



Human Nutrition

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Principles of Human Nutrition

NUTN 401

Semester One – 30 points
Distance Taught

This paper is relevant for health or education professionals who want to develop or update their nutrition knowledge and skills to complement their work as:

- General Practitioners
- Nurses
- Pharmacists
- Physiotherapists
- Dentists
- Public Health Professionals
- School teachers with a background in biological sciences (e.g. Physical Education, Food Technology or Home Economics teachers)

This paper provides an overview of macronutrients and micronutrients, including analysis of topical research specific to each nutrient. Assessment of nutritional status, with particular emphasis on dietary assessment and interpretation. Note that it does not prepare participants to practice as dietitians.

On successful completion of this paper participants will be able to:

- assess dietary practices of individuals using the appropriate dietary assessment methodology
- assess nutritional advice and claims made by food industry
- provide general nutritional advice based on current dietary recommendations
- search the scientific literature and critically evaluate a scientific article in nutrition
- understand recent developments in nutritional science.

This is a compulsory paper for the certificate and diploma.



For more information contact:

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