



DEAKIN
UNIVERSITY AUSTRALIA

**NUTRITION
AND DIETETICS**

POSTGRADUATE

| MELBOURNE | GEELONG | WARRNAMBOOL | OFF CAMPUS

2012

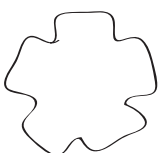
PUBLIC HEALTH NUTRITION |

HUMAN NUTRITION |

DIETETICS |

HONOURS |

RESEARCH DEGREES |



NUTRITION AND DIETETICS

Welcome



Alfred Deakin Professor David Crawford.

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 like Australia.

Given this, and the fact that Australia has an ageing population, the development of strategies to improve nutrition and promote physical activity across the lifespan are important health priorities.

With increasing community awareness regarding the issues of nutrition and health, it is no surprise that there is growing demand for specialists in these fields. Our School provides a vibrant environment for learning about nutrition and exercise. We offer a variety of courses in exercise science, food and nutrition at undergraduate level; and human

nutrition, public health nutrition, dietetics and clinical exercise physiology at postgraduate level. Graduates have established expertise and successful careers in a range of nutrition and exercise-related occupations in private, business and community settings.

Much of the School's research is done in collaboration with the School's 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.

Please read on to see what makes Deakin University such a vibrant and supportive place to study.

**Alfred Deakin Professor David Crawford
Head of School
School of Exercise and Nutrition Sciences**

Finding more information

2012 Postgraduate Course Guide

This guide provides a list of the postgraduate courses Deakin offers, detailed information about types of postgraduate study, how to apply, our campuses, and study options, such as part time and off campus (distance education). To request a copy phone 1300 DEGREE (1300 334 733) or download at www.deakin.edu.au.

Postgraduate study area booklets

Deakin has a range of postgraduate study area booklets. These booklets provide more information about each course, including course structures, career opportunities and unit descriptions.

Visit our web site

Visit our web site for more comprehensive information including details of new courses, campuses, facilities, fee and support services at www.deakin.edu.au. To search for courses and view unit descriptions visit www.deakin.edu.au/courses.

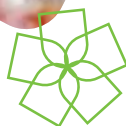
Talk to us

If you require more information or would like to speak with a student adviser, call 1300 DEGREE (1300 334 733). You can also contact us via email: enquire@deakin.edu.au.

Visit us

There are numerous opportunities to talk face-to-face with Deakin staff at events such as Open Day and Postgraduate Information Nights. See the inside back cover of this guide for details.

Contents



Using this booklet

This booklet provides you with detailed information about Deakin's postgraduate courses in Nutrition and Dietetics (for domestic students), including course overviews, course structures, career opportunities and detailed descriptions of individual units at the back of the booklet.

It is designed to be read in conjunction with the *2012 Postgraduate Course Guide*, which gives an overview of Deakin's postgraduate courses, detailed information about types of postgraduate study, how to apply, our campuses, student support services and study options such as part time and off campus (distance education).

Once you have chosen the course you want to study, applying to study at Deakin is easy. You can apply online track the progress of your application and accept your offer at www.deakin.edu.au/apply.

Deakin University also produces course guides specifically for international students. To request a copy, phone Deakin International on +61 3 9627 4877.

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About postgraduate study

What is postgraduate study?

Postgraduate courses are for students who have completed an undergraduate degree or for those with significant work experience. You can start postgraduate studies to advance your career or change direction to a completely new field. It can also give you the opportunity to pursue studies in a discipline area of personal interest. In particular, it can allow you to extend your undergraduate studies through research degrees where you can pursue your own theories or ideas at a high conceptual level. You may undertake postgraduate study by coursework or research. The best option for you will depend on your reasons for studying.

What are coursework programs?

A postgraduate coursework degree typically involves a series of units, with specific coursework and assessments. Our postgraduate coursework programs give you the opportunity to complete a **graduate certificate** (designed to enable you to develop skills in a specialised area not necessarily related to your undergraduate degree), **graduate diploma** (more specialised and generally vocationally focused) or **masters by coursework** (intensive course in which the qualification is directly relevant to your career) in a structured learning format.

What are research degrees?

A research degree involves completing an approved program of research under the guidance of one or more supervisors within a prescribed time period. Research degree programs encourage you to develop independent research skills and are for students who want to pursue their own theories and ideas at a high conceptual level. Deakin offers three types of research degrees – masters by research (usually involving some coursework and a thesis of not more than 50 000 words), Doctor of Philosophy (PhD) (usually involving some coursework and a thesis of not more than 100 000 words) and Doctor of Psychology (combining a research project, coursework and structured research tasks that are specifically related to professional practice and are often carried out in the workplace).

What is Credit for Prior Learning?

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

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

Benefits of postgraduate study

No matter what stage of your career you are at, postgraduate study can help you stand out in the marketplace and expand your networks. Research found the main benefits of postgraduate study are:

- » increased income – on average, people with postgraduate qualifications earn as much as \$18 000 more per year compared to those with only a bachelors degree (*Postgraduate Destinations 2007*, produced by Graduate Careers Australia)
- » increased job satisfaction – a 2010 survey* found that students who completed Deakin postgraduate programs increased their job satisfaction by 93 per cent within 12 months
- » career advancement – a 2010 survey* of Deakin graduates found that 42 per cent attained a more senior position within 12 months of completing their postgraduate studies.

* Research conducted by First Point Research and Consulting in 2010.



Student support services

Deakin University offers a complete range of services and programs to support students throughout their studies.

- » **Study advice** – including time management, reading and note-taking, developing your academic English, avoiding plagiarism, critical thinking, writing essays and reports, class presentations and exam preparation.
- » **Career development and employment** – including career guidance, job search assistance, and interview and resume skills training.
- » **Counselling and personal support** – professional and experienced counsellors provide free, confidential counselling where personal concerns or stresses are affecting your studies.
- » **Financial support** – including interest-free loans, grants, food vouchers and rental assistance.
- » **Religious services** – including spiritual counselling, faith support services and worship and prayer spaces.
- » **Medical centre** – medical and nursing healthcare and advice to students across all campuses, including GP consultations, vaccinations, tests and screenings and referrals to specialists.
- » **Library** – access more than 1.47 million books, journals, newspapers, videos, CDs and DVDs across the campus libraries. Students living in Australia and enrolled in an off-campus course may have print material from any campus library sent to their nominated address free of charge. Many of the library's resources are also available online.

- » **IT at Deakin** – all students can access 24-hour computer laboratories on each campus, and email and internet access for study purposes.
- » **Disability services** – the Disability Resource Centre can provide students who have a health condition or a disability (long term or temporary) that affects access or ability to study, with alternative assessment arrangements, academic support workers, study materials in accessible formats and help with assistive technology.

For more information about postgraduate study at Deakin, please refer to the *2012 Postgraduate Course Guide* or visit www.deakin.edu.au/postgrad.

Flexible delivery

Deakin's postgraduate courses are designed to be flexible so you can study when and where it suits you. You don't have to be a full-time, on-campus student to gain a postgraduate qualification at Deakin. We offer a range of study options and modes to choose from, including off-campus study.

Find out what will best suit you in the *Choose how you study* section on page 18, or get in touch using the contact details at the back of this booklet.



Hannah Grant
Master of Human Nutrition, Deakin University, 2010
Off campus
Employed: Early Childcare and Development Facilitator
(Nutrition), World Vision Australia

A goal to work in humanitarian aid and development was the motivation for Hannah Grant to choose postgraduate studies in nutrition at Deakin.

With a keen interest in paediatric nutrition and chronic disease, Hannah now works for World Vision in the Western Desert region of the Pilbara – a remote area in far north Western Australia.

'I work in three communities – Newman, Jigalong and Parnngurr. The latter two are Indigenous closed communities. With three colleagues, I help facilitate community development based around the health and wellbeing of 0–4-year old children. I spend a week in the town of Newman (where I live) and then every second week out in community – usually Parnngurr – which is a five-hour drive

and has a population of about 80 to 100 people,' she says.

Hannah chose to study off campus with Deakin because the course offered her flexibility and accessibility.

'Deakin offered a versatile learning environment, high-quality lecturers who were widely known for their accomplishments, and broad and adaptable units that allowed me to learn what was relevant to my future career path.'

'Deakin offered a versatile learning environment, high-quality lecturers who were widely known for their accomplishments, and

broad and adaptable units that allowed me to learn what was relevant to my future career path. I was able to study full time whilst working and I had access to professors who were top of their field and contributing to current research in nutrition,' she explains.

Hannah says the aspect of her job that she most enjoys is the opportunity to work in vulnerable populations, and to nurture and support community development and empowerment.

