Overview
This course is suitable for anyone wanting to explore nutrition, either for their own family or as a potential career. Nutrition utilises food as medicine and supports an individual’s health with therapeutic levels of vitamins, minerals and supplements based on scientific and clinical training expertise.

You will graduate with the skills and knowledge enabling you to lead a diverse, meaningful career across the differing facets of this rapidly growing industry.

For more information about the details of this Nutritional Medicine course, such as course structure and subjects, study and delivery methods, or to download a brochure, please refer to the tabs below.

With the aim of establishing successful clinical practice, from their first year, students begin clinical training as observers within an industry network. This integration of multiple basic science disciplines with practical case studies, supports students in learning how the disciplines work together to support various body systems.

You’ll learn to:
- Work with conditions that have been impacted by diet and lifestyle, such as;
- Techniques to maintain a healthy blood sugar level,
- Weight management (both weight loss and gain)
- Management of allergies and supporting the immune system
- Educate patients, health professionals and the public about the benefits of natural health, nutrition and lifestyle medicine
- Provide a personalised approach to clients and medical practitioners through the thorough provision of clinical training skills giving you the confidence to practice
- Maintain and advance professional competencies through ongoing education and research
Career Opportunities

- Nutritionist working private practice or at a clinic dedicated to nutritional medicine
- Dietary advisor
- Natural medicine spokesperson/advisor
- Product development and natural products specialist
- Corporate wellness educator
- Sports nutrition
- Health professional, author, journalist, health writer, public speaker
- Teaching

Accreditation

This qualification is nationally recognised under the Australian Qualification Framework (AQF). It is also accredited with ATMS (Australian Traditional Medicine Society), which is the largest professional association for natural therapies in Australia. Australis also has accreditation with the CMA (Complementary Medicine Association) as well as the IICT (International Institute for Complementary Therapists).

Entry Requirements

There are no entry requirements for this qualification. You may enrol into this course at any time and begin studying shortly after enrolment.

Duration & Cost

This is a 30 month course, with a cost of $23,900.

Students in the Advanced Diploma of Nutritional Medicine must complete the following curriculum

Nutritional Medicine Core Subjects

Students will complete the following subjects in order to gain their qualification.

- Anatomy & Physiology
- Nutrition 1
- Microbiology
- WHS
- History & Philosophy
- Chemistry (Introduction)
- Biochemistry (Introduction)
- Advanced Anatomy & Physiology
- Counselling
- Cultural Awareness
- Pathophysiology & Symptomatology
- Working Well with Others
- Nutrition 2
- Mineral Therapy
- Research Skills
- Professionalism in Practice
- Nutrition 3
- Holistic Integration
- Clinical Training
- 200 hours supervised clinical work experience
**Core Units of Competency**

Subjects in this course are comprised of the following nationally recognised units of competency.

<table>
<thead>
<tr>
<th>Unit of Competency</th>
<th>Unit of Competency Code</th>
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<tbody>
<tr>
<td>Provide basic dietary advice</td>
<td>HLTNUT610B</td>
</tr>
<tr>
<td>Confirm physical health status</td>
<td>HLTAP401B*</td>
</tr>
<tr>
<td>Manage work within a clinical nutritional framework</td>
<td>HLTNUT604C</td>
</tr>
<tr>
<td>Comply with infection control policies and procedures*</td>
<td>HLTIN301C**</td>
</tr>
<tr>
<td>Manage the control of infection</td>
<td>HLTIN504D</td>
</tr>
<tr>
<td>Contribute to WHS processes</td>
<td>HLTWHS300A</td>
</tr>
<tr>
<td>Analyse health information</td>
<td>HLTAP501C</td>
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<tr>
<td>Communicate effectively with clients</td>
<td>HLTCOM404C</td>
</tr>
<tr>
<td>Work effectively with culturally diverse clients and co-workers</td>
<td>HLTHER403C</td>
</tr>
<tr>
<td>Work effectively with Aboriginal and/or Torres Strait Islander people</td>
<td>HLTHER404D</td>
</tr>
<tr>
<td>Perform nutritional medicine health assessment</td>
<td>HLTNUT605B</td>
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<tr>
<td>Provide nutritional medicine treatment</td>
<td>HLTNUT607C</td>
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<tr>
<td>Plan the nutritional treatment strategy</td>
<td>HLTNUT606B</td>
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<tr>
<td>Contribute to effective workplace relationships</td>
<td>BSBFLM303C</td>
</tr>
<tr>
<td>Maintain an effective health work environment</td>
<td>HLTHER501C</td>
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<tr>
<td>Apply literature research findings to clinical practice</td>
<td>HLTNUT601C</td>
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<tr>
<td>Apply a nutritional medicine diagnostic framework</td>
<td>HLTNUT603B</td>
</tr>
<tr>
<td>Make referrals to other health care professionals when appropriate</td>
<td>HLTCOM406C</td>
</tr>
<tr>
<td>Develop professional expertise</td>
<td>HLTCOM502C</td>
</tr>
<tr>
<td>Manage a practice</td>
<td>HLTCOM503D</td>
</tr>
<tr>
<td>Reflect on and improve own professional practice</td>
<td>CHCORG428A</td>
</tr>
<tr>
<td>Apply first aid^</td>
<td>HLTFA311A</td>
</tr>
<tr>
<td>Provide specialised nutritional medicine treatment</td>
<td>HLTNUT608B</td>
</tr>
<tr>
<td>Prepare and dispense nutritional and dietary supplements</td>
<td>HLTNUT609C</td>
</tr>
</tbody>
</table>

