



## HLT61012 **Advanced Diploma of Nutritional Medicine**

### 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.

Unit of Competency	Unit of Competency Code
Provide basic dietary advice	HLTNUT610B
Confirm physical health status	HLTAP401B*
Manage work within a clinical nutritional framework	HLTNUT604C
Comply with infection control policies and procedures*	HLTIN301C**
Manage the control of infection	HLTIN504D
Contribute to WHS processes	HLTWHS300A
Analyse health information	HLTAP501C
Communicate effectively with clients	HLTCOM404C
Work effectively with culturally diverse clients and co-workers	HLTHIR403C
Work effectively with Aboriginal and/or Torres Strait Islander people	HLTHIR404D
Perform nutritional medicine health assessment	HLTNUT605B
Provide nutritional medicine treatment	HLTNUT607C
Plan the nutritional treatment strategy	HLTNUT606B
Contribute to effective workplace relationships	BSBFLM303C
Maintain an effective health work environment	HLTHIR501C
Apply literature research findings to clinical practice	HLTNUT601C
Apply a nutritional medicine diagnostic framework	HLTNUT603B
Make referrals to other health care professionals when appropriate	HLTCOM406C
Develop professional expertise	HLTCOM502C
Manage a practice	HLTCOM503D
Reflect on and improve own professional practice	CHCORG428A
Apply first aid <sup>^</sup>	HLTFA311A
Provide specialised nutritional medicine treatment	HLTNUT608B
Prepare and dispense nutritional and dietary supplements	HLTNUT609C

\* 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.

<sup>^</sup> HLTFA311A will be awarded after completion of HLT AID003 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.