'I have relative autonomy to work in groups and one-on-one with children and carers to strive for the best outcome for the community. Every day presents a new challenge, keeps me thinking and allows me to witness carers and children working together for a healthy and sustainable living environment.'

Nutrition and Dietetics postgraduate coursework degrees

Course name	Course code	Years full time and campus	Trimester intake options ²	Indicative 2011 annual fee FT ¹	Page
Human nutrition					
Graduate Certificate of Public Health Nutrition	H517	0.5 ³ X	T1, T2	\$10 560	7
Graduate Certificate of Human Nutrition	H511	1 PT X	T1, T2	\$10 575	7
Graduate Diploma of Human Nutrition	H616	1 X	T1, T2	\$21 160	8
Master of Human Nutrition	H714	1.5 X	T1, T2	\$21 070	8
Dietetics					
Master of Dietetics	H718	1.5 B	T1	\$21 110	12

Important notes

Information correct at June 2011, Deakin University reserves the right to alter, amend or delete course offerings and other information listed.

- 1 Fees quoted are for Australian domestic students and should be used as a guide only. Fees are based on a typical enrolment in one year of full-time study. All fees quoted are for Fee-Paying Places, unless indicated CSP (Commonwealth Supported Place). Actual tuition fee charged may depend on the units studied and are subject to change. Masters program students please note: where the length of the masters program is 12 units or 1.5 years of full-time study equivalent, the indicative fee may not be a full fee for the course. For further fee information, including information about the FEE-HELP loan program, see page 20 or www.deakin.edu.au/fees.
- 2 Most courses start in Trimester 1. This column indicates whether you have the option of commencing your studies in Trimester 2 or Trimester 3. Not all units are offered in every trimester.
- 3 The Graduate Certificate of Public Health Nutrition can be completed in one trimester of full-time study (if commenced in Trimester 1). Part-time study options are also available.

FT = Full Time
PT = Part Time
T1 = Trimester 1
T2 = Trimester 2



EMPLOYER
PROFILE

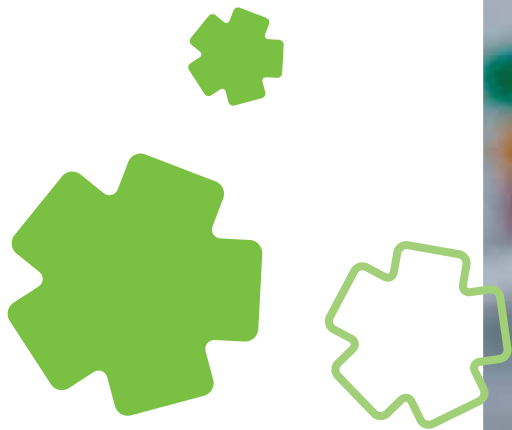
Kathryn Pierce
Manager of Nutrition
Western Health

.....

'Western Health is the pre-eminent provider of health services in the western metropolitan region of Melbourne. With a growing reputation as a vibrant, progressive organisation, Western Health focuses on achieving excellence in teaching and research. It caters for one of the most multicultural regions of Melbourne and offers an extensive range of clinical services.

A well-trained workforce is a critical success factor in all modern organisations. Workplace training for dietetics students facilitates the implementation of theoretical knowledge with well developed clinical skills in clinical practice. New graduate dietitians successfully trained in this model, meet the range of competencies required to enter the workforce as a base grade dietitian.

Participation in the clinical partnership for dietetics students is a rewarding experience for Western Health. The majority of students, under the guidance of their supervisors, are strongly committed to high standards of clinical knowledge and practice, providing excellence in patient care.'

KEY**3** Course duration in years**PT** Part time**B** Melbourne Burwood Campus**F** Geelong Waterfront Campus**G** Geelong Waurin Ponds Campus**W** Warrnambool Campus**X** Off campus

*Tracey Herrok
Bachelor Food Science and Nutrition* (Honours),
Deakin University, 2006
Master of Dietetics, Deakin University, 2008*

Good nutrition and good health are unquestionably linked. But the correlation is even more crucial when a life-threatening disease is involved.

Until recently, Tracey Herrok worked as an oncology dietitian at Melbourne's Peter MacCallum Cancer Centre where her role was to assess and balance the nutritional needs of patients with cancer.

Now travelling on an extended overseas holiday, Tracey – who has both an undergraduate honours degree and a masters degree from Deakin – says she has held a lifetime interest in food and nutrition.

'But I was also interested in health and medicine and being a dietitian has given me exposure and skills in both these fields.'

After completing an honours degree in food science and nutrition at Deakin, Tracey decided it was 'the best place' to continue her postgraduate studies.

'Deakin took into account my previous years of study and it was also the only university in Melbourne offering a masters degree in dietetics, it provided a solid base for my career,' she says.

After graduating, Tracey worked at the Peter MacCallum Cancer Centre where she enjoyed her role implementing strategies to improve the nutritional status of patients at times when eating

'Deakin took into account my previous years of study and it was also the only university in Melbourne offering a masters degree in dietetics.'

is often difficult and stressful – especially during long periods of treatment, or after surgery.

Working as an oncology dietitian, Tracey also experienced several career opportunities.

'I had the opportunity to work across all cancer units and also be exposed to working within the surgical, chemotherapy and radiotherapy medical teams,' she says. 'I was also working in the Head and Neck Unit, both with the inpatients and outpatient clinics. This involved regular liaison with the medical team. I also became quite specialised in enteral feeding (tube feeding through the nose or stomach).'

When she returns from her travels, Tracey is looking forward to expanding her dietetics career further by working in sports or community dietetics.

* Now Bachelor of Food and Nutrition

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 will develop an understanding of the role of nutrition and diet in the health of individuals and groups.

You may be interested in Deakin's nutrition courses if you are working in areas as diverse as agriculture, biological and health sciences, food science and technology, exercise and sport sciences, mass communication, physiotherapy, naturopathy, dentistry, medicine, nursing or pharmacy; or if you are teaching subjects such as home economics, biology or physical education.

Flexible learning

Deakin offers a wide range of elective units, allowing you to structure your course to pursue your interests and career aspirations. You will also have the opportunity to specialise in a particular area of nutrition and develop skills in the area of nutrition research.

Industry accreditation and professional recognition

Until recently, there has been no regulation or control over people who practise as nutritionists in Australia. Growing public interest in the relationship between diet and health is evident and, as a result, there are increasing demands from the public for reliable and trustworthy information.

In response, the Nutrition Society of Australia (NSA) has developed a 'Register of Nutritionists' to establish a list of appropriately qualified nutrition professionals, and, in doing so, distinguish individuals who have received an approved level of training and experience from others who have not. This is an exciting development that recognises nutritionists with designated qualifications, who abide by the highest standards of professional conduct and who are committed to ongoing training and professional development.

Each of Deakin's postgraduate human nutrition courses is recognised by NSA for registration purposes. Graduates who complete the graduate certificate, graduate diploma or Master of Human Nutrition will be eligible to apply for registration as an 'Associate Nutritionist'. Following three years of work experience, Associate Nutritionists are able to apply for 'Registered Nutritionist' status.

Flexible delivery

The postgraduate nutrition courses are taught online, allowing you to fit your studies around your work and lifestyle commitments. The courses are available entirely off campus, requiring no attendance at Deakin. Examinations are held in a large number of venues around Australia and the world.

Study materials are provided via online technologies using Deakin Studies Online (DSO) – Deakin University's online teaching and learning environment. Regardless of where you live, resources can be accessed from our comprehensive online collection.

Students have regular access to the teaching staff as well as student chat groups and multimedia resources. The University has also produced its own 'Software Essentials' package to support online communication.

Careers

As a graduate you will be qualified and well prepared to undertake professional roles in private industry, government and non-government organisations across an exciting range of areas. Opportunities also exist in state and local government and community settings, in private consulting, in research institutes or universities and in the food and retail industries, to name a few.

You may be interested in pursuing; project officer roles for health programs with local councils, schools and community health centres, as well as state and federal health departments; sports nutrition; health services management; research or academia; corporate nutrition; or health/nutrition journalism, media and communication.

Scholarships

Deakin offers a variety of scholarships to help support students financially during their studies, including a range of academic scholarships that are awarded to high-achieving students. For more information about scholarships visit www.deakin.edu.au/scholarships. You may also wish to search broadly for scholarships via the internet.

Further information

The Nutrition Society of Australia (Inc.) www.nsa.asn.au.

Organisations that have employed our nutrition graduates:

- » Campbells
- » Coca-Cola Australia
- » Dairy Farmers Group
- » Department of Human Services
- » HJ Heinz
- » Jenny Craig
- » Kraft Foods
- » Masterfoods
- » National Foods
- » Nestle
- » Safeway
- » VicHealth
- » Woolworths.

