Bachelor of Food and Nutrition - 2018

Provided by

LA TROBE UNIVERSITY
Bachelor of Food and Nutrition

Overview

Nutritionists help translate nutritional science for the lay public and advise the community about good food choices for healthy eating. To do this, nutritionists consider the nutritive value of foods, the nutrients bodies need at different stages of development, and the role nutrients and diet play in health and in disease prevention. They can also do research: for example working on new food products, or examining the relationships between nutrients/dietary patterns and disease (however, they do not help treat disease through nutrition – this is the role of dietitians).

The Bachelor of Food and Nutrition aims to provide graduates with a thorough understanding of food and human nutrition, as preparation for careers in various fields related to the promotion of health at individual and community levels. During the course, students will study biosciences, principles of nutrition, food science and food skills, nutrition and disease, nutritional needs over the lifespan and for sports performance, and the social and public health aspects of nutrition.

Please note: La Trobe students studying on campus who wish to do individual units need to apply for La Trobe CSP On Campus to Online.

Course Objectives

Equip students with knowledge and skills in a broad range of nutrition related subjects and be able to apply this knowledge in understanding the role of diet in health maintenance and illness prevention.
Equip students with the skills and knowledge in health data, nutrition epidemiology methods and biostatistics to enable students to understand evidence-based practice as applied to illness prevention and health promotion.

Equip students with skills and knowledge in the sociocultural factors that influence food intake and impact food security and be able to apply this knowledge in health promotion and community nutrition.

**Learning Outcomes**

La Trobe has identified four broad groupings of Graduate Capabilities or outcomes which describe a set of interdisciplinary skills, knowledge and attitudes students should have acquired by the completion of a Bachelor degree. The four graduate Capabilities are:

1. Literacies and communication skills, including: writing, speaking, quantitative literacy, cultural literacy
2. Inquiry and analytical skills, including: critical thinking, creative problem-solving, inquiry and research
3. Personal and professional Skills, including: teamwork, group work and leadership, autonomy and independence, ethical behaviour, adaptability skills, and study and learning skills
4. Discipline-specific knowledge and skills.

**Career Outcomes**

There is a growing demand for specialists in food and nutrition science with a wide range of career options available for graduates.

The Bachelor of Food and Nutrition will prepare students for careers in:

- nutrition and agribusiness
- government – food policy and regulation, quality assurance, community health programs
- sports industry
- food industry - food safety, food manufacture
- marketing – product development
- media – consumer education and awareness
- other areas of nutrition and biosciences – food laboratories and research institutes.

**Professional Recognition**

Graduates of the Bachelor of Food and Nutrition may apply for membership with the Nutrition Society of Australia. Membership may be subject to additional or ongoing requirements beyond completion of the degree. Please contact the relevant professional body for details.
Degree subjects

Transition Arrangements

From SP4 2017, all students who are yet to successfully complete SCI18, will be directed to enrol in CHM101 as a direct replacement unit.

This unit has replaced SCI18 in the Health Pathway, both SCI18 and CHM101 will count toward the Bachelor of Food and Nutrition.

Recommended Study Pattern

This course is an OUA Pathways course, which means there is a recommended series of units that, once successfully completed, can be credited towards this course. To commence the Pathway for this course, simply select units from the Pathway stream below.

To get the most of this degree:

- Start with CHM101 (or SCI18 if pre-2018), HBS101, DTN101 and PHE102 prior to the other Level 1 units
- Complete all units in a year level before progressing to the next
- Complete 3 core-choice electives.

Degree structure

Health Pathway

<table>
<thead>
<tr>
<th>Total number of subjects to complete: 4 units</th>
<th>Required</th>
<th>Elective</th>
<th>Optional</th>
<th>Provided by</th>
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</thead>
<tbody>
<tr>
<td>DTN101 Introduction to Nutrition</td>
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<tr>
<td>CHM101 Essentials of Chemistry</td>
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<tr>
<td>HBS101 Introduction to Human Physiology</td>
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<tr>
<td>PHE102 Individual Determinants of Health</td>
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1 This unit has replaced SCI18 in the Health Pathway, both SCI18 and CHM101 will count toward the Bachelor of Food and Nutrition.
### Level 1 Core units

