Bachelor of Health Science – Clinical Nutrition (BHSCLNUT20)

1. About the Bachelor of Health Science – Clinical Nutrition

Throughout history the relationship between diet and wellbeing has long been understood, Hippocrates proclaimed "Let food be thy medicine and medicine be thy food" in 400BC, yet dating back as far as 5000BC Egyptians were using specific foods to treat a variety of diseases. Clinical Nutrition combines food as medicine traditions and dietary therapy with recent scientific advances in nutritional biochemistry and therapeutics which are now used by conventional and holistic practitioners alike.

Health and wellbeing are affected by multiple external and internal factors, some of which lead to functional disorders and chronic disease. The role of the Clinical Nutrition practitioner is to identify the cause of dysfunction, educate the patient, develop a treatment and prevention plan to re-establish and maintain wellbeing.

Clinical Nutrition practitioners understand the nutritional, dietary and lifestyle factors which impact wellbeing throughout the lifespan, during illness and disease. Clinical Nutrition practitioners seek to educate the individual or community on the impact of food choices in the maintenance of wellbeing and management of disease.

Graduate employment opportunities

As a graduate of the Bachelor of Health Science (Clinical Nutrition) degree, there are a number of career opportunities available to you. There is a continually growing demand for skilled practitioners to work as a Clinical Nutritionist in a number of settings such as:

- Private practice
- Complementary and Medical clinics
- Sporting clubs and gyms
- Health retreats
- Research and education
- Product development
- Self-employment and consulting

Furthermore many students have gone on to set up their own successful clinics, undertaken post-graduate study, worked overseas, published journals and books, and worked voluntarily to give something back to the community. All of our degrees meet industry association requirements in their chosen areas, so students can register to become a member of professional associations and with private health insurance providers.

Course recognition

Professional associations that recognise graduates of this course include:

- ANTA – Australian Natural Therapists Association
- CMA – Complementary Medicines Association
- NSA – Nutrition Society of Australia

Torrens University Australia Ltd, ABN 99 154 937 005, RTO 41343, CRICOS 03389E.
Information provided in this document is current at the time of publishing (March 2021).

Students may also be eligible to join:

- ATMS – Australian Traditional Medicine Society

Course Overview

Course Title	**BHSCLNUT20 BACHELOR OF HEALTH SCIENCE (CLINICAL NUTRITION)**		
Study Options – Domestic Australian students	Full-time or Part-time On Campus Blended Delivery	**Study Options – International students**	This course is available to international students needing a visa to study in Australia.
Start Dates	February, June, September For specific dates visit: https://www.torrens.edu.au/apply-online/key-dates	**Course Length**	Full-time: 3 year Part-time: 6 years
Payment Options - Domestic Australian students	**Upfront payment** This means tuition fees will be invoiced each semester and payment is required on or before the due date. **FEE-HELP** FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold. Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.	**Payment Options – International students**	**Upfront payment** This means tuition fees will be invoiced each semester and payment is required on or before the due date.
Course study requirements	Each subject involves 7 hours of study per week, comprising 3 hours of facilitated study and 7 hours self-directed study.	**Assessment**	Each subject you complete includes 3 assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentation, reflective journal, case analysis, literature review and practical exam.
Locations	• Fitzroy campus, Melbourne • Pyrmont campus, Sydney • Fortitude Valley campus Brisbane.	**Delivered by**	Torrens University Australia
Provider	Torrens University Australia Ltd is registered as a self-accrediting	**CRICOS Course Code**	099642C

	Australian university by the Tertiary Education Quality and Standards Agency (TEQSA).		
Provider obligations	Torrens University is responsible for all aspects of the student experience, including the quality of course delivery, in compliance with the *Higher Education Standards 2015*	**Accrediting body**	Torrens University Australia Limited ABN 99 154 937 005, CRICOS Provider Code: 03389E. RTO No. 41343
Course Fees	For details, refer to the website.	**Any other fees**	For details, refer to the website.

2. Essential requirements for admission

The general admission criteria that apply to Torrens University Australia courses can be located by visiting the Torrens University Australia website - https://www.torrens.edu.au/general-admission-information-for-torrens-university-australia-ltd.

3. Student Profile

The table below gives an indication of the likely peer cohort for new students in this course. It provides data on students who commenced in this course in the most relevant recent intake period, including those admitted through all offer rounds and international students studying in Australia.