KEY**3** Course duration in years**PT** Part time**B** Melbourne Burwood Campus**F** Geelong Waterfront Campus**G** Geelong Waurin Ponds Campus**W** Warrnambool Campus**X** Off campus

Graduate Certificate of Public Health Nutrition

1PT* **X** Course code: H517

Admission requirements: Applicants must be either dietitians eligible for membership of the Dietitians Association of Australia (DAA), graduates with an approved bachelors degree with major studies in nutrition, or graduates from Deakin's Graduate Certificate of Human Nutrition (or equivalent). Applicants who do not satisfy these requirements will first need to complete Deakin's Graduate Certificate of Human Nutrition (or equivalent).

A career in public health nutrition addresses factors affecting the protection and promotion of public health and nutritional health today, and into the future. As a graduate you may deal with the epidemic of diet-related disease, including obesity; socio-economic considerations such as rising food prices and food security; and environmental sustainability in relation to the food system.

Deakin's Graduate Certificate of Public Health Nutrition, offered in off-campus mode, provides a postgraduate-level introduction to public health nutrition covering material from related disciplines such as epidemiology, politics and policy, nutrition promotion and communication to provide you with core competencies to tackle these relevant public health and nutrition issues.

Course structure

This course consists of 4 credit points of study comprising one core unit, HSN727 *Advanced Public Health Nutrition* (2 credit points) and two elective units chosen from the list below (each worth 1 credit point).

Core unit

Trimester 1

HSN727 *Advanced Public Health Nutrition*

Elective units

Trimester 1

HSN705 *Population Food and Health Issues*

HSN713 *Food, Nutrition and Behaviour*

Trimester 2

HSN704 *Food, Nutrition and Society*

HSN706 *Food Policy and Public Health*

HSN708 *Nutrition Promotion*

HSN719 *Population Nutrition and Physical Activity Assessment*

HSN734 *Obesity Prevention*

Trimester 3

HSN715 *Understanding Human Nutrition Research Studies*[^]

* This course can also be completed in 0.5 years of full-time study. This option is only available to students commencing in Trimester 1.

[^] Offered every alternate year. Next offered in Trimester 3 (2012–2013).

Note: students interested in completing both the Graduate Certificate of Public Health Nutrition and a postgraduate human nutrition course (H511, H616 or H714), may receive a maximum of 2 credit points of Credit for Prior Learning, which can be shared between both awards.

Graduate Certificate of Human Nutrition

1PT **X** Course code: H511

Admission requirements: Applicants should have an approved tertiary qualification (or equivalent) or significant relevant professional experience. A science subject at Year 12 level or equivalent is also recommended.

The Graduate Certificate of Human Nutrition is designed to be a postgraduate introduction to nutrition in a multidisciplinary context. It includes relevant material from related disciplines such as food science, biochemistry, physiology, epidemiology, psychology, sociology, and politics and policy.

Course structure

The course consists of 4 credit points of study comprising two core units and two elective units.

Trimester 1

HSN701 *Principles of Nutrition*[#]

plus one elective unit

Trimester 2

HSN702 *Lifespan Nutrition*

plus one elective unit

Elective units

Trimester 1

HSN703 *Diet and Disease*

HSN705 *Population Food and Health Issues*

HSN709 *Sports Nutrition*

HSN713 *Food, Nutrition and Behaviour*

HSN735 *Trends and Innovation in Food Science*

Trimester 2

HSN704 *Food, Nutrition and Society*

HSN706 *Food Policy and Public Health*

HSN708 *Nutrition Promotion*

HSN719 *Population Nutrition and Physical Activity Assessment*

HSN720 *Nutritional Issues in Diabetes*

HSN734 *Obesity Prevention*

HSN746 *Nutritional Issues from Infancy to Adolescence*

Trimester 3

HSN701 *Principles of Nutrition*

HSN715 *Understanding Human Nutrition Research Studies*[^]

HSN738 *International Nutrition*[@]

HSN743 *Nutrition for Healthy Ageing*

Unit also available in Trimester 3 (2011–2012).

[^] Offered every alternate year. Next offered in Trimester 3 (2012–2013).

[@] Offered every alternate year. Next offered in Trimester 3 (2013–2014).

Note: students interested in completing both the Graduate Certificate of Public Health Nutrition and a postgraduate human nutrition course (H511, H616 or H714), may receive a maximum of 2 credit points of Credit for Prior Learning, which can be shared between both awards.

See also

Graduate Diploma of Human Nutrition (H616) and Master of Human Nutrition (H714), page 8.



Nutrition

Graduate Diploma of Human Nutrition

1 **X** Course code: H616

Admission requirements: Applicants should have an approved tertiary qualification (or equivalent) or significant relevant professional experience. A science subject at Year 12 level or equivalent is also recommended.

The Graduate Diploma of Human Nutrition provides the opportunity to learn about nutrition in a broad context ranging from metabolic studies and food science to social and behavioural nutrition. It will enable you to understand and learn to apply knowledge in the areas of; the physiological basis of nutrition; nutritional requirements; the nature and composition of foods and food groups; nutritional assessment; and social, cultural and economic aspects of nutrition.

Course structure

This course consists of 8 credit points of study comprising two core units and six elective units. At least four of the six elective units must be chosen from the list of elective units below. To add flexibility and diversity to your studies, you may choose up to 2 credit points of study from approved postgraduate units offered by any Faculty of the University (subject to approval and availability).

Core units

Trimester 1

HSN701 Principles of Nutrition*

Trimester 2

HSN702 Lifespan Nutrition

Elective units

Trimester 1

HSN703 Diet and Disease

HSN705 Population Food and Health Issues

HSN709 Sports Nutrition

HSN713 Food, Nutrition and Behaviour

HSN735 Trends and Innovation in Food Science

Trimester 2

HSN704 Food, Nutrition and Society

HSN706 Food Policy and Public Health

HSN708 Nutrition Promotion

HSN719 Population Nutrition and Physical Activity Assessment

HSN720 Nutritional Issues in Diabetes

HSN734 Obesity Prevention

HSN746 Nutritional Issues from Infancy to Adolescence

HSN751 Nutrition Research Project Part B

Trimester 3

HSN701 Principles of Nutrition

HSN715 Understanding Human Nutrition Research Studies[^]

HSN738 International Nutrition[@]

HSN743 Nutrition for Healthy Ageing

HSN750 Nutrition Research Project Part A

* Unit also available in Trimester 3 (2011–2012).

[^] Offered every alternate year. Next offered in Trimester 3 (2012–2013).

[@] Offered every alternate year. Next offered in Trimester 3 (2013–2014).

Note: students interested in completing both the Graduate Certificate of Public Health Nutrition and a postgraduate human nutrition course (H511, H616 or H714), may receive a maximum of 2 credit points of Credit for Prior Learning, which can be shared between both awards.

See also

Master of Human Nutrition (H714).

Master of Human Nutrition

1.5 **X** Course code: H714

Admission requirements: Applicants should have an approved tertiary qualification, be involved in the field of human nutrition, and will also normally have met the requirements for the Graduate Diploma of Human Nutrition (or equivalent).

The Master of Human Nutrition course is designed primarily to allow students who have completed a Graduate Diploma of Human Nutrition (H616) to either extend their knowledge of nutrition areas or gain research skills.

By the end of the masters course you should be able to:

- » demonstrate an advanced knowledge of human nutrition at biological, social and/or policy levels
- » have the knowledge and skills to practise effectively as a nutritionist in a range of employment settings including the food industry, community nutrition, private practice and business environments
- » understand human nutrition and the complexity of current issues relating to food and human health
- » evaluate the findings of human nutrition studies.

Course structure

This course consists of 12 credit points of study comprising two core units and ten elective units. At least eight of the ten elective units must be from the list of elective units below. Students interested in completing a research project as part of this course are encouraged to select *HSN750 Nutrition Research Project Part A* and *HSN751 Nutrition Research Project Part B*.

To add flexibility and diversity to your studies, you may choose up to 2 credit points of study from approved postgraduate units offered by any Faculty of the University (subject to approval and availability).

Core units

Trimester 1

HSN701 Principles of Nutrition*

Trimester 2

HSN702 Lifespan Nutrition

Elective units

Trimester 1

HSN703 Diet and Disease

HSN705 Population Food and Health Issues

HSN709 Sports Nutrition

HSN713 Food, Nutrition and Behaviour

HSN735 Trends and Innovation in Food Science

Trimester 2

HSN704 Food, Nutrition and Society

HSN706 Food Policy and Public Health

HSN708 Nutrition Promotion

HSN719 Population Nutrition and Physical Activity Assessment

HSN720 Nutritional Issues in Diabetes

HSN734 Obesity Prevention

HSN746 Nutritional Issues from Infancy to Adolescence

HSN751 Nutrition Research Project Part B

Trimester 3

HSN701 Principles of Nutrition

HSN715 Understanding Human Nutrition Research Studies[^]

HSN738 International Nutrition[@]

HSN743 Nutrition for Healthy Ageing

HSN750 Nutrition Research Project Part A

* Unit also available in Trimester 3 (2011–2012).

