

2016 POSTGRADUATE NUTRITION AND DIETETICS

Melbourne | Geelong | Warrnambool | Cloud (online)

DIETETICS
HUMAN NUTRITION
PUBLIC HEALTH NUTRITION
RESEARCH DEGREES


DEAKIN
UNIVERSITY AUSTRALIA
Worldly



The development of strategies to improve nutrition and promote physical activity across the lifespan are important health priorities, with growing demand for specialists in these fields.



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WHY DEAKIN?

Unique focus

Deakin's School of Exercise and Nutrition Sciences is the only university department nationally, and one of only a few internationally, that is specifically focused on teaching and research in both nutrition and physical activity. Our work is important as poor nutrition and inadequate physical activity are known to increase the risk of a range of chronic health conditions, including heart disease, diabetes, high blood pressure, obesity, osteoporosis, cancer and depression, all of which are common in developed countries such as Australia.

Professional recognition

The Dietitians Association of Australia (DAA) accredits the Master of Dietetics and, as a graduate, you are eligible for full membership of both the DAA and the Accredited Practising Dietitian (APD) program.

Graduates of Deakin's postgraduate nutrition courses may apply for membership of the Nutrition Society of Australia (NSA) and registration as an 'associate nutritionist', improving career opportunities.

Industry partners

The School of Exercise and Nutrition Sciences has numerous clinical dietetics placement partnerships with health care networks, including Melbourne Health, Austin Health, Northern Health and Western Health. These formal partnerships ensure that Deakin's dietetics students have access to some of the largest and most respected teaching hospitals in Melbourne.

Job security

Job growth in this sector is strong and continues to increase as public health issues such as obesity, heart disease, diabetes, sedentary lifestyles and ageing populations affect health care systems not only in Australia but around the world. Between 2007 and 2012, job growth in the health sector outpaced all other employment areas, with 300 000 new jobs created in Australia.*

* Eureka Report, www.eureka-report.com.au

Flexible learning

Our nutrition course is offered via cloud (online) learning, increasing your flexibility and enabling you to fit your study in with other commitments. You can also choose to study nutrition full time or part time, to suit your circumstances.

Strong research culture

Deakin's nutrition and dietetics research is done in collaboration with industry partners, including the National Heart Foundation and Dairy Australia, and brings together expertise from a range of disciplines such as nutrition science, exercise science, behavioural science, epidemiology, medicine and food policy. We are passionate about research and enthusiastic about supporting students to reach their full potential.

Deakin offers the only fully online postgraduate nutrition program in Australia, including all units and assessments, allowing you to fit your studies in with your work and life.

WHAT CAN I STUDY?

Dietetics

Deakin was the first university to offer a course in dietetics in Australia and has been proudly offering the Dietitians Association of Australia (DAA) accredited course for more than 35 years.

Deakin's Master of Dietetics is a three-trimester professional training program that builds on your undergraduate knowledge in nutrition, physiology and biochemistry, to develop skills in dietary management of individuals and groups in both health and disease.

Full-time professional practice placements provide you with hands-on experience in clinical, community and food service settings. You also develop research and communication skills through group projects and undertake professional and career development through a dietetic-specific professional practice unit.



Master of Dietetics

Human nutrition

Deakin's nutrition courses provide you with an opportunity to learn about nutrition in a broad context, ranging from metabolic studies and food science to social and behavioural nutrition. Throughout these courses you develop an understanding of the role of nutrition and diet in the health of individuals and the population.

Deakin offers different types of postgraduate study, depending on your previous study or work experience, with pathways available in human nutrition, including graduate certificate, graduate diploma and master's degree by coursework, as well as providing a pathway to the Master of Dietetics.



Graduate Certificate of Human Nutrition

Master of Human Nutrition

Public health nutrition

Public health nutrition focuses on issues that affect the whole population rather than the specific dietary needs of individuals. The emphasis is on promoting health and disease prevention.

Public health nutrition exists within an extensive infrastructure of government and non-government organisations, service and program delivery systems and the food supply system, covering production through to consumption.

Develop an insight into the epidemic of diet-related disease, including obesity, socio-economic considerations such as rising food prices and food security, as well as environmental sustainability in relation to the food system. The course also draws on related disciplines such as epidemiology, politics and policy studies, nutrition promotion and communication, providing you with the core skills to tackle public health and nutrition issues.

Graduate Certificate of Public Health Nutrition



For more information about these courses, including fees, duration and prerequisites, please see page 10.

JULIA KUYPERS

MASTER OF DIETETICS

'I've had so many opportunities to put my theoretical knowledge into practice. I completed an internship during my undergraduate degree at SecondBite, and work placements at Austin Health and Goulburn Valley Health in Shepparton during my master's, which enhanced my learning immensely!'