Applicant background	Trimester one / Full year intake [2020]	
	Number of students	Percentage of all students
(A) Higher education study (includes a bridging or enabling course)	0	0%
(B) Vocational education and training (VET) study	0	0%
(C) Work and life experience (Admitted on the basis of previous achievement not in the other three categories)	0	0%

(D) Recent secondary education: • Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points) • Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR) • Admitted on the basis of other criteria only and ATAR was ***not*** a factor (e.g. special consideration, audition alone, schools recommendation scheme with no minimum ATAR requirement)	0 0 0	0% 0% 0%
International students	N/A	N/A
All students	***0***	***0%***

Notes: "<5" – the number of students is less than 5.
N/A – Students not accepted in this category.
N/P – Not published: the number is hidden to prevent calculation of numbers in cells with less than 5 students.

4. Admission Criteria

Title of course of study	BHSCLNUT20 - Bachelor of Health Science (Clinical Nutrition)
Applicants with higher education study	• A completed higher education qualification at AQF level 5 (diploma) or above, or equivalent, from an Australian University or another accredited higher education provider OR • Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 6 (Associate Degree) or above, or equivalent, from an Australian University or another accredited higher education provider
Applicants with vocational education and training (VET) study	• A completed vocational education qualification at AQF level 4 (Certificate IV) or above, or equivalent, from a registered training organisation (RTO) OR • Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 5 (Diploma) or above, or equivalent, at a registered training organisation (RTO)

Title of course of study	BHSCLNUT20 - Bachelor of Health Science (Clinical Nutrition)
Applicants with work and life experience	Demonstrated ability to undertake study at the required level: • broadly relevant work experience (documented e.g. CV), demonstrating a reasonable prospect of success; OR • formal, informal or non-formal study, completed or partially completed, demonstrating a reasonable prospect of success; OR • a written submission to demonstrate reasonable prospect of success.
English Language Proficiency (applicable to international students, and in addition to academic or special entry requirements noted above)	**International Students** Equivalent IELTS 6.5 (Academic) with no skills band less than 5.5
Applicants with recent secondary education	Year 12 or equivalent

Other admission options

Special Entry	Applicants in any category whose study, work or life experiences have been impacted by disability, illness or family disruption will be given special consideration for admission. Each application will be considered on its merit, based on the evidence supplied by the applicant attesting to the circumstances of the applicant. Applicants for special entry may need to complete written or numerical tasks to assist with assessing eligibility for admission.

5. How to apply

Via direct application to the institution

- https://apply.torrens.edu.au/b2b/fcta/

6. Advanced standing/academic credit/recognition of prior learning (RPL)

You may be entitled to credit for prior learning, whether formal or informal. Formal learning can include previous study in higher education, vocational education, or adult and community education. Informal learning

can include on the job learning or various kinds of work and life experience. Credit can reduce the amount of study needed to complete a degree.

Applicants admitted based on prior higher education study may be eligible for Advanced Standing in the form of credit and/or recognition of prior learning (RPL) under the Torrens University Australia Credit Policy - (https://www.torrens.edu.au/policies-and-forms).

- Students with completed subjects may be eligible for specified credit and/or elective exemptions
- Students who have completed a qualification at AQF level 5 (diploma) or above may be eligible for block credit (where a block credit agreement exists)
- Students with a mix of formal study and informal and/or non-formal learning may be eligible for recognition of prior learning in addition to any credit approved.

Credit will not be applied automatically. Applicants must apply for credit and/or RPL as early as possible prior to each study period, with applications not accepted after week 2.

For further information about credit and recognition of prior learning, please see:
https://www.torrens.edu.au/apply-online/course-creditshttp:/www.torrens.edu.au/apply-online/course-credits

7. Where to get further information

- Torrens University Australia (TUA) Website
  - https://www.torrens.edu.au/
- Universities Admissions Centre (UAC) Website.
  UACs manage the usual process of student university applications and the study offer rounds on behalf of the particular universities that they cover. All TACs are independent of each other, so depending on which state or the number of universities you want to submit an application to, you may need to apply through multiple TACs.
  - https://www.uac.edu.au/

Quality Indicators for Learning and Teaching (QILT) Website.
With QILT, you can do side by side comparisons of the quality of the higher education institutions and the study areas that you're interested in.
  - https://www.qilt.edu.au/

8. Additional Information

Course Structure

To graduate from this course a student must satisfactorily complete 24 subjects. Each subject is worth 10 credit points for a course total of 240 credit points. A normal full-time study load would see a student complete 80 credit points per year for three years. Each year has three Study Periods or trimesters. Each subject includes 3 hours of teaching (e.g. classroom hours, tutorials, group work, online activities) and approximately 7 hours of self-directed study per week, totaling 10 hours of study per week per subject.

