



## PROFESSIONAL DIPLOMA IN CLINICAL NUTRITION SPECIALIST

The Diploma of Nutrition provides foundational knowledge as the first step into a fulfilling career in nutritional health and wellness. It delivers a thorough understanding of how nutrition impacts health, exploring the full spectrum of human anatomy, physiology and chemistry, and how they relate to human nutrition, digestion and metabolism.

The Diploma of Nutrition focuses on health science and provides a strong foundation of the role of nutrition in health. You will learn to apply the global Dietary Guidelines and Nutrient Reference Values to dietary assessments and planning. This degree promotes improving general health and wellbeing at each life stage and for indigenous communities at the population level. You will also gain a thorough understanding of human anatomy, physiology and chemistry, and how this relates to human nutrition, digestion and metabolism.

### Learning outcomes

- Gain an introduction to health science and solid foundation in human nutrition.
- Explore the relationship between nutritional intake, the maintenance of health and the development of disease.
- Create basic dietary plans for all life stages including fitness and weight loss.
- Learn about the influence of society and culture on our dietary intakes.
- Understand and apply evidence-based practice and critical enquiry.
- Gain an introduction to health science and solid foundation in human nutrition.
- Explore the relationship between nutritional intake, the maintenance of health and the development of disease.



Program	Professional Diploma of Clinical Nutrition Specialist	
Hours	240 Training Hours	
Duration	Academic Year (9 Months)	
SUBJECT	TRAINING HOURS	CODE
Language 101 English	20	EN101
Language 102 English	20	EN102
Terminology Medical	8	PA11
Anatomy Human	16	PA12
Physiology Human	20	PA13
of Nursing Fundamentals	16	N110
of Nutrition Fundamentals	16	NS141
Lab Data Medical	10	PA21
Dietary planning	12	NS143
Obesity and Underweight	10	NS144
Nutrition for Athletes	12	NS145
Nutrition during Pregnancy	10	NS146
Nutrition while Breastfeeding	10	NS147
Polycystic Ovary Syndrome (PCOS) Nutrition	10	N148
Nutrition for Thyroid Patients	10	NS149
Nutrition for Hypertension Patients	10	NS150
Nutrition for Diabetes Patients	10	NS151
Graduation Project	20	NS152



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