[^] Offered every alternate year. Next offered in Trimester 3 (2012–2013).

[@] Offered every alternate year. Next offered in Trimester 3 (2013–2014).

Note: students interested in completing both the Graduate Certificate of Public Health Nutrition and a postgraduate human nutrition course (H511, H616 or H714), may receive a maximum of 2 credit points of Credit for Prior Learning, which can be shared between both awards.



FOR MORE INFORMATION VISIT
www.deakin.edu.au/hmnbs/ens

KEY**3** Course duration in years**PT** Part time**B** Melbourne Burwood Campus**F** Geelong Waterfront Campus**G** Geelong Waurin Ponds Campus**W** Warrnambool Campus**X** Off campus**• STUDENT •
PROFILE**

*Shane Bilborough
Master of Human Nutrition, Deakin University, 2000
Employed: Director, Global Corporate Challenge*

Shane Bilborough, who completed a postgraduate research degree in nutrition at Deakin, is one of Australia's most sought-after nutritionists. The author of three international best-selling books, Shane makes regular media and public speaking appearances for his expertise in diet, exercise and fitness and is the Director of Global Corporate Challenge.

He says that when considering postgraduate study, he researched a range of institutions and courses.

'Deakin was a clear standout – the quality of lecturers did it for me. I wanted to study nutrition because it has always interested me and, like most people, I had many questions but very few answers. Given that everyone is concerned about various aspects of nutrition, which includes fad dieting, fat metabolism and how these relate to heart disease and diabetes, I thought seeking

a knowledge of this complex interaction was worthwhile.'

Shane's research focused on fat metabolism during exercise.

'Of course there were other topics, such as the nutritional management of heart disease and diabetes, but it's all interlinked and when you get out into the real world you need to know

'Deakin was a clear standout – the quality of the lecturers did it for me.'

all of it. I then found myself working with large multinational corporations and educating staff on how to prevent, reduce the risk of, and manage chronic disease; maintain a healthy body weight; and increase levels of physical activity.'

In 2004, Shane and a friend started the Global Corporate Challenge, which was aimed at getting

Australian workers fitter and healthier. Starting out with 2500 Australians, it now incorporates 95 000 people from 85 countries and 1500 global organisations.

'It is the largest corporate physical activity event in the world and we have five offices in North America in Toronto, New York, LA, Chicago and San Francisco, and one office that services Europe,' he says.

Shane says his Deakin studies provided 'cutting-edge' teaching and learning in nutritional science and exercise physiology.

'To be at the forefront of this area was exciting. I liked the fact that the lecturers were experts in their field. Studying nutrition at Deakin is the highest level of nutritional study in the country. Deakin also gave me the confidence to 'create my own waves''

www.gettheworldmoving.com

Dietetics

Deakin was the first university to offer a course in dietetics in Australia and has been proudly offering Dietitians Association of Australia (DAA) accredited courses for more than 30 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 in both health and disease. Professional practice placements provide you with hands-on experience in clinical, community and food service settings. You will also develop research and communication skills through industry-based group electives and projects.

Research that makes a difference

Academic staff are actively involved in many areas of research and are experts in their respective fields. Such fields include childhood obesity, food security, dietary approaches to hypertension, nutrition in aged care facilities, and clinical nutrition.

Industry partners

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

Industry accreditation and professional recognition

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

Careers

As an Accredited Practising Dietitian you will be eligible to work in all areas of dietetics, including: clinical (hospital) dietetics, community nutrition, private practice, food industry, public health, sports nutrition, dietetic education and research, food service, public relations, marketing, communications, media, health promotion and policy development.

Deakin's masters program allows you to start your career sooner, being one of only two masters programs in dietetics in Australia of 18 months duration; the other programs are all two years in duration.

Facilities

As a student undertaking the Master of Dietetics you will have access to our on-campus food and technology laboratories where you will prepare meals appropriate for individuals with various dietary requirements, including those with diabetes, heart disease, allergies and intolerances to gluten and lactose.

Further information

Dietitians Association of Australia (DAA) www.daa.asn.au.

Student income support payments

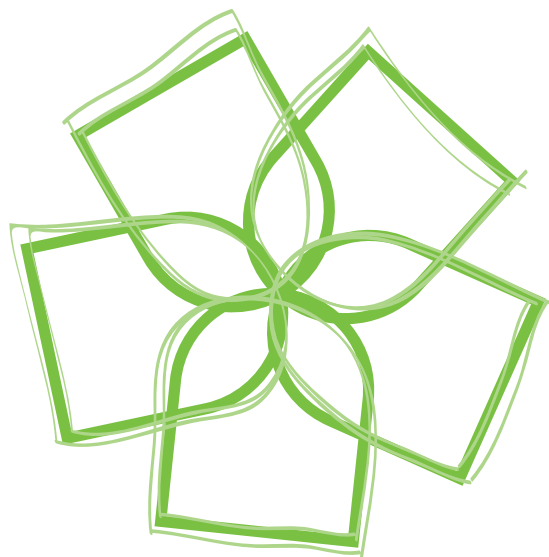
The Master of Dietetics meets the Australian Government guidelines for master by coursework professional entry programs that qualify for student income support payments. These payments include Austudy and Youth Allowance, which are available through Centrelink and subject to the normal individual Youth Allowance and Austudy eligibility criteria. Eligible students will be able to access Youth Allowance, Austudy and the Pensioner Education Supplement.

For more information about student income support payments visit www.centrelink.gov.au or the Department of Education, Employment and Workplace Relations www.deewr.gov.au.

Organisations that have employed our dietetics graduates:

- » Austin Health
- » Box Hill Hospital
- » Cabrini Health
- » Frankston Hospital
- » Melbourne Dietetic Centre
- » Northern Health
- » Peter MacCallum Cancer Centre
- » Royal Melbourne Hospital
- » Simplot Australia
- » St Vincent's Hospital
- » Victorian Aboriginal Health Service
- » Western Hospital
- » Yakult Australia
- » Yarra Valley Community Health.



KEY**3** Course duration in years**PT** Part time**B** Melbourne Burwood Campus**F** Geelong Waterfront Campus**G** Geelong Waurin Ponds Campus**W** Warrnambool Campus**X** Off campus

• STUDENT •
PROFILE

Claire Trevorrow

Bachelor of Applied Science (Exercise and Sport Science), Deakin University, 2008

Masters of Dietetics, Deakin University, 2010

Employed: Dietitian, Austin Health and Monash Medical Centre

'This will be the hardest 18 months of your life.' Those words – spoken by the Deakin course convener on the first day of Claire Trevorrow's Masters of Dietetics course – only served to underline the challenge which lay before her.

'It is a very specialised area of study and often required other areas of life to be put on hold,' says Claire, who now works as a dietitian at both Austin Health and the Monash Medical Centre in Melbourne.

'But it was very rewarding. I really enjoy working as a clinical dietitian, it is a great field to work in,' she says.

Claire initially came to study at Deakin in 2005

and over the next four years completed a Bachelor of Applied Science (Exercise and Sport Science).

'I think it is a very progressive university that is at the forefront of education and research.'

After graduating, she decided to undertake a Masters of Dietetics and based on her previous positive experience at Deakin, felt the University's course would serve her best.

'Deakin is very progressive and always looking at how to do things better,' she says. '(And) I think Deakin has built a great reputation, especially in

the health sciences field.'

A highlight of her course was a placement at the Australian Institute of Sport in Canberra during her final year.

While the course meant she had to make some personal sacrifices, Claire says that Deakin's facilities . . . were state-of-the-art and the people she worked with – and was taught by – were excellent.

'The staff are very enthusiastic and often go beyond what is required of them to help. I think it is a very progressive university that is at the forefront of education and research.'

Dietetics

Master of Dietetics

1.5 **B** Course code: H718

Admission requirements: A bachelors degree or equivalent in a relevant cognate area (for example: science, health sciences, nutrition, food science, exercise science, biomedical science, allied health or nursing). You must have successfully completed one full year of study of biochemistry and minimum of one unit of dedicated study of physiology. Applicants are also required to have completed at least four units (equivalent to 4 Deakin credit points) of nutrition and food science study, covering content relating to principles of nutrition, lifespan nutrition and food science. Potential applicants should seek further information in regards to the exact content of the prerequisite nutrition units needed.