The Course Structure can be viewed or download via the Student Hub, Course Webpage
https://studenthub.torrens.edu.au/Hub

Course Rules

This course comprises of 24 subjects. Each subject has a value of 10 credit points. To satisfy the course requirements, you must have complete 240 credit points.

The course contains 3 subject levels - Level 100, 200 and 300 guiding you from foundational through to more complex subjects.

- Level 100: 9 core subjects
- Level 200: 10 core subjects
- Level 300: 4 core subjects

There is one AQF Level 7 Elective Subject in the course.

Subjects

Subject Descriptions
BFD105 Biological Foundations Biological Foundations explores the biological building blocks which make up the human body from the chemical level up to the cellular level. These essential chemistry concepts will assist with building relevant links to the study of human physiology in later subjects. The subject then explores the foundational studies in biochemistry which includes the structure and function of carbohydrates, proteins, enzymes, lipids, DNA and RNA. The concepts of gene expression and regulation are discussed in addition to the cellular membrane structure and transport through the membrane. The study of the biology of the human cell concludes this subject and upon completion equips students to commence study at the tissue level of structure and physiology subjects.
HWEL2002 Understanding Health This subject provides students an introduction to the diversity of health theories and initiatives to improve health outcomes. Students will engage with key concepts including human right to health, social determinants of health, equality, equity and vulnerability. An introduction to Australia's health system and intersectoral action will also be provided.
NUTR2001 Human Nutrition 1 Human Nutrition 1 (NUTR2001) provides a detailed and in-depth study of the macronutrients, protein, carbohydrates and lipids, as well as the water soluble vitamins and how these relate to human metabolism. Each individual macronutrient and water soluble vitamin is studied in regards to their composition, biological function, dietary sources, recommended daily intake, factors contributing to excess states, and states of insufficiency and deficiency; and signs and symptoms associated with nutrient imbalances found in individuals and populations. Students will investigate how the management of these nutrients contribute to the public health agenda.

HSP101 Human Structure & Physiology 1

Human Structure & Physiology 1 introduces the basic concepts and terminologies required to study and understand the structure and function of the human body. This subject will build on the biological foundations by exploring the interaction and organisation of cells, tissues and organs which forms a basis to study the physiological integration of key body systems. The maintenance and regulation of the internal environment by homeostasis at a system level will be key to students understanding disruption and disease in later subjects. Key physiological and functional processes such as movement, metabolism, oxygenation and protection will be discussed, with body systems including the integumentary, musculoskeletal, respiratory and cardiovascular system the focus of this subject. This subject will provide the first part of an evidence based foundational knowledge of human physiology to guide health practice.

NUTR2004 Food Science, Systems and Policy

Food Science, Systems and Policy (NUTR2004) examines the way in which food is produced, processed and distributed in Australia and globally. It provides students with an understanding of current practices and trends in primary production and food manufacturing and distribution. It also examines the laws governing food for sale and the politics of the food system and how these impact on public health initiatives as they relate to food security, sustainability and food deserts.

This subject has compulsory attendance requirements and an option of participation in 20 hours of Voluntary Work Experience in a health-related business.

NUTR2002 Human Nutrition 2

Human Nutrition 2 (NUTR2002) provides a detailed and in-depth study of the micronutrients and how these relate to human metabolism. This subject provides students with underpinning knowledge about the correlation that exists between micronutrients and human physiology. Each micronutrient's structure, biological function, dietary sources, recommended daily intake and therapeutic dose is studied. This subject also covers the factors contributing to, and symptoms associated with, states of excess, insufficiency and deficiency found in individuals and populations. The role of nutrition and lifestyle factors in the development of chronic disease is examined. Furthermore, students will be introduced to the concepts of genetically engineered food. They will discover how food-borne illnesses can be prevented and identify environmental contaminants in the food supply. This subject also explores the current scientific literature, enabling students to determine the appropriate use of dietary supplementation.

