

Diploma of Nutrition (DIPNUT16)

1. About the Diploma of Nutrition

Are you yearning for a fulfilling career in nutritional health and wellness?

Do you want to extend your nutritional knowledge and how it aligns to good health?

The way we see ourselves impacts every part of our lives – particularly health and body image - which can influence what and how we eat. With fad diets on the rise, the need for well-educated and knowledgeable nutritional advisors has become increasingly important to assist people with healthier nutritional approaches.

Designed for students with a personal interest in nutrition and diet related fields, or those who want a “taster” before commencing a Bachelor’s degree in Nutrition, the Diploma of Nutrition will get you on the path to a fulfilling career. Taught by experienced industry professionals, who are leaders in the field, will benefit those at the start of their journey or those wanting to extend their nutritional knowledge to support their current career in a related field such as fitness, nursing, hospitality, health and wellbeing.

The Diploma of Nutrition focuses on health science and provides a strong foundation of the role of nutrition in health. Gain a thorough understanding of human anatomy, physiology and chemistry, and how this relates to human nutrition, digestion and metabolism.

Graduate with a higher education qualification will be able to conduct an assessment of macronutrient and micronutrient intake, identify dietary related risk factors and make general dietary recommendations of nutrients and dietary sources, by applying the Australian Dietary Guidelines and Nutrient Reference Values to dietary assessment and planning for sports persons, improving general health and wellbeing at each life stage and for indigenous communities at the population level. Make a difference by empowering people to lead healthier lives with the provision of credible nutritional and dietary advice.

Torrens University Australia prides itself on being able to meet the needs of those looking to upgrade their skills or move in a different career direction. Our flexible study options and lecturer facilitated online learning platform means that you can study when it suits you best and still receive real-time support from our experienced academic team.

The Diploma of Nutrition is the first year of the Bachelor of Nutrition degree or upon completion you can transition to the clinical nutrition degree, Bachelor of Health Science (Nutritional Medicine).

Stand out from the crowd with Australia’s only higher education Diploma of Nutrition!

Graduate employment opportunities

Graduates will be advocates for promoting optimal health by applying the foundational knowledge of what it means to be healthy and the role of food in health by communicating this to the community. As a graduate of the Diploma of Nutrition, there are a number of career opportunities in the health and wellness industry available to you, including:

- Nutritional advisor

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).

- Weight loss advisor
- Pharmacy assistant
- Retail sales
- Sales and marketing for health related pharmaceutical companies

Course Overview

Course Title	BHSCLNUT20 DIPLOMA OF NUTRITION(CLINICAL NUTRITION)		
Study Options – Domestic Australian students	Full-time Part-time Dynamic Online Study	Study Options – International students	This course is not available to students who require a visa to study onshore in Australia.
Start Dates	February, June, September For specific dates visit: https://www.torrens.edu.au/apply-online/key-dates	Course Length	Full-time: 1 year Part-time: 2 - 3 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	Online	Delivered by	Torrens University 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).

Provider	Torrens University Australia Ltd is registered as a self-accrediting Australian university by the Tertiary Education Quality and Standards Agency (TEQSA).	CRICOS Course Code	Not applicable
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)	16	18%
(B) Vocational education and training (VET) study	21	23%
(C) Work and life experience (Admitted on the basis of previous achievement not in the other three categories)	40	44%

(D) Recent secondary education:		
<ul style="list-style-type: none"> Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points) 	0	0%
<ul style="list-style-type: none"> Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR) 	0	0%
<ul style="list-style-type: none"> 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) 	12	13%
International students	0	0
All students	91	100%

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 - Diploma of Nutrition(Clinical Nutrition)
Applicants with higher education study	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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)

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).

Title of course of study	BHSCLNUT20 - Diploma of Nutrition(Clinical Nutrition)
Applicants with work and life experience	<p>Demonstrated ability to undertake study at the required level:</p> <ul style="list-style-type: none"> • 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; <p>OR</p> <ul style="list-style-type: none"> • 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)	<p>International Students</p> <p>Equivalent IELTS 6.5 (Academic) with no skills band less than 5.5</p>
Applicants with recent secondary education	Year 12 or equivalent

Other admission options

Special Entry	<p>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.</p>
----------------------	---

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 - \(https://www.torrens.edu.au/policies-and-forms\)](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-credits><http://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.

- <http://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

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).

Course Structure

To graduate from this course a student must satisfactorily complete 8 subjects. Each subject is worth 10 credit points for a course total of 80 credit points. A normal full-time study load would see a student complete 80 credit points per year for one year. 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 is comprised of eight core subjects and no electives. Each subject has a value of 10 credit points. To satisfy the course requirements, you must have completed 80 credit points.

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.

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.

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).

NUTR2003 Nutrition and Society

Gain an understanding of the sociology of food, nutrition and health. Students will explore the relationships between human behaviour and dietary intake from a public health perspective. Students will be engaged in community-based research, to identify a public health issue which is prevalent in their community society.

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.

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.

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.

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.

Locations

The Diploma of Nutrition (Clinical Nutrition) is delivered online however, there are campuses at

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

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

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).

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

How can I gain additional nutrition field related work experience?

Volunteer opportunities are a great way to broaden your skills and learn more about the application of nutrition principles across the broader community. Nutrition Australia has local offices in each state to contact and discuss which opportunities may best suite your interests.

Visit: <http://www.nutritionaustralia.org/national/volunteering-nutrition-australia>

There are many other organisations that offer volunteer opportunities. Contact your local council and find out about the local volunteer resource centre. You could also contact;

- Hands on Health - <http://hoha.org.au/volunteering/>
- Foodbank - <https://www.foodbank.org.au/want-to-help/volunteer/>
- Second Bite - <https://www.secondbite.org/volunteer/>
- Ozharvest & NEST (Nutrition Education Sustenance Training) - <http://www.ozharvest.org/give-a-little-love/>
- Jamie's Ministry of Food Australia - <https://www.jamiesministryoffood.com.au/get-involved/volunteer>
- The Water Well Project - <https://www.thewaterwellproject.org/>

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) (<https://www.torrens.edu.au/policies-and-forms>).

Paying for your qualification

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)
<http://studyassist.gov.au/sites/studyassist/helppayingmyfees/fee-help/pages/fee-help>

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).

- 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](#).