Deakin's Master of Dietetics is a three-trimester professional training program in dietetics, which is accredited with the Dietitians Association of Australia (DAA). You will gain practical experience throughout the course in collaborating metropolitan and non-metropolitan hospitals, clinics and community centres.

Dietetics graduates may work as a dietitian in a hospital or clinic, private practice, in dietetic education, sports nutrition, community health settings or in the food industry.

Course structure

The Master of Dietetics consists of 12 credit points of study. The course is offered on campus at the Melbourne Burwood Campus, with the exception of the two units HSN705 and HBS745, which are studied in off-campus mode. You will be required to complete the course in three trimesters of full-time study. The course commences in Trimester 1 each year, beginning in early March. Please note that this course is not offered in Trimester 3.

In the first trimester of the program, you will be required on campus for between 10 and 15 hours per week; however, there is also the need for external professional practice and project time during this trimester, a small proportion of which may require you to be at various sites in a full-time capacity.

During the final two trimesters, it is recommended that you assume your time commitment will be a full-time workload. The large time commitment is required to accommodate the need for 20 weeks of professional practice in a diverse range of settings (including clinical, community, food service and an elective area), as well as additional teaching clinics.

Level 1

Trimester 1

HSN705 Population Food and Health Issues*
HSN740 Nutrition Research Skills
HSN744 Principles of Dietetics

Trimester 2

HSN742 Food Service Management
HSN745 Community Nutrition
or
HSN747 Clinical Dietetic Practice

Level 2

Trimester 1

HBS745 Interprofessional Collaboration in Health Care*
HSN752 Professional Dietetic Practice
HSN747 Clinical Dietetic Practice
or
HSN745 Community Nutrition

* Unit offered in off-campus mode.

Practicum placement requirements

Failure of a compulsory practicum component in any unit of study will normally lead to exclusion. All expenses associated with practicum units are the responsibility of the student.

In accordance with Department of Human Services policy[^], all students are required to undertake a National Police Record Check prior to clinical placements in each calendar year of their course. Students who fail to obtain a National Police Record Check prior to the commencement of clinical placement will not be able to undertake clinical placement.

Students will be asked to undergo serological testing prior to enrolment. Students may also be required to declare their immunisation status to satisfy the requirements of health organisations where they will be undertaking their clinical learning experience.

[^] Department of Human Services Policy on Working with Children Check and National Police Record Check can be found at: www.dhs.vic.gov.au/facs/bdb/fmu/service-agreement/5_departmental-policies-and-procedures/5.6-police-records-check-policy.

Frequently asked questions

Why are so many prerequisites required?

In order for the Master of Dietetics to be offered over 18 months and still be eligible for accreditation by the DAA, significant nutrition knowledge must be demonstrated before entry into the course is possible. No application for entry into the Master of Dietetics will be approved, nor an applicant permitted to enrol, until all of the prerequisites have been met.

What if you have not previously studied biochemistry or physiology?

These subjects can be taken as non-award units from any university offering them. Relevant biochemistry units at Deakin that meet the prerequisites for the Master of Dietetics are *SLE212 Biochemistry* and *SLE222 Biochemical Metabolism*. First year level chemistry or equivalent is normally a prerequisite for biochemistry study.

The relevant physiology units at Deakin that meet the prerequisites for the Master of Dietetics are *HBS109 Human Structure and Function* or *SLE211 Principles of Physiology*.

What if you don't have the required nutrition units?

You have the option of completing the Graduate Certificate of Human Nutrition (H511) offered by Deakin University. This postgraduate course consists of four units: two core units (*HSN701 Principles of Nutrition* and *HSN702 Lifespan Nutrition*) and two elective units. Selecting *HSN735 Trends and Innovation in Food Science* as an elective unit plus one other nutrition unit would meet the nutrition prerequisite component for the Master of Dietetics. Alternatively, the required nutrition units can be completed as single, non-award subjects from any university offering similar subjects, though applicants should ensure that nutrition subjects undertaken at another university are equivalent in content to the Deakin University nutrition prerequisite units.

Does completing the Graduate Certificate of Human Nutrition gain me automatic entry into the Master of Dietetics?

Entry into the Master of Dietetics is quota based and likely to be very competitive. Selection is primarily based on academic merit; however, some account will be given to any significant work history in a related health or nutrition field. Completing the Graduate Certificate of Human Nutrition, while satisfying the nutrition component of the prerequisites for entry into the Master of Dietetics, does not guarantee students a place in the program.

KEY

- 3** Course duration in years
- PT** Part time
- B** Melbourne Burwood Campus
- F** Geelong Waterfront Campus
- G** Geelong Waurin Ponds Campus
- W** Warrnambool Campus
- X** Off campus

Deakin undergraduate pathways to Dietetics

There are a number of undergraduate courses at Deakin that can be used as pathways into the Master of Dietetics, with the inclusion of appropriate electives. Completion of any of the following degrees does not guarantee a place in the Master of Dietetics.

Bachelor of Food and Nutrition (formerly the Bachelor of Food Science and Nutrition), taking *SLE222 Biochemical Metabolism*, *SLE212 Biochemistry* and *SLE152 Chemistry of Life* as electives would meet all the prerequisites to allow application for the Master of Dietetics as the remaining required content is covered in the core units of the degree.

Bachelor of Health Sciences, taking a major sequence in nutrition together with *SLE131 Principles of Chemistry*, *SLE152 Chemistry of Life*, *SLE212 Biochemistry*, *SLE222 Biochemical Metabolism* and *HSN104 The Science of Food* as electives would meet the prerequisites for the Master of Dietetics.

Bachelor of Exercise and Sport Science, taking the same electives as the Bachelor of Health Sciences (above) together with *HSN201 Principles of Nutrition*, *HSN202 Lifespan Nutrition* and one additional nutrition unit would also meet the prerequisites for the Master of Dietetics.



FOR MORE INFORMATION VISIT
www.deakin.edu.au/hmnbs/ens



Warrnambool Campus.



Related courses

Master of Clinical Exercise Physiology

1.5 **B** Course code: H743

Admission requirements: Applicants must be able to demonstrate eligibility for exercise scientist accreditation from Exercise and Sports Science Australia (ESSA) and provide evidence of 140 hours of exercise service delivery for apparently healthy clientele. Selection is primarily based on academic performance as indicated by an applicant's previous academic record.

The Master of Clinical Exercise Physiology aims to produce quality exercise physiologists who can utilise exercise to prevent and rehabilitate disease and injury in the community. Throughout the course you will acquire advanced knowledge of both the theoretical and applied aspects of clinical exercise physiology, and high-level skills in analysing, evaluating and professionally applying your knowledge to clinical and community populations. You will develop capacity to creatively and flexibly apply your knowledge and skills to situations, and be able to think in a rigorous and independent manner.

Refer to the *Health Postgraduate Study Area Booklet* for more information.

Graduate Certificate of Diabetes Education

1 PT **X** **CBD** Course code: H520

Admission requirements: You must complete 4 credit points of study. Students who are eligible to seek Australian Diabetes Educators Association (ADEA) accreditation must take the one-week supervised clinical practicum and attend a five-day workshop at the Melbourne Burwood Campus. The course can be completed in two, three or four trimesters of study.

Deakin University's Graduate Certificate of Diabetes Education prepares health professionals for specialty practice in diabetes education, and is accredited by the Australian Diabetes Educators Association.

Refer to the *Nursing and Midwifery Postgraduate Study Area Booklet* for more information.

Graduate Certificate of Health Promotion

1 PT **B** **X** **CBD** Course code: H515

Admission requirements: An approved tertiary qualification and involvement in health promotion and/or health education activities, or adequate work-related training and experience. Applicants must also submit a written statement outlining reasons for undertaking the course.

The Graduate Certificate of Health Promotion aims to assist students from varying backgrounds to acquire the knowledge and skills necessary for developing appropriate approaches to evidence-based health promotion. The course is particularly relevant for students who wish to gain employment in health-related areas. It aims to produce graduates who are able to work in many areas of health promotion and who can demonstrate a range of attributes that will enhance their career prospects.

Refer to the *Health Postgraduate Study Area Booklet* for more information.

See also

Graduate Diploma of Health Promotion (H615) and Master of Health Promotion (H749).

Graduate Diploma of Health Promotion

1 **B** **X** **CBD** Course code: H615

Admission requirements: An approved tertiary qualification and involvement in health or health-related activities. Applicants must also submit a written statement outlining reasons for undertaking the course. Applicants without a tertiary qualification who can demonstrate that they have gained sufficient knowledge and skills through work-related training may also be considered. Credit for Prior Learning may be granted on the basis of prior learning experience at postgraduate level.

