Epididymitis BPH Male infertility
<b>WEEK 9</b> <b>Autoimmune</b>	Autoimmune Diseases - RA SLE Fibromyalgia Myasthenia Gravis
<b>Week 10</b> <b>Musculoskeletal</b>	Osteoarthritis Gout Osteoporosis
<b>WEEK 11</b> <b>Metabolic</b>	Obesity Factors predisposing to obesity Health problems associated with obesity Dietary management in weight control Effects of nutrition on fitness
<b>WEEK 12</b> <b>Cardiovascular</b>	Overview of CVS Risk factors: Hypertension Hypercholesterolaemia Atherosclerosis Homocysteine <b>Assignment 1 &amp; 2 Due</b>

## TERM THREE

<b>WEEK 1</b>	Cardiovascular disease Angina CHF
<b>WEEK 2</b>	Peripheral vascular disease Varicose Veins Raynaud's Disease Haemorrhoids
<b>WEEK 3</b>	Anaemia's
<b>WEEK 4</b> <b>Neurological</b>	Overview of Neurological system Neurotransmitters Healthy brain function Addictions  Affective disorders Depression Anxiety
<b>WEEK 5</b>	Mental Health Disorders TBA eg: Schizophrenia, Epilepsy, Learning spectrum disorders
<b>WEEK 6</b>	Eating Disorders Anorexia Bulimia
<b>WEEK 7</b>	Ageing disorders ; Alzheimers Dementia Parkinsons MS Carpal tunnel
<b>WEEK 8</b>	Migraine headaches Insomnia
<b>WEEK 9</b>	Chronic disease management Cancer <b>Assignment 2 Due</b>
<b>WEEK 10</b>	Cancer
<b>WEEK 11</b>	<b>EXAM</b>
<b>WEEK 12</b>	Glaucoma Macular degeneration Senile cataracts <b>Assignment 1 Due</b>

**NOTE: The order of topics may change at the Lecturer's discretion.**

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.