HSP102 Human Structure & Physiology 2

Human Structure & Physiology 2 will further develop knowledge of the structure and physiology of the human body with special attention given to the integration of human systems and beginning to explore the impact of disturbances in Homeostasis and disruption of normal function. The structure and function of the lymphatic, immune, digestive, nervous, endocrine, urinary, reproductive systems and the special senses are covered in detail including the homoeostatic control mechanisms of each system and the integration of the systems in the body. This subject builds on the knowledge and understandings of human structure and physiology, provides the foundation to look at disease, disorders and syndromes and their pathophysiology, in later subjects.

EBP107 Evidence-based Practice

Evidence-based practice is an essential component of the exercise of clinical judgement in the delivery of quality healthcare. Students will also gain an understanding of how research evidence is translated into practice. This subject provides students with an introduction to health informatics, research and digital literacy, critical thinking and evidence-based practice. Students are guided through the skills necessary to locate, critique and interpret a research article for application to their practice. They will become familiar with quantitative and qualitative evidence, research methodology, basic descriptive and inferential statistics and the foundational skills to be able to evaluate and appraise evidence in healthcare research.

HSP201 Human Systems & Pathophysiology 1

Human Systems & Pathophysiology 1 is the first of two subjects that builds upon the foundational studies in Human Structure & Physiology and then expands student's skills and knowledge into the area of pathophysiology and human disease process. Understanding the pathogenic process and the disruption of homeostasis in relation to disease will be important concepts, in the context of individual, community and population health.

This subject will cover:

- Basic pathological processes in response to injury and growth abnormalities.
- Immunology, toxicology, microbiology, and their characteristic diseases.
- Pathophysiology, symptomatology and clinical manifestations for diseases of the gastrointestinal, neurological and cardiovascular systems.
- Introduction to commonly used laboratory tests and interpretation of findings.

HBC205 Human Biochemistry

Human Biochemistry explains the processes of macromolecule metabolism, energy production and storage in the body. Included in this subject are the metabolism of carbohydrates, lipids and amino acids; the role of ATP and acetyl CoA in metabolism; oxidative phosphorylation, the electron transport chain, biosignaling and chemical communication. The concept of gene expression and regulation is also explored. Human Biochemistry provides healthcare practitioners a vital foundation on the basic macromolecules and genetic understandings essential for life. This knowledge will be built upon and expanded further in later subjects.

PCS207 Pre-Clinical Studies 1

Pre-Clinical Studies 1 (PCS207) is the first of the two part series of Pre-Clinical subjects in which students observe clinical practice, learn effective communication and counselling skills and professional ethical practices. This subject reinforces evidence based practices and the principles and philosophies of natural medicine, which sets the basis for guiding students to progress and evolve through the development of critical thinking, case history taking skills and communicating holistic understanding, and the therapeutic plan in a workshop setting.

Students will complete a minimum of 25 hours of external observation over the trimester. Students will familiarise themselves with the day-to-day operation of clinical practice. They will observe practitioners and clients in consultation, undertake a range of administrative tasks and observe dispensaries in action. This provides an opportunity for the student to develop an awareness of the application of professional skills in a clinical setting. These skills are not only to do with the practice of complementary medicine but also clinical skills such as interpersonal relations, scope of practice, duty of care and ethical compliance business acumen and an appreciation of the Australian health care system.

This subject has compulsory attendance requirements and includes 25 hours of professional practitioner observation.

HSP202 Human Systems & Pathophysiology 2

Human Systems & Pathophysiology 2 builds upon the concepts explored in Human Systems & Pathophysiology 1 and continues to expand student's skills and knowledge in pathophysiology and the human disease process, in relation to individual, community and public health. The pathophysiology and symptomatology will be covered for various disease states of the musculoskeletal, integumentary, hematologic, pulmonary, endocrine, renal and reproductive systems. Conditions specific to gerontology and aging will also be considered.

General diagnostic approaches will be introduced and the commonly used laboratory tests and interpretation of such findings for the associated disorders and conditions will continue to be developed.

SCIE2006 Nutritional Biochemistry & Human Metabolism

Nutritional Biochemistry & Human Metabolism (SCIE2006) builds on concepts developed in human biochemistry and the foundations of nutritional science. The biochemical structure and function of macro and micronutrients and biochemical mechanisms associated with digestion, absorption, transport and storage are examined. The integration of biochemical mechanisms of nutrients with disease pathophysiology is explored. This subject also provides an in depth understanding of the microbiome, biological oxidation, inflammation, antioxidants, liver detoxification and neurotransmitter synthesis. Students will learn about nutritional genomics and epigenetics and how they relate to professional practice. The clinical relevance and importance of nutritional biochemistry for the nutritional management of major diseases is also emphasised.