DEAKIN CRACKS WORLD'S TOP 50 YOUNG UNIVERSITIES

Deakin has continued its climb up the Times Higher Education (THE) list of the world's top 100 universities under 50 years old, cracking the top 50 for the first time.

Deakin has been ranked number one in Victoria, number six in Australia and number 45 in the world.

The news confirms Deakin's rise in the ranks of the very best young universities worldwide, after prestigious international university rankings organisation Quacquarelli Symonds (QS) last year listed Deakin at number 50 on its Top 50 under 50.

Vice-Chancellor Professor Jane den Hollander says at only 40 years young, Deakin owes its continuing success to a strong vision for the future and its wonderful staff, researchers, students, communities and partners.

'In the past two years, Deakin has leapt 21 places from 66 to 45 in the list of the top 100 universities under 50 years old,' Professor den Hollander says.

'Times Higher Education says younger universities are bullish and "they have no fear of the future or of older rivals" – and I couldn't agree more. Deakin is ready to drive the innovation that will create the jobs of the future.'



“

My favourite topic has been diet and disease, due to its significant relevance in today's society and the interesting lecture topics highlighting how nutrition can directly impact positively or negatively our health. ”

Joshua Sweeny, Master of Human Nutrition

RELATED POSTGRADUATE HEALTH COURSES

For information on all of the Faculty of Health's postgraduate courses, please see also:

- *2016 Postgraduate Health* booklet
- *2016 Postgraduate Medicine* booklet
- *2016 Postgraduate Nursing and Midwifery* booklet
- *2016 Postgraduate Psychology* booklet.

RESEARCH IN NUTRITION AND DIETETICS

The research profile of Deakin health staff is facilitated by collaborative relationships with numerous hospitals, clinics, health care networks, communities and support centres. These partnerships enable us to provide our students with excellent opportunities to pursue their own research.

The faculty has a strong and growing research profile within six Strategic Research Centres: Centre for Physical Activity and Nutrition (C-PAN), Centre for Social and Early Emotional Development, Centre for Molecular and Medical Research, Deakin Population Health, Innovation in Mental and Physical Health and Clinical Treatment, and Quality and Patient Safety Research.

We have been designated an official World Health Organization Collaborating Centre for Obesity Prevention and Related Research and Training and we host the Australian Centre for Behavioural Research in Diabetes, the Centre for Health through Action on Social Exclusion, and Deakin's Metabolic Research Unit.

The Centre for Advanced Sensory Science at Deakin was established in 2015 to help the sustainable growth of the Australian food industry by being a provider of high-quality sensory and flavour research, and training the next generation of sensory scientists.

Research in nutrition and dietetics

Nutrition and dietetics research at Deakin focuses on health and illness from the molecular level to the level of the individual, as well as examining how the broader society impacts on attitudes and behaviours. Research being conducted covers a broad range of illness and health related areas, including diabetes, obesity and mental illness. Our research approaches address both disease prevention and disease management; and include community-based interventions, economic evaluations, biomedical to psychophysical methods, epidemiologic studies and policy-based research. Research is solution-focused with a goal to transfer the knowledge gained from our findings to inform policy, practice and teaching.

Research partnerships

The Faculty of Health values its research partnerships with key organisations in the fields of nutrition, dietetics, exercise science and health. Current partnerships include:

- Cancer Council Victoria
- Dairy Australia
- Diabetes Australia – Vic
- Disability Sports Victoria
- Food Australia
- Geelong Football Club
- Heart Foundation
- Meat and Livestock Australia
- VicHealth
- YMCA Australia.

Research areas

The School of Exercise and Nutrition Sciences offers research in the areas outlined below.

For a comprehensive list of supervisors and their research interests, please visit deakin.edu.au/health/research/supervision.

Areas include:

- the role of the local neighbourhood environment on nutrition and physical activity
- food science and nutrition
- nutrition choices and eating patterns
- salt, appetite control and blood pressure regulation
- fatty acids, inflammation, cognition and blood pressure regulation
- proteins, sport performance and muscle gain
- molecular regulation of skeletal muscle mass and function
- nutrition and ageing
- health effects of phytochemicals and minerals
- nutrition and gut bacteria
- food choice and perceptions
- food policy
- influences on children's and adolescents' eating, physical activity and sedentary behaviour.

“
We are passionate about research and enthusiastic about supporting students to reach their full potential.”