The Graduate Diploma of Health Promotion is designed to enable students from varying backgrounds to acquire the knowledge and skills necessary for developing appropriate and evidence-based health promotion programs. The course addresses strategies that seek to help people take action about their own health, to strengthen community action and to create environments that are more supportive of health – policy environments, physical environments, social environments and economic environments. Career opportunities exist worldwide in national and international health organisations; medium-sized businesses to multinational corporations; community organisations; human services agencies; local, state and federal departments; and statutory authorities.

Refer to the *Health Postgraduate Study Area Booklet* for more information.

See also

Master of Health Promotion (H749).

Master of Health Promotion

1.5 **B** **X** Course code: H749

Admission requirements: An approved tertiary qualification and involvement in health promotion and/or health education activities. Applicants must also submit a written statement outlining reasons for undertaking the course. Applicants without a tertiary qualification who can demonstrate that they have gained sufficient knowledge and skills through work-related training and experience may also be considered. Credit for Prior Learning may be granted on the basis of prior learning experience. Students who have completed the graduate certificate or graduate diploma are eligible for Credit for Prior Learning for the masters.

Preventing illness and promoting health are major aspects of the work of health agencies in all developed and developing countries. Deakin's Master of Health Promotion is designed to enable students from varying backgrounds to acquire the knowledge and skills necessary to develop appropriate and evidence-based health promotion programs. You will obtain a broad-based understanding of the determinants of health in populations and of the range of strategies that practitioners and organisations can implement to make a difference in creating healthier communities. The course addresses strategies that seek to help people take action about their own health, to strengthen community action and to create environments that are more supportive of health – policy environments, physical environments, social environments and economic environments.

The Master of Health Promotion provides you with the opportunity to extend your study of health promotion to undertake a major or minor project. These projects allow you to apply the knowledge and skills developed in the coursework component of the degree to a significant health issue by undertaking a comprehensive literature review or a research project.

Refer to the *Health Postgraduate Study Area Booklet* for more information.

KEY

3 Course duration in years

PT Part time

B Melbourne Burwood Campus

F Geelong Waterfront Campus

G Geelong Waurin Ponds Campus

W Warrnambool Campus

X Off campus

CBD Community Based Delivery /
Institute of Koorie Education

Research at Deakin

Universities are about knowledge – creating, discovering, analysing, sharing and dispersing knowledge. Research is at the core of these activities and helps to make Deakin University a vibrant place to study.

At Deakin we take pride in being relevant to students and to their communities, not just in the courses we teach, but in the research we carry out.

Studying at a university that is committed to research that matters means you have the opportunity to learn from people who are making a real difference in the world.

Our academic and research staff are highly regarded and at the cutting edge in their fields of research. This is important, regardless of whether or not you want to pursue a research career, because it means that you will graduate with the latest knowledge in your chosen field.

Deakin is serious about providing excellent support and experiences for our research students, most of whom have opportunities to work with partner collaborators nationally and internationally, present at international conferences and use world-class facilities within Australia and abroad.

There has never been a more exciting or compelling time to be at Deakin University as it moves confidently towards improving the University's research performance in order to place itself in the top third of the Australian higher education sector.

This is being achieved by building a critical mass of researchers who will develop a distinctive, broad-based portfolio of high-quality discovery, applied and commercial research.

Deakin University provides research degrees to match a variety of career plans and personal circumstances. Part-time or full-time study is available on campus and some programs may also be available off-campus.

The two main types of research degree we provide are the research masters and the Doctor of Philosophy (PhD).

A **masters degree** is awarded to a candidate for making an original contribution to knowledge achieved in one to two years of full-time candidature or the part-time equivalent. The focus of these postgraduate degrees is on research, but some coursework may be included.

A **doctoral degree** is awarded to a candidate for making a substantial original contribution to knowledge achieved in three to four years of full-time candidature or the part-time equivalent. The PhD is becoming the minimum desired qualification for pursuing a career in academia or research and is an ideal basis for many other careers.

To ensure you enrol in a research degree that meets your needs and expectations, please discuss the available options with the Faculty of Health.

More information

Research Services Division

Phone: +61 3 9251 7124

research-hdr@deakin.edu.au

www.deakin.edu.au/future-students/research



• ACADEMIC •
PROFILE

*Professor Kylie Ball
Senior Research Fellow, Centre for
Physical Activity and Nutrition
Research, School of Exercise and
Nutrition Sciences*

Professor Kylie Ball is a Senior Research Fellow in the area of physical activity, nutrition and obesity in the Centre for Physical Activity and Nutrition Research (C-PAN) within the School of Exercise and Nutrition Sciences.

She is an active researcher and is currently the recipient of a National Health and Medical Research Council (NHMRC) Senior Research Fellowship. Her research focuses specifically on understanding and promoting healthy eating and physical activity and preventing obesity, particularly in high-risk target groups such as young women and people who are socio-economically disadvantaged.

Professor Ball's research is focused primarily on understanding the psychological, behavioural, social and environmental determinants of people's physical activity and eating behaviours, and their risk of obesity. She is also interested in obesity prevention and has conducted several intervention studies in which she investigated the feasibility and effectiveness of strategies to promote physical activity and prevent weight gain.



Research in Nutrition and Dietetics

Course name Course code	Years full time and campus
Research degrees	
Bachelor of Food Science and Nutrition (Honours) H418	1 B
Bachelor of Exercise and Sport Science (Honours) H442	1 B
Master of Arts H816 exercise science/sport, physical activity and nutrition	1 - 2 B G F X
Master of Applied Science H817 population health (public health), epidemiology, dietetics and sport coaching	1 - 2 B G F X
Master of Applied Science H842 human biology (physiology), biotechnology, food sciences and exercise sciences	1 - 2 B G F X
Doctor of Philosophy H910 H940	3 - 4 B G F X

The Faculty of Health is deeply committed to research partnerships both within the University and also with colleagues in other universities, in industry and in government organisations. In this way, we seek to broaden our impact and ensure that our work is focused on issues that reflect the national priorities.

We offer research degrees to match a variety of career plans and personal circumstances. Part-time or full-time study is available on campus and some programs may also be available off campus.

Strategic Research Centres

The Faculty of Health conducts a wide variety of research activities and is affiliated with five of Deakin University's Strategic Research Centres (SRCs). These SRCs work with national and international partners in health communities, business, industry and government to bring about evidence-based practical, equitable health outcomes globally, nationally and in local communities. They are:

- » Centre for Mental Health and Wellbeing Research
- » Centre for Physical Activity and Nutrition Research
- » Centre for Quality and Patient Safety Research
- » Molecular and Medical Research Group
- » Population Health.

The SRCs are engaged in research programs related to patient care, mental health, molecular medicine, public health research and evaluation, population health, physical activity and nutrition, social determinants of health and wellbeing, and physical activity and health.

Research in nutrition and dietetics

Nutrition and dietetics research at Deakin University 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 partners

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

- » Australian Ballet
- » Australian Institute of Sport
- » Collingwood Football Club
- » Country Fire Authority
- » Dairy Australia
- » Diabetes Australia
- » Dietitians Association of Australia
- » Geelong Football Club
- » Meat and Livestock Australia
- » Melbourne Storm
- » National Heart Foundation
- » Royal Australian Air Force
- » Tasmanian Fire Services
- » Victorian Health Promotion Foundation
- » YMCA.

KEY**3** Course duration in years**PT** Part time**B** Melbourne Burwood Campus**F** Geelong Waterfront Campus**G** Geelong Waurin Ponds Campus**W** Warrnambool Campus**X** Off campus

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 visit www.deakin.edu.au/hmnbs/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.

Supervision

Staff in the School of Exercise and Nutrition Sciences are involved in a range of research activities that both reflect and inform the teaching program and their involvement with community organisations. Our staff have many years of supervision experience and are enthusiastic in encouraging research degrees.

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

Honours

Honours is a period of specialised study taken after the completion of an undergraduate or postgraduate degree such as Deakin's Bachelor of Food and Nutrition (formerly the Bachelor of Food Science and Nutrition). It builds on the foundations gained in previous study and provides an excellent opportunity to learn new skills and obtain an in-depth understanding of a particular topic of interest. Honours in nutrition and dietetics at Deakin is designed to provide you with the knowledge and research skills required to undertake a research degree, advanced professional training or pursue diverse employment opportunities in the areas of health, nutrition and dietetics.

To find out more about honours, please visit www.deakin.edu.au/honours.

More information

Faculty of Health
Phone: +61 3 9251 7174
hmnbs-research@deakin.edu.au
www.deakin.edu.au/hmnbs/research



Choose how you study

Deakin offers you the flexibility and choice to make your learning experience fit with your lifestyle, work and personal commitments. With four campuses and off-campus study options, you choose where and when you study. You can choose from a variety of teaching delivery methods including traditional on-campus lectures, podcasts, iLectures, online tutorials and residential programs. Flexible course entry and exit points, and full-time and part-time study options all allow you to choose the pace of your study.