NUT208 Nutritional Therapeutics 1

Nutritional Therapeutics 1 (NUT208) is the first of a two part series in which students begin to integrate their health science and human nutrition knowledge for the dietary and nutritional management of particular health conditions. Students will analyse and critically evaluate the evidence and examine specific body systems and associated health conditions to develop treatment approaches in a case based learning environment.

CLA207 Clinical Assessment

Clinical Assessment builds on the theory of the Human Systems & Pathophysiology subjects and develops practical skills for clinical assessment and examination of the client. Skills for history taking, gathering clinical information, observing clinical manifestations, critically analyse signs and symptoms, identifying red flags, interpreting medical reports, pathology tests and diagnostic imaging are developed. Students will explore a range physical examination techniques using appropriate equipment to reach primary and differential diagnoses. Students will develop and practice skills in effective communication, respecting clients' privacy, work health and safety concerns as well as the need for referral to other health care practitioners in a professional manner.

PCS209 Pre-Clinical Studies 2

Following on from Pre-Clinical Studies 1 (PCS207), students will apply their theoretical and practical knowledge of case taking, holistic, biomedical and therapeutics to conduct critical case analysis and management through the use of holistic evidence based principles, clinical examination skills, and techniques to implement appropriate therapeutic strategies and prescriptions in a simulated clinic environment. Students will refine interpersonal skills including patient counselling and develop their capacity to give and receive constructive feedback. Throughout the subject, students will reflect and develop their practitioner persona for future clinical practice. Students will also build on their understanding of clinical practice by undertaking 25 hours of clinical observation in the Student Clinic.

This subject has compulsory attendance requirements and 25 hours of student practitioner observation in The

NUTR2005 Lifespan Nutrition

Lifespan Nutrition (NUTR2005) examines the range of nutritional requirements that impact populations, communities and individuals at particular life stages including pre-conception, pregnancy, during lactation, early childhood, adolescence, adulthood and ageing populations, as well as the specific issues affecting Indigenous communities, sports people and other at risk populations. This subject provides an overview of dietary patterns and eating habits by age group and dietary recommendations for optimal nutrition to maintain wellbeing at each life stage.

NUT301 Nutritional Therapeutics 1

Nutritional Therapeutics 1 (NUT208) is the first of a two part series in which students begin to integrate their health science and human nutrition knowledge for the dietary and nutritional management of particular health conditions. Students will analyse and critically evaluate the evidence and examine specific body systems and associated health conditions to develop treatment approaches in a case based learning environment. The digestive, hepatobiliary, neurological, immune, respiratory systems and conditions affecting the special senses including the eyes and ears will be examined.

This subject includes compulsory attendance in 25 hours of Clinic Management Experience in The Practice Wellbeing Centre.

FA203 Food as Medicine

Food as Medicine (FAM203) introduces students to the concept that food can be used as a form of medicine to promote health and wellbeing and treat and prevent disease. This subject provides an overview of farming practices, food preparation, cooking and storage methods, as well as food manufacturing and processing techniques and their impacts on the nutritional value of foods. Students will investigate nutritional food-based science including the health effects of food additives, food safety and phytochemical toxicity. An in depth study of food evolution, historical, cultural and modern uses of food as medicine and the medicinal properties of food is also examined. The benefits and disadvantages of new dietary models are also explored. Students will explore the potential therapeutic function of food, the relationship of phytochemical constituents and disease, and their physiological effects on humans. Students will learn how to apply evidence based nutrition knowledge to illustrate the use of food as a therapeutic tool and provide food-based recommendations in health and disease.

NUT301 Nutritional Therapeutics 2

Nutritional Therapeutics 2 (NUT301) builds upon Nutritional Therapeutics 1 (NUT208) in which students begin to integrate health science and human nutrition knowledge for the dietary and nutritional management of particular health conditions. Students will analyse and critically evaluate the evidence and examine specific body systems and associated health conditions to develop treatment approaches in a case based learning environment. The endocrine, cardiovascular, musculoskeletal, reproductive, urinary and renal, and dermatological systems will be examined. Pediatric conditions and HIV and Aids will also be reviewed.

