

## PATHWAYS

Articulation is the creation of links or study pathways to enable students to move easily between courses as their needs change. Victoria University has a commitment to actively promote and maintain these articulation pathways. Articulation gives students the opportunity to progress to another level of study and to receive maximum credit transfer for study already taken.

Provision will be made for articulation from TAFE science programs with appropriate credit. For further details regarding articulation such as recognition of prior learning or credit transfer in relation to this course, please contact the Course Co-ordinator.

## HOW DO I APPLY?

Applications should be made through VTAC:  
40 Park Street, South Melbourne, 3205  
Phone: 03 9690 7977 web: [www.vtac.edu.au](http://www.vtac.edu.au)

Applicants must complete a Victoria University Supplementary Information form. Forms are available from [www.vu.edu.au/admissions](http://www.vu.edu.au/admissions) or emailing [admissions@vu.edu.au](mailto:admissions@vu.edu.au)

## INTERNATIONAL STUDENTS

For specific information relating to courses available, entry requirements and application procedures for international students, please visit [www.vu.edu.au/international](http://www.vu.edu.au/international) for an updated list of courses offered to international students or contact Victoria University International (VUI) on +61 3 9919 1164.

## NEED MORE INFORMATION?

Contact the Course Coordinator Associate Professor Jack Antonas on phone 03 9919 2219

Email: [jack.antonas@vu.edu.au](mailto:jack.antonas@vu.edu.au)

## CONTACT US

**FACULTY OF HEALTH, ENGINEERING AND SCIENCE**

**SCHOOL OF BIOMEDICAL AND HEALTH SCIENCES**

PHONE: 03 9919 2487

EMAIL: [HES@VU.EDU.AU](mailto:HES@VU.EDU.AU)

OR

VISIT THE WEBSITE

[WWW.VU.EDU.AU](http://WWW.VU.EDU.AU)

CRICOS Provider No. 00124K

This publication is an information document for future students of Victoria University, every reasonable effort has been made to ensure that the information in this document is accurate, however it may be subject to change. 10517.6.10.

# NUTRITIONAL THERAPY

FACULTY OF HEALTH, ENGINEERING AND SCIENCE



# BACHELOR OF SCIENCE IN NUTRITIONAL THERAPY

**COURSE CODE : SBNT**  
**VTAC CODE : 43291**

## COURSE DESCRIPTION

Many health disorders involve altered nutrition, and often the patient can be made much better by modification to their diet. Nutritional Therapists are able to advise patients on the management of their own health, based on the use of food and diet as therapy. Nutritional Therapists will also advise on nutraceutical supplementation and lifestyle patterns.

This exciting and innovative Nutritional Therapy course is the first and only such course in Australia, and is modelled on very successful courses in Europe.

The objectives of the course are to produce Graduates able to:

- Function independently as Nutritional Therapists;
- Evaluate and process requests for nutritional therapy;
- Assess the client and formulate an appropriate course of nutritional therapy;
- Educate the client in self-care therapy, and
- Evaluate the client's response to the course of treatment.

## WHERE DO I STUDY?

This course is located at the St Albans Campus.

## WHAT'S IN IT FOR ME?

When you graduate, you will have an in-depth understanding of human nutrition, and be able to make a valuable contribution to society as:

- Nutritional Therapists in private practice
- Nutrition Consultants to the healthcare and fitness industries
- Practitioners in integrated health centres.

Other career openings include:

- Progression into MSc Dietetics
- Non Government Organisations (NGO'S)
- The health care industry
- Media
- Teaching and Research

As a Graduate, you will be eligible to apply for full membership of these professional associations:

- Australian Association of Nutritional Therapy
- Australian Nutrition Society
- British Association of Nutritional Therapy

## HOW DOES IT WORK?

The course is normally offered over three years on a full time basis, leading to a Bachelor of Science (Nutritional Therapy). The course is offered on campus only. The course is designed to provide theoretical education and skills in Nutritional Therapy. There is a strong emphasis on supervised clinical observation and practice. Throughout, the course has firm foundations on the evaluation and application of research findings from the scientific and medical sciences. Through collaborative work with colleagues, students learn to recognise their strengths and limitations in caring for the patient.

## CLINICAL TRAINING

Students undertake their clinical training in Nutritional Therapy at the University Clinics. The University Clinic is a public clinic that offers treatment for a range of conditions. Experienced practitioners supervise all student-patient consultations and preparation of Nutritional Therapy advice. During their course, students will progress from observation to full case management as their experience and confidence grows. Students will participate in the day-to-day management of the Clinic, gaining experience in record keeping, clinical audits and health and safety issues. This is valuable preparation for employment in established practices, and in the setting up of their own practice.

## FIRST YEAR

The first year of the course lays the foundations for future studies in Nutrition.

Subjects include:

Food Components  
Functional Anatomy of the trunk  
Human Physiology 1 & 2  
Nutritional Biochemistry 1  
Nutrition, Society and Communication  
Diet Therapy  
Introduction to Food, Nutrition and Health

## SECOND YEAR

In second year, you will begin more medically focussed studies. Subjects include:

Counselling Skills  
Pharmacology and Nutrition  
Diet and Nutrition  
Pathophysiology 1 & 2  
Nutritional Biochemistry 2  
Nutritional Therapeutics A & B

## THIRD YEAR

In third year the emphasis is on practical nutrition therapy clinical practice.

Subjects include:

Nutritional Therapeutics C & D  
Nutritional Therapy in Practice 1 & 2  
Nutrition Frontiers  
Operating a Clinical Practice  
Nutrition for Performance  
Project Unit

## HOW DO I GET IN?

You need to have successfully completed the Victoria Certificate of Education (VCE), with Units 3 and 4-a study score of at least 20 in English (any).

All admissions are on an individual basis which incorporates NONY12 entry into the course.

NONY12 may apply for entry into the course provided they have met the requirements as stated in the VTAC guide.

## ALTERNATIVE ENTRY

Bachelor of Science VTAC Code 41451

Alternative entry program for students who have:

- successfully completed year 12 with the required prerequisites, but may not have achieved the required study score in all prerequisites.

All admissions are on an individual basis.

Prerequisites: Units 3 and 4 – a study score of at least 20 in English (any).

Extra Requirements: All applicants offered a place will be required to attend an appropriate summer bridging program or enrol in one or more subjects from the Foundation Year or undertake part or all of an appropriate TAFE program.

## FOUNDATION YEAR

This is a one-year full time course for students whose VCE results or subjects were not satisfactory to gain entry to a science or engineering course at university or for those who want to return to study. Subjects covered are biology, chemistry, English language and communication skills, information technology, mathematics and physics. Maths and English subjects are compulsory but an English test may exempt some students from English. Successful completion of appropriate subjects will guarantee students entry to our Health, Engineering and Science courses at Victoria University. Entry to Double Degree courses will only be looked at on an individual basis for students who obtain excellent results. Applications must be made directly to Victoria University, not through VTAC.