Off-campus study*

Deakin supports more than 9500 off-campus students. Studying off campus is a popular choice for postgraduate students as it allows flexibility in terms of when and where you study. Off-campus units, or units offered by distance education, are similar to on-campus units. The only difference is that rather than attend classes in person, you study away from campus using a variety of other methods. These include online technologies, study guides, reading lists and audiovisual materials, as well as Deakin's Software Essentials package, which provides you with access to software you may need for your study.

Deakin offers a variety of coursework and research programs in off-campus study mode, all of which are accredited by the Accrediting Commission of the Distance Education and Training Council (DETC). To find out if the course you are interested in is available off campus, please refer to both the coursework table on page 4 and the research table on page 16.

Deakin provides an online orientation with everything you will need to get started as an off-campus student, including information about exams and assessment, Deakin Card, Deakin Studies Online (DSO), course materials and textbooks, library, study skills, student services, disability services and the Deakin University Student Association (DUSA). In addition, a face-to-face study skills program for off-campus students is conducted in February at Deakin campuses. Details are available from January each year at www.deakin.edu.au/current-students/transition.

Off-campus students are supported through our award-winning library services, interactive study methods such as iLectures and podcasts, online conferencing for peer support and communication between staff and students, and weekend classes for some subjects. Specialist off-campus career advisers and language and learning advisers can help you with course direction and the development of successful study skills and techniques.

You will also have a direct link to all your enrolment and fee records through StudentConnect, www.deakin.edu.au/studentconnect. StudentConnect allows you to access course completion details, eCAF (electronic Commonwealth Assistance Form) and eCAN (electronic Commonwealth Assistance Notice), exam timetables, fees information and results, make payments, find and print assignment coversheets, access Credit for Prior Learning information, re-enrol, receive confirmation of enrolment, track your assignments, update your address details and vary your enrolment.

For more information about off-campus study, please visit www.deakin.edu.au/future-students/mature-age/study-online.

On-campus study*

On-campus students usually attend a combination of lectures and tutorials. Lectures vary in size from 20 to 280 students, while tutorial classes are generally smaller, more informal and allow for open discussion of issues raised in lectures. Assessment may take a variety of forms, including written work and tests undertaken in class, participation in class or laboratory sessions, and final examinations each trimester. Fieldwork or practical experience can also form a large part of the content and assessment of some units.

Combine on and off-campus study*

Another aspect of the flexibility available to Deakin students is the option to combine on and off-campus study during your course (provided the units offered in your chosen course are available in both study modes). If you are undertaking your course on campus, you may find that some of the units in your course are also available in off-campus study mode, enabling you to combine on and off-campus study during your degree, if desired.

Full-time or part-time study modes

You can study full time or part time depending on the number of credit points you take in each trimester, and you can also switch between full-time and part-time study and vice versa throughout your degree. Every unit (subject) you enrol in has a credit point value and most postgraduate units are equivalent to 1 credit point. If you are enrolled in 3 or more credit points in a trimester, you are deemed to be a full-time student for that trimester. A small number of courses are only available full time, and some are only available part time.

Online learning

Online learning provides you with valuable experience in a world that is increasingly dependent on information technology. As such, all of Deakin's courses have an online component. Access to online education adds another dimension to your degree and prepares you for success in your career. Online learning aims to complement, not replace, traditional teaching. Delivering units online creates an opportunity for you to learn in a variety of ways and gives you more control over your learning. You can access your online units 24/7, giving you the flexibility to study when and where it suits you.

Contact hours

The contact hours for a coursework degree can vary depending on the type of course and your mode of study. For example, off-campus students are advised to spend approximately 10 hours of study per week per unit. If you are enrolled as an on-campus student, most units require three contact hours per week, plus up to seven hours per week of individual study time. Undertaking a research degree requires a much greater commitment of time than a coursework degree – at least 36 hours per week for 48 weeks of the year, for a full-time student. For more information, please visit www.deakin.edu.au/courses.

* Not all courses or units are available through on-campus study and off-campus study.

Trimesters

Deakin operates a trimester system, meaning there are three 12-week study periods during the teaching year. Deakin's trimesters run from March to June, July to October and November to February. Our trimester system gives you greater flexibility and may create options for you to commence your degree sooner or at a more convenient time of year. It may enable you to speed up or slow down your study, or even fast-track the completion of your degree by taking extra units throughout the calendar year. You may even like to take a trimester off to fit your study around work, travel or family commitments. Undertaking study in Trimester 3 is not compulsory. For more information, please visit www.deakin.edu.au/trimesters.

Single-subject (non-award) study

You can pursue your personal or professional interests with a Deakin single-subject (non-award) unit. Single-subject (non-award) study provides access to a wide variety of tertiary-level units. Most units offered by Deakin are available for non-award study. Some units have prerequisites or special requirements, but most are open to all. Enrolling in single-subject (non-award) study allows you to test the waters before enrolling in a full program. If successfully completed, the unit may be counted as Credit for Prior Learning towards your chosen course at Deakin, subject to admission to a course and approval by the Faculty.

International study experiences

Deakin's Study Abroad and Exchange Office offers various programs including exchange, study abroad, short-term study programs, study tours and international volunteering opportunities that allow you to study overseas for a few weeks or an entire trimester while gaining credit towards your Deakin degree. Deakin has agreements with many universities around the world, giving you a broad range of destinations to choose from.

Studying overseas can be an enriching, life-changing experience, where you can gain in-depth knowledge and experience of another culture while learning more about your area of study through a new and exciting lens.

A range of travel grants and scholarships are available to help cover the cost of overseas study. For more information on study abroad, please visit www.deakin.edu.au/future-students/student-exchange/exchange.

Nutrition students' site visit to Food Science Australia.



Work placement programs

Deakin's School of Exercise and Nutrition Sciences has numerous placement and research partnerships. Placement opportunities are embedded in our Master of Dietetics program and are an integral part of your learning experience.

Industry placements play a valuable role in preparing you for employment in dietetics by giving you an opportunity to:

- » apply and consolidate knowledge gained in your course
- » explore career options
- » develop professional competencies and networks.

During the final two trimesters of the Master of Dietetics, it is recommended that you assume your time commitment will be a full-time workload. The large time commitment is required to accommodate the need for 20 weeks of professional practice in a diverse range of settings (including clinical, community, food service and an elective area), as well as additional teaching clinics.

Our Alumni Community

Once you complete your Deakin degree, you will be invited to become a member of our Deakin University Alumni Community to continue your relationship with the University and the networks you have developed while studying.

The Deakin University Alumni Community will enable you to keep or renew contact with your student and professional networks around the world and will help develop your career after you leave the University. Members have access to many exclusive benefits including discounts, professional networking opportunities and career development services.

Alumni membership is free and joining is easy. You may also like to join the Food and Nutrition or Dietetics Alumni Chapters to receive notification of events and seminars related to your particular area of interest.

Log on to www.deakin.edu.au/alumni/register to register for membership. Once you are registered you can then take advantage of the many benefits available.

Fees and scholarships

Research degree fees

Australian citizens, Australian permanent residents and New Zealand citizens are not required to pay tuition fees for the normal duration of their research degree candidature, i.e. up to a maximum of four years of full-time equivalent study for a doctoral candidate and two years of full-time equivalent study for a masters candidate.

Coursework degree fees

When it comes to postgraduate study, some places are offered as Commonwealth Supported Places (CSPs); however, most places are available on a fee-paying basis only. The type of places available will depend on the course you are interested in.

Commonwealth Supported Place (CSP) students

Some postgraduate courses at Deakin offer Commonwealth Supported Places for students. A CSP is one in which the government pays a portion of the tuition costs and the student funds the balance. Depending on the course, a Commonwealth supported student at Deakin in 2011 can expect to pay between \$4355 and \$9080 per year of study. These fees may change for 2012.

CSP students can pay these fees up front or, if eligible, may defer payment by obtaining a loan via the Higher Education Contribution Scheme-Higher Education Loan Program (HECS-HELP). Repayments are made through the Australian taxation system once annual income exceeds the minimum threshold for repayment. Lump sum payments are also possible and attract a discount.

For more information visit the government's *Going to Uni* web site at www.goingtouni.gov.au or phone the new student funding measures enquiry line on 1800 020 108.

Fee-paying students

As a fee-paying student you may be able to defer your course payment through the FEE-HELP loan program. Tuition fees are assessed based on the unit(s) in which you are enrolled. This means you pay fees for the units you choose in your course, rather than paying a fixed course price. Different units have different costs, based on how much it costs the University to provide the particular unit.