This subject requires compulsory participation in 72 hours of clinical practicum experience in The Practice Wellbeing Centre

DIP303 Integrated Pharmacology

Integrated Pharmacology comprises a study of basic principles of pharmacology, the pharmacokinetics of drugs commonly used in medical practice and common interactions between drugs and natural remedies. Drugs for pain, inflammation, infection, mental health, cardiovascular, respiratory, gastrointestinal, reproductive and endocrine systems are discussed. Drug actions, uses, contraindications, adverse effects and interactions with natural remedies are discussed, together with implications for naturopathic, nutritional and western herbal medicine prescribing. This subject is crucial for the modern healthcare practitioner to understand common medications that patients may be taking and common interactions between these medications and natural remedies. This subject also emphasises the need for clear lines of communication and common language between doctors and complementary healthcare practitioners in order to obtain the best health outcomes for clients.

DCP409 Dietary Counselling & Planning

This subject is a core subject for final year students in the Bachelor of Health Science Clinical Nutrition and an elective for the Bachelor of Health Science Naturopathy and Bachelor of Health Science Western Herbal Medicine students. This subject will provide students with the knowledge and skills necessary to conduct thorough nutritional assessment and construct therapeutic dietary interventions in clinically specific disease states. This subject will also provide students with the fundamental skills in communication and counselling techniques to be used when consulting and effectively communicating with culturally diverse groups and patients. Students will learn the counselling and education skills required to implement behavioural change in professional practice as Health Practitioners.

This subject requires compulsory participation in 144 hours of clinical practicum experience in The Practice Wellbeing Centre

EPR307 Entrepreneurship, Professionalism & Business Skills in Health

Entrepreneurship, Professionalism & Business Skills in Health will introduce students to the concepts of small business management, entrepreneurship and how to identify the professional requirements of their healthcare discipline. This subject will explore the topics necessary to establish and run a successful healthcare practice and maintain their professional status in the healthcare sector. Students will also explore their professional identity to support the understanding of the ethical conduct, liability, legal and regulatory requirements that are pertinent to their specific modality.
This subject will initiate the development of a Business plan using entrepreneurial practices and innovative design thinking. This will include exploring business strategies such as operating policy and procedures, marketing and branding, networking strategies, leadership, administration and financial issues necessary for the operation and management of a contemporary healthcare practice.

FNM408 Functional Clinical Nutrition

This final year subject builds on and further integrates the concepts introduced in Nutritional Therapeutics 1 and 2. Students will explore the evidence base for advanced clinical nutrition and extend their knowledge of therapeutic mechanisms and application of nutrients and phytochemicals through a functional and integrated systems approach. Foetal programming, mitochondrial dysfunction, genetic polymorphisms, neurological, metabolic, and inflammatory disease, and cancer will be explored. Students will continue to learn how to devise comprehensive nutritional therapeutic strategies with an emphasis on complex health conditions. In this subject, students will be expected to integrate knowledge from Clinical Assessment, Research & Evidence Based Practice and Nutritional therapeutics to provide clinically informed decisions in developing nutrition interventions for complex clinical cases.

This subject requires compulsory participation in 144 hours of clinical practicum experience in The Practice Wellbeing Centre

Subject Descriptions

Elective: HPR200 Health Promotion

This subject provides students with the knowledge and understanding of health promotion concepts within various settings within Australia. Students are introduced to the key theories and concepts regarding behavioural change as it relates to health status. This subject provides students with the opportunity to integrate their counselling and nutrition knowledge to devise and assess health promotion interventions.

Elective: NUTR2006 Diet & Disease

In this subject students will explore the relationship between diet and nutrition. With a focus on major non-communicable diseases and vulnerable populations, students will explore nutrition related disease states and the role of nutritional interventions from a population and community perspective and how these impact on disease in society, and policy. Major non-communicable health conditions including obesity, cancer, diabetes and cardiovascular disease will be explored.

Elective: CLR308 Critical Literature Review

Critical Literature Review provides an opportunity to critically examine the current literature to answer a chosen research question to inform clinical decision-making. The literature review is a scholarly paper that appraises the current knowledge base highlighting strengths, weaknesses and omissions in the literature. The subject builds on established knowledge of literature search methods and critical appraisal skills to culminate in a review that conforms to publication standards.