Alfred Deakin Professor David Crawford
Head of School, School of Exercise and Nutrition Sciences
Director, Centre for Physical Activity and Nutrition Research (C-PAN)

SCHOLARSHIPS

At Deakin, we believe everyone should have the option of going to university. There is an array of scholarships available to students through Deakin and other parties, including the Australian Government.

For a full list of scholarship opportunities and information on how to apply, please visit deakin.edu.au/study-at-deakin/scholarships-and-awards.



RESEARCH FINDS EXCESSIVE SALT LEVELS IN TODDLERS

Researchers with Deakin's Centre for Physical Activity and Nutrition Research (C-PAN) studied the diets of around 300 children at nine months of age and again at 18 months. They found that at 18 months 54 per cent had salt intakes higher than the recommended upper level, with everyday foods such as bread, cheese, breakfast cereal, soup, processed meats and yeast extract spreads the main sources of salt, putting them at risk of high blood pressure, stroke and coronary heart disease in later life.

C-PAN's Associate Professor Karen Campbell said that the findings highlight the need to cut the level of salt in everyday foods. 'These findings, that most children's salt intakes are high and that the lion's share of the salt comes "hidden" in everyday family foods, highlight the essential role governments and the food industry must play to reduce salt across the board.'

The results of the study are published in the *Journal of the Academy of Nutrition and Dietetics*.



MORE INFORMATION

Faculty of Health
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hthres@deakin.edu.au
deakin.edu.au/health/research

Deakin Research
Phone: +61 3 9251 7124
research-hdr@deakin.edu.au
deakin.edu.au/research



STUDY OPTIONS AND APPLICATIONS

Study options

We provide a range of options and choices to allow your postgraduate study to suit your needs:

- If you're studying via cloud (online) learning, you really can study anywhere or any time. Our use of the cloud means you don't have to attend a campus to have a rich, interactive, personal and empowering learning experience.
- If you do choose campus learning, our four campuses in Melbourne, Geelong (Waterfront and Warrn Ponds) and Warrnambool, give you plenty of options.
- Life can change very quickly and what suits you one year, might not the next. That's why many courses give you the option to switch between full-time and part-time study, as your needs shift.
- With more than 150 postgraduate courses, there's plenty to choose from at Deakin. Many courses also give you the flexibility to tailor your studies to your interests and aspirations through your choice of elective subjects.
- We can help you fast-track your degree through our trimester system. Deakin has three trimesters, with an optional trimester over the summer, which means that for some courses you can study year-round and complete your degree sooner.

deakin.edu.au/study-at-deakin/study-options-and-pathways/flexible-study-options

Applications

Coursework applications

To apply for a postgraduate coursework degree you will usually need to have completed an undergraduate degree; however, there are other pathways. If you have considerable work or life experience, in some instances you may be able to use this to obtain admission into a graduate certificate or graduate diploma course. You may then progress to a master's degree subject to University approval.

Research applications

Deakin offers three types of research degrees: Master's by Research, Doctor of Philosophy (PhD) and Doctor of Psychology. A research degree requires the candidate to complete an approved program of research under the guidance of one or more supervisors within a time period. Supervisors are experienced and active researchers with expertise in the field of study.

Application dates

Applications for coursework degrees commencing in Trimester 3, 2015 and Trimester 1, 2016 open in August 2015. Applications for Trimester 2, 2016 open in April 2016. Some postgraduate courses have alternative application processes and closing dates. Applications for research candidature without scholarship may be made at any time.

STUDENT COMPUTING REQUIREMENTS

There are certain computing requirements students must meet in order to successfully study at Deakin. For more information, please visit deakin.edu.au/study-at-deakin/apply/computer-requirements.

WHAT IS CREDIT TRANSFER AND RECOGNITION?

Credit transfer and recognition is credit granted towards your Deakin course for relevant approved study or work experience. There are two aspects to credit transfer and recognition:

- credit may be transferred to your Deakin course from completed or partially completed studies you have undertaken at other accredited institutions
- credit may be granted on the basis of knowledge and skills acquired through uncredentialed learning.

Visit deakin.edu.au/study-at-deakin/apply/credit-for-prior-learning.





**FOR MORE INFORMATION
ON HOW TO APPLY AND
APPLICATION DATES**

Coursework degrees –
deakin.edu.au/study-at-deakin/apply

Research degrees –
[deakin.edu.au/study-at-deakin/apply/
apply-for-a-research-degree](https://deakin.edu.au/study-at-deakin/apply/apply-for-a-research-degree)

General enquiries –
1300 DEGREE (1300 334 733).