<table>
<thead>
<tr>
<th>Total number of subjects to complete: 4 units</th>
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<tbody>
<tr>
<td>⚫ HBS102 Introduction to Anatomy</td>
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<tr>
<td>⚫ HEA102 Research and Evidence in Practice</td>
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<tr>
<td>⚫ DTN102 Applied Food Chemistry</td>
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<tr>
<td>⚫ PHE101 Social Determinants of Health</td>
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### Level 2 Core units

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<th>Total number of subjects to complete: 8 units</th>
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<th>Provided by</th>
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<tbody>
<tr>
<td>⚫ HBS202 Advanced Systems Physiology A</td>
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<tr>
<td>⚫ HBS204 Advanced Systems Physiology B</td>
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<tr>
<td>⚫ DTN201 Nutrition Fundamentals</td>
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<tr>
<td>⚫ HEA201 Integrating Evidence into Practice</td>
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<tr>
<td>⚫ BCM201 Introduction to Biochemistry and Molecular Biology</td>
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<tr>
<td>⚫ BCM202 Metabolic Biochemistry and Cell Biology</td>
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<tr>
<td>⚫ DTN301 Diet Disease Relationships</td>
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<tr>
<td>⚫ DTN302 Society, Food Habits and Consumption</td>
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### Level 3 Core units

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<tr>
<th>Total number of subjects to complete: 5 units</th>
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<th>Provided by</th>
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<tbody>
<tr>
<td>⚫ DTN306 Nutrition Research Minor Project</td>
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<td>⚫ DTN401 Nutrition Throughout Life</td>
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<tr>
<td>⚫ DTN402 Applied Food Science</td>
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<td>⚫ DTN403 Nutrition Education for Adults</td>
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<tr>
<td>⚫ DTN404 Nutritional Epidemiology and Research Skills</td>
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## Elective Core-Choice

Complete 3 units from the following 5 units

<table>
<thead>
<tr>
<th>Complete 3 units from the following 5 units</th>
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<th>Elective</th>
<th>Optional</th>
<th>Provided by</th>
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<tbody>
<tr>
<td>DTN202 Food and Nutrition Practical Skills</td>
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<td>DTN308 Nutrition For Sports Performance</td>
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<tr>
<td>DTN309 Advances in Nutritional Science and Nutrigenomics</td>
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<tr>
<td>DTN310 Advanced Food Skills</td>
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<tr>
<td>BUS301 Business Entrepreneurship (Coming in 2018)</td>
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1. DTN202 has an on-campus requirement at La Trobe's Melbourne Campus.
2. DTN310 has an on-campus requirement at a commercial kitchen in Melbourne.
Requirements

Course Admission Eligibility Criteria

To be eligible for a Commonwealth supported place in this degree, you must be:

- An Australian citizen residing in Australia for all or part of your studies; OR
- A New Zealand citizen who will be residing in Australia for the duration of your study; OR
- The holder of a permanent visa who will be residing in Australia for the duration of your study.

You must also meet one of the following requirements:

- Successful completion of two of the four open enrolment units: HBS101, DTN101, (CHM101 or SCI18), PHE102; OR
- Obtain a Tertiary Entrance Ranking 65.85 (TER, ATAR, ENTER, UAI, OP or equivalent)*; OR
- Achieve a minimum of 145 in all sections of the STAT (Multiple Choice and Written English) OR
- Successful completion of at least the equivalent of 1 semester of higher education full time study with a minimum grade average of 65%.

NB: Meeting minimum prerequisites does not guarantee an offer of a place. Entry into all La Trobe courses is based on competitive selection and there may be limited places available.

* Tertiary Education Ranking scores must also have been within the past five years. If the period has been longer potential students are encouraged to complete a STAT.

La Trobe University may need to approve any prior learning you have to determine that you meet the eligibility requirements for admission into the program.

To learn more about Commonwealth supported places, including eligibility please see Commonwealth supported places.

Please note: La Trobe students studying on campus who wish to do individual units need to apply for La Trobe CSP On Campus to Online.

On-campus Requirements

The subjects below are electives only and not compulsory to complete the degree:

- The unit **DTN202 Food and Nutrition Practical Skills** requires attendance at La Trobe's Melbourne Campus in an intensive block study period
- The unit **DTN310 Advanced Food Skills** requires attendance at an external provider in Melbourne in an intensive block study period.
Qualifications

Award Requirements

To qualify for the Bachelor of Food and Nutrition from La Trobe University, a student must complete the 24 units as follows:

- 8 core units at Level 1 (including 4 Health Pathway units)
- 8 core units at Level 2
- 5 core units at Level 3
- 3 core-choice electives

Students who have been accepted in a Commonwealth Supported Place in the Bachelor of Food and Nutrition are required to complete the following 2 modules in their first Study Period as a CSP student:

- LTU0AIM Academic Integrity Module
- ABS0WOM Wominjeka La Trobe: Indigenous Cultural Literacy for Higher Education

Each Module takes around 1 hour to complete. You will find these modules in your La Trobe University Learning Management System (LMS). You can log into the La Trobe University LMS using the username and password provided to you in your welcome to La Trobe University username and password letter.