Elective: NUTR2007 Public Health Nutrition This subject introduces the essential components of public health nutrition, exploring policies, priorities, programs and practice which assist in health promotion and disease prevention through nutritional interventions in communities and populations. Students will build on the skills and knowledge to appraise political, environmental, social and economic influences on public health nutrition goals and practice. Students will identify and evaluate the major local and global public health nutrition issues affecting societies today, and be able to apply policy, practical theory and models, and frameworks for the development of programs and interventions to improve population health though nutrition. Students will develop the know-how to assess the nutritional needs of populations, and the ability to plan, implement and evaluate public
Elective: NUTR2008 Special Populations Project This subject allows students to undertake a research project within a special population of their choice, focusing on an issue which is allied to or impacted by nutrition. This unit is the equivalent to a capstone unit, drawing together the learning of the core public health curriculum with the nutrition specialism to allow students to apply all their learning and skills to a project of their choice, generating an outcome they can evidence in pursuit of the preferred career choice.

Locations

The Bachelor of Health Science (Clinical Nutrition) can be studied partially online and is delivered at:

- Queensland (Brisbane)
- New South Wales (Sydney)
- Victoria (Melbourne)

Campus Facilities and Services

All campuses are designed to provide students with professional spaces in which to learn and work. They have been planned with student study needs in mind with well-equipped accessible learning spaces as well as student breakout areas for group work and spending time with friends.

Facilities and Services include:

- ✓ The Customer Service Hub – our friendly and experienced staff can give help and advice about courses, your enrolment and campus life, including all services and activities on campus.
- ✓ Counsellors are available for students to consult with on a range of personal issues
- ✓ Student wireless access throughout the Campus
- ✓ Student break-out and relaxed study spaces for group work
- ✓ Student lounge areas – most with microwaves, fridge and kitchenette facilities
- ✓ The Learning Hub, home to the Learning Support Team, encompasses Learning Skills Advisors, Learning Technology Advisors, and Library & Learning Skills Officers. It provides an integrated, holistic support program for students throughout the study lifecycle within a library/collaborative study environment.

- ✓ Support and workshops with highly qualified staff in the areas of Academic skills, Library skills, and Technology skills, both on campus and online.
- ✓ Physical and digital resources relevant to studies, such as books, journals, multimedia, databases
- ✓ Self-check kiosks for library loans and print and copy facilities

Practice Experience at the Wellbeing Centre:

Clinical experience is a vital part of the course. Students commence clinical studies with a common two-subject series of Pre-clinical Studies 1 and 2, in which students observe clinical practice, learn basic counseling, case taking and analysis skills.

From second year, students learn in an immersive clinical environment via clinic management placements at The Practice Wellbeing Centre. This experience allows students to apply theoretical learnings in a real-world practice environment.

In the final year of the course, students undertake Clinical Practicum. This is where students perform as student practitioners consulting with members of the general public under the guidance of professional practitioners. Clinical Practicum is embedded in theory subjects.

The Clinic is a real-life, multi-modality clinic serving the needs of the surrounding communities. The clinics are custom built with modern practice technology including body composition analysis and iridology technology. You will treat real patients, work with a professional clinic team, gain experience in all aspects of working in, and running your own clinical practice, and engage with real clients in a safe and supervised environment. This will prepare you to confidently and successfully practice in the community.

In the time you spend in clinic you will undergo a transformation from theoretical student to graduate practitioner, all under the expert supervision of some of Australia's best clinicians.

The Practice Wellbeing Centres are located in vibrant inner-city areas of Melbourne (Fitzroy), Sydney (Pyrmont) and Brisbane (Gotha Street).

A positive student experience

Torrens University Australia values the importance of a positive student experience, and therefore has robust processes to resolve student complaints. The Student Complaints Policy, and associated procedures, can be accessed from the website (https://www.torrens.edu.au/policies-and-forms).

Paying for your qualification

Torrens University Australia Ltd, ABN 99 154 937 005, RTO 41343, CRICOS 03389E.
Information provided in this document is current at the time of publishing (March 2021).

We offer two payment options for this course:

- **Upfront payment**
  If you want to complete your qualification debt-free you can choose to pay as you go. This means tuition fees will be invoiced each semester and payment is required on or before the due date using EFTPOS, credit card or direct transfer.
- **FEE-HELP**
  FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold ($45, 881 in 2019-20). Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.

  Further information about FEE-HELP, including eligibility, is available at:
  - FEE-HELP website: http://studyassist.gov.au/sites/studyassist/helppayingmyfees/fee-help/pages/fee-help-
  - FEE-HELP booklets: https://www.studyassist.gov.au/need-more-information/help-publications

Austudy and Abstudy

Students enrolled in this course may be eligible for government assistance, such as Austudy or Abstudy.