* HLTAP401B Confirm physical health status, is a prerequisite to HLTAP501C Analyse health information.

** HLTIN301C Comply with infection control policies and procedures, is a prerequisite to HLTIN504D. This unit will be provided on a separate Statement of Attainment upon being marked competent. This unit will be trained at no cost.

^ HLTFA311A will be awarded after completion of HLTAID003 with an external RTO provider. This unit will then be credit transferred to allow HLTFA311A to be included on your Advanced Diploma certificate. If you choose to study this unit with our recommended partner, this will be at no additional cost.
The Advanced Diploma of Nutritional Medicine is delivered using Blended Learning.

Blended Learning combines face-to-face and online study.

Students must complete the practical/clinical assessments of their course face-to-face, but have the flexibility of online learning to complete the theoretical components of the course.

This approach gives students the flexibility around attendance and helps overcome distance issues in Australia, given the percentage of the population residing outside of capital cities.

Students benefit from:
- Direct face-to-face learning with current industry trainers
- Practical peer learning components
- Self-paced online learning
- Up to date relevant training content
- A virtual campus environment
- Interactive online discussion forums
- Access to career advisor
- Email support
- Phone support
- Industry related webinars

Practical Assessment Workshops

To provide our students with the most engaging learning experience, Australis Natural Health College comes to you. We are conducting practical assessment workshops at facilities in all major capital cities throughout the country.

Workshops commenced in May 2015 and are run frequently Brisbane, Sydney, Melbourne, Tasmania, Adelaide and Perth.

Upcoming Workshop dates:

**Brisbane**
Proposed Dates: 16, 17, 18, 19th of November – exact dates of workshop confirmed one month prior based on numbers
Venue: Australis College, Level 2 / 170 Leichhardt Street, Spring Hill QLD 4000
Time: 9am to 4pm

**Sydney**
Proposed Dates: 10, 11, 12, 13, 14th of October – exact dates of workshop confirmed one month prior based on numbers
Venue: Level 6 – 10 / 10 Barrack Street, Sydney NSW 2000
Time: 9am to 4pm

**Melbourne**
Proposed Dates: 17, 18, 19, 20, 21st of October – exact dates of workshop confirmed one month prior based on numbers
Venue: Level 6 – 8 / 500 Collins Street, Melbourne VIC 3000
Time: 9am to 4pm
Perth
Proposed Dates: 31st of October, 1st of November – exact dates of workshop confirmed one month prior based on numbers
Venue: Level 1, 484 Albany Highway, Victoria Park WA 6100
Time: 9am to 4pm

Tasmania (near Launceston)
Proposed Dates: 7, 8th of November – exact dates of workshop confirmed one month prior based on numbers
Venue: 200 Norwich Drive, Longford TAS 7301
Time: 9:00am to 4:00pm

Cairns
Proposed Dates: 2, 3, 4, 5th, of October – exact dates of workshop confirmed one month prior based on numbers
Venue: Cairns Sheridan Hotel, 295 Sheridan St, Cairns QLD 4870
Time: 9:00 am to 4:00 pm

Adelaide
Proposed Dates: 24, 25th of October – exact dates of workshop confirmed one month prior based on numbers
Venue: Express Training Connections, Lvl 5, 38 Gawler Placet, Adelaide SA 5000
Time: 9:00 am to 4:00 pm

Clinical Placement
It is a requirement for industry accreditation that a certain number of hours of supervised clinical practice is undertaken. Some of these hours will be completed during the practical assessment workshops. The rest will need to be completed externally. The total clinical hours to be completed are:

Nutrition: 200 hours

Australis Natural Health College through its Natural Health Training Support Officer will support students in finding clinical placement with an ATMS approved/accredited Natural Health provider.