For a module outline, please click on the modules above. For further information about AIM and Wominjeka at La Trobe, please click here.

Exit Points

The Diploma in Food and Nutrition is an exit qualification designed to provide flexibility for students from the Bachelor of Food and Nutrition.

To attain the Diploma in Food and Nutrition, students are required to complete 120 credit points (8 units) comprised of the first year of the Bachelor of Food and Nutrition:

- DTN101 Introduction to Nutrition
- HBS101 Introduction to Human Physiology
- CHM101 Essentials of Chemistry (or SCI18 if completed pre-2018)*
- PHE102 Individual Determinants of Health
- PHE101 Social Determinants of Health
- HBS102 Introduction to Anatomy
- DTN102 Applied Food Chemistry
- HEA102 Research & Evidence in Practice

*La Trobe consider Murdoch’s SCI18 Fundamentals of Chemistry to be academically equivalent to CHM101 Essentials of Chemistry.

Recognition of Prior Learning / Credit
La Trobe University, through its Recognition of Prior Learning process, will consider applications for credit based on any kind of prior learning, including formal prior learning, non-credentialed learning (also known as non-formal learning) and informal learning. Credentialed learning might include university and other higher education studies (including single subject and non-award studies), TAFE studies, extension studies at higher education level that formed part of a Year 12 qualification, or studies with approved private education providers.

Non-credentialed learning might include any learning achieved through a structured program of learning outside the environment of an accredited higher education institution or vocational education provider, including training programs in private companies, accredited learning in professional associations, work experience, or relevant life experience in limited cases.

Credit towards an individual unit at La Trobe University should only be granted for activities and studies that would form an acceptable part of that unit. Credit will only be granted commensurate with academic achievements and consistent with the student’s chance of success in the course.

To qualify for an award of the University, the normal requirement is that at least 8 units of study must be completed at La Trobe. Eligibility for credit does not guarantee a prospective student automatic entry into a La Trobe program of study.

If you have prior learning, La Trobe University may need to assess and approve your prior learning to determine that you have met the admission criteria for the Bachelor of Food and Nutrition program. Follow the steps in How to Apply and when requested provide certified copies of transcripts and detailed subject outlines for previous studies, for assessment.

**How to apply for RPL/Credit**

Recognition of prior learning will be considered by academic staff at La Trobe University following successful admission to the Bachelor of Food and Nutrition via OUA. The RPL/Credit application form can be obtained by clicking here.

Once you have completed the application for Advanced Standing form, and have all relevant supporting documentation, please submit your completed Advanced Standing documents via ASK La Trobe.

Advanced standing may be granted for relevant subjects in the Bachelor of Food and Nutrition. The following steps will help you to decide which subjects you wish to apply for:

1. Identify units within the Bachelor of Food and Nutrition that you think align with units/subjects you have already studied and have completed within the last 5 years.
2. Look at the year in which the unit will be taught within the Bachelor of Food and Nutrition – this is indicated by the code of the unit i.e. DTN102 (Applied Food Chemistry) is a first year subject as indicated by the 1 after the letters of the unit code. Make sure that the units/subjects that you have already studied have the same or a higher code.
3. Look closely at the unit content for each unit identified in the Bachelor of Food and Nutrition and ensure that it is at least a 75% match to the unit/subject you would like to submit for assessment for advanced standing.
4. Provide unit/subject outlines with detailed information for each unit/subject that you wish to submit for assessment for advanced standing, identifying which unit within the Bachelor of

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Food and Nutrition that you have identified as a match. Include unit/subject learning outcomes/objectives and unit/subject content for each unit/subject.

5. Provide a certified copy of your academic transcript for your previous studies.

6. Note that a unit/subject studied can only be used ONCE for advanced standing i.e. if you have studied a first year chemistry subject it cannot be used for advanced standing against the Chemistry and Applied Food Chemistry subjects within the Bachelor of Food and Nutrition.