



DIPLOMA OF THERAPEUTIC NUTRITION SPECIALIST

As part of Cambridge Technical College's strategy to raise the level of training activities and implement them within a framework that includes commitment to quality and development in updating training programs and their content to keep pace with training needs and developments, we are pleased to offer you a diploma specialized in nutrition.

What is a Diploma of Nutrition?

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.

The Diploma of Nutrition produces 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 Nutritional Advisor. Upon completion, you can begin a career in the professional domain of nutrition.

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.

Nutrition is one of the most important training methodology and foundation of good health, and understanding its importance, application and significance enables the advisor / therapist to provide safe and sound advice to their clients.

