

human nutrition

Study Hours: 100 hours
Assignments : 9
Examinations: 1



Ever wanted to know more about nutrition? This intro course provides information on the actions and interactions of nutrients from the food that we consume.

The course looks at the balance of the nutrients in foods and a balanced diet.

COURSE STRUCTURE – self directed learning

1. Introduction to Nutrition
2. The Digestive System
3. Absorption & Enzymes
4. Energy Value and Foods
5. Carbohydrates and Fats
6. Proteins
7. Vitamins and Minerals
8. Water
9. Nutrient Disorders

Emphasis is placed on understanding the body, the food we eat and its effects, our mental, emotional health (state of mind), and physical health.

LEARNING AIMS FOR THIS COURSE INCLUDE:

- Explain the role of different food types in human health.
- Explain the physiology of digestive processes.
- Recommend appropriate intake of vitamins.
- Recommend appropriate intake of minerals.
- Recommend appropriate food intake to meet an individual's energy needs.
- Recommend appropriate carbohydrate intake.
- Recommend appropriate fat intake.
- Recommend appropriate protein intake.
- Recommend appropriate water intake in different situations.
- Recognise signs and symptoms of the major nutrient disorders.

Why do it? It is a great starting point for any health professional interested in nutrition to help or counsel others. It is great starting point for future learning in this area. NOTE ► There are more advanced modules of Nutrition to follow this intro course



- This course is delivered by self paced learning with tutor support.
- You receive a comprehensive set of course notes and assignments.
- You have 6 months from date of enrolment to complete the program and assessments.
- A Certificate is provided on successful completion.

- ✓ Comprehensive training materials
 - ✓ Self development and new skills
 - ✓ Tutor support
- PLUS, CPE Point Approved with ATMS (30 points)**

Course costs
ONLY \$595

NSW SCHOOL of MASSAGE

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