Deakin Research –
phone **+61 3 9251 7124**,
email research-hdr@deakin.edu.au,
visit [deakin.edu.au/study-at-deakin/
research-degrees-doctoral-and-masters](https://deakin.edu.au/study-at-deakin/research-degrees-doctoral-and-masters)



COURSES AT DEAKIN

Melbourne Burwood Campus	B	T1 = Trimester 1
Geelong Waterfront Campus	WF	T2 = Trimester 2
Geelong Warrn Ponds Campus	WP	T3 = Trimester 3
Warrnambool Campus	WB	FT = Full time
Cloud (online)	X	PT = Part time

	CODE	YEARS FULL TIME#	CAMPUS	TRIMESTER INTAKE OPTIONS^	2016 FULL FEE-PAYING COST*	2015 INDICATIVE CSP COST*
Coursework						
Nutrition						
Graduate Certificate of Public Health Nutrition Admission requirements: A bachelor's degree with major studies in nutrition; or Graduate Certificate of Human Nutrition (H511); or eligibility for membership to the Dietitians Association of Australia (DAA). Course is under review in 2015 and may be subject to change.	H517	1 PT	X	T1, T2	\$12 000	–
Graduate Certificate of Human Nutrition Admission requirements: A bachelor's degree in any discipline; or approved tertiary qualification; or relevant work experience of five years full time equivalent or more.	H511	1 PT	X	T1, T2, T3	\$14 000	–
Master of Human Nutrition Admission requirements: A bachelor's degree or equivalent in the same discipline area (for example; science, health science, nutrition, food science). Alternate exit: Graduate Diploma of Human Nutrition (H616).	H714	1.5 FT or PT equivalent	X	T1, T2, T3	\$28 000	–
Dietetics						
Master of Dietetics Admission requirements: Applicants must hold a three-year bachelor's degree or equivalent in a cognate area (for example, science, health sciences, nutrition, food science, exercise science, biomedical science, allied health or nursing); 50 per cent of each of the first and second years of the applicants' undergraduate degree must be composed of bioscience, chemistry, physiology and biochemistry, including a minimum 15 per cent of a full-year load each of biochemistry and physiology. This is usually at least two biochemistry subjects at second-year level where first-year chemistry is a prerequisite of these subjects and two physiology subjects also at second-year level. Applicants are also required to have completed at least four units (equivalent to Deakin credit points) of nutrition and food science, with content relating to principles of nutrition, lifespan nutrition and food science.	H718	1.5 FT	B	T1	\$28 000	–
Research						
Bachelor of Food Science and Nutrition Sciences (Honours)	H418	1	B		–	–
Master of Arts	H816	1–2	B WF X		–	–
Master of Applied Science	H817	1–2	B WF X		–	–
Master of Applied Science	H842	1–2	B WP WF X		–	–
Doctor of Philosophy	H910 H940	3–4	B WP WF X		–	–

Information correct at July 2015. Deakin University reserves the right to alter, amend or delete course offerings and other information listed.

* Fees quoted are for Australian domestic students are based on a typical enrolment in one year of full-time study. They should be used as a guide only and are subject to change.
Fee-Paying Place (FPP): 2016 annual course fees for FPPs are set, as shown in the FPP column. These are based on an annual full-time study load, regardless of your unit selection.
Commonwealth Supported Place (CSP): The CSP rates shown in the CSP column are indicative 2015 annual course fees. CSP fees are indicative because they are calculated based on your unit selection. 2016 indicative CSP course fees will be available in late 2015 pending the outcome of the Commonwealth Government's proposed fee deregulation and reforms – please visit deakin.edu.au/fees for the most up-to-date information.

^ Most courses start in Trimester 1 (March to June). This column indicates whether you have the option of commencing your studies in Trimester 2 (July to October) or Trimester 3 (November to February).
Not all units are offered in every trimester.

Course lengths may vary in response to requirements within the Australian Qualifications Framework. Applicants should refer to the handbook for the latest information, deakin.edu.au/handbook.



**FIND
OUT
MORE**

Talk to us

For all general enquiries,
phone 1300 DEGREE (1300 334 733)
or email myfuture@deakin.edu.au.

Go online

Deakin on the web contains detailed
information on everything at Deakin,
deakin.edu.au.

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Visit us

For information on Deakin's
postgraduate information events,
visit deakin.edu.au/deakin-events.

Further reading

Download our range of study
area booklets and course guides
at deakin.edu.au/course-guides.

deakin.edu.au

For information on upcoming events and activities please visit deakin.edu.au/deakin-events

Published by Deakin University in July 2015. While the information published in this guide was accurate at the time of publication, Deakin University reserves the right to alter, amend or delete details of course offerings and other information published here. For the most up-to-date course information please view our website at deakin.edu.au.

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