Course and unit details and associated fees can be found by using the course search tool www.deakin.edu.au/future-students/courses.

Please confirm fees when you are applying by visiting www.deakin.edu.au/future-students/fees or phoning 1300 DEGREE (1300 334 733).

FEE-HELP loan program

FEE-HELP is a loan program that assists fee-paying students to defer the payment of their tuition fees. FEE-HELP can cover all or part of your tuition fees. The Australian Government pays the amount of the loan direct to your higher education provider.

Over your lifetime you can borrow up to a maximum FEE-HELP limit which is indexed annually. For all courses except medicine the maximum limit is \$86 422 (2011). For medicine the maximum limit is \$108 029 (2011).

For postgraduate courses, there is no real interest charged on your debt. Your accumulated HELP debt is indexed annually to maintain its real value, by adjusting it in line with changes in the cost of living (as measured by the Consumer Price Index).

FEE-HELP is administered under the Higher Education Support Act 2003 (HESA) by the Department of Education, Employment and Workplace Relations (DEEWR), the Australian Taxation Office, higher education providers and Open Universities Australia.

Am I eligible for FEE-HELP?

You are eligible for FEE-HELP assistance if you:

- » are enrolled in a fee-paying postgraduate coursework program (not research)
- » are not a Commonwealth supported student
- » are an Australian citizen or a holder of an Australian permanent humanitarian visa (who meets eligibility requirements)
- » meet the Tax File Number (TFN) requirements
- » have not exceeded the maximum indexed FEE-HELP limit.

If you obtained a loan under HECS, PELS, BOTPLS or OLDPS prior to 2005, the amount you borrowed does not affect your eligibility for FEE-HELP. Only the amount borrowed to pay tuition fees using FEE-HELP after 1 January 2005 is counted towards the FEE-HELP limit.

Holders of other permanent visas are not eligible for FEE-HELP unless they are undertaking a bridging course for overseas trained professionals.

When do I start repaying my FEE-HELP loan?

FEE-HELP debts are added to any existing HECS or HECS-HELP debts to form a single HELP debt.

Students repay their loans through the Australian taxation system once their income is above the minimum threshold for compulsory repayment.

For more information you can download the Australian Government's 2011 FEE-HELP information brochure. Alternatively you can visit the Government's *Going to Uni* web site at www.goingtouni.gov.au or phone the new student funding measures enquiry line on 1800 020 108.



Student income support

From 1 January 2012, students enrolled in masters by coursework programs will be eligible to apply for student income support payments such as Youth Allowance via Centrelink.

Masters by coursework students are encouraged to test their eligibility criteria for payments by visiting www.centrelink.gov.au or www.deewr.gov.au.

Scholarship opportunities

Deakin offers a variety of scholarships to help support you financially during your studies, including the Deakin Postgraduate Scholarship, which aims to assist students who, because of hardship, disability or other form of disadvantage, may not otherwise be able to further their education in postgraduate studies.

General information about scholarships at Deakin is available at www.deakin.edu.au/scholarships. More detail on scholarships for students enrolling in postgraduate research degrees at Deakin University is available at www.deakin.edu.au/research/admin/scholarships.

You can also visit the Commonwealth Department of Education, Employment and Workplace Relations (DEEWR) web site www.deewr.gov.au for links to a range of scholarships relevant to postgraduate study, including Australian postgraduate awards. Many industry and community scholarships are also available.

International students

For information about fees and courses available to international students, please contact Deakin International for a copy of the *Postgraduate Course Guide for International Students* via email, deakin-international@deakin.edu.au.

Course fees and tax benefits

When you enrol in a postgraduate course you may be entitled to an income tax deduction for your course fees and study-related expenses. You may be able to claim for your course fees, textbooks, stationery, student association fees, depreciation on equipment (for example your computer), or some of your travel expenses between home and the University or between work and the University.

For the Australian Taxation Office (ATO) to allow self-education expenses to be tax deductible a direct connection must exist between your course and your existing work. If you are studying the course in order to maintain or improve a skill or specific knowledge that is required in your existing work, your course expenses might be tax deductible.

To clearly demonstrate to the ATO that a direct connection exists, you might have to provide a supporting statement from your employer.

Please note that this information is provided as a guide only. For more information about study and tax arrangements, please speak with your accountant or tax adviser or visit the ATO web site www.ato.gov.au.

Cost-sharing with employers

Some employers provide financial and other support, such as study leave, for staff members who are completing study that is directly related to their employment and the employer's core business. At Deakin, many people are studying a postgraduate course with their employer's help.

Study support policies benefit both the employer and the employee.

For employers, when they support relevant study programs, they can help attract and retain well-qualified and experienced staff members. Before you approach your employer for study assistance, you should check to see whether a support policy is in place.

Try to give your employer every reason to agree to your application. It can help if you provide your employer with a written submission outlining the benefits and the direct and indirect costs involved. The submission could include information about:

- » the course you wish to study
- » any tax-deductible aspects of the program
- » a summary of the short and long-term benefits that would flow to you and your employer
- » an estimate of the total course costs of fees, textbooks and other materials
- » an estimate of the time you would be required to be away from work in order to attend classes and exams, prepare reports and so on
- » what assistance you are requesting for aspects such as sharing of costs and granting of time off work.

Many employers are willing to share the course costs. They might either reimburse you after you have successfully completed the course or pay a percentage of the individual unit fees at the end of each trimester. If your employer is reluctant to support your study application, consider suggesting you form an agreement to cover contingencies. For example, propose that if you withdraw from or fail a subject or leave your job within a year of finishing the course, you will offer to pay back some of the fees your employer has paid.

Your employer might be concerned about how your studies will affect your availability and productivity at work. In the case of off-campus study it is easier to complete your studies outside working hours.

In many on-campus programs, classes are held outside regular working hours.



How to apply

Applying for postgraduate programs at Deakin is easy – you can even track the progress of your application online.

Coursework applications

Most students applying for a postgraduate coursework degree will need to have previously completed an undergraduate degree, however, there are other pathways. If you have considerable work or life experience you may be able to use this to obtain admission into a graduate certificate or graduate diploma course. You may then progress to a masters degree.

A postgraduate qualification can advance your career or you may use it to help change direction to a completely new industry. There are no application fees for Australian students, and if you are an international student there are no application fees if you apply online. Once you have applied, you can track the progress of your application online.

Application process

Step 1 – Choose your program

You can select up to three course preferences.

Step 2 – Register

Register as a user www.deakin.edu.au/apply.

Step 3 – Apply online

Start your online application.

Step 4 – Documentation

Provide supporting documentation including:

- » certified copies of your undergraduate and/or postgraduate qualification/s
- » curriculum vitae detailing work experience applicable to your course application
- » certified copy of name change documentation if you have previously studied at Deakin under a different name.

You may also be asked to provide a personal statement outlining what you hope to obtain from your qualification.

Step 5 – Submit

Submit the completed online application.

Step 6 – Verification

Once the application has been submitted you will receive an email to confirm the successful submission of the application including an application number.

You can track the progress of your application by logging into www.deakin.edu.au/apply where the status of your application will appear.

Step 7 – Accept your offer

If you are offered a place, you will need to accept it online within a specified timeframe.

Step 8 – Enrolment

If you have been offered and subsequently accepted a place you will receive enrolment information with further details in the mail.

Application dates

Applications for enrolment in Trimester 3, 2011 and Trimester 1, 2012 open in August 2011. Applications for Trimester 2, 2012 open in April 2012.

We encourage you to submit your application early because some courses have limited places or quotas. Applications received after the quotas have been filled for Trimester 1 commencement will be considered for a place in Trimester 2.

Some postgraduate courses, including the Master of Dietetics, have alternative application processes and closing dates. For more information visit www.deakin.edu.au/apply.

For more information

Please visit our web site www.deakin.edu.au or phone our customer service team on 1300 DEGREE (1300 334 733).

Honours applications

Honours is an additional year of specialised study, usually taken after the completion of a bachelors degree, or embedded as part of a bachelors degree.

Honours provides an excellent opportunity to learn new skills and obtain an in-depth understanding of particular study areas.

To find out more about honours, please visit www.deakin.edu.au/honours.



FOR MORE INFORMATION VISIT
www.deakin.edu.au/apply

Research applications

To be eligible for admission to a masters by research, you must have completed an honours degree with a minimum second class result or other equivalent qualification.

To be eligible for admission to a PhD, you must have completed an honours degree with a minimum upper second class result, or a relevant masters degree that includes a research thesis component, or other equivalent qualification.

Undertaking 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. The supervisors will be experienced and active researchers with expertise in the field of study. Research degrees can be commenced at any time of the year. As such, if you are interested in making a candidature application (but not a scholarship application) you can do so at any time.

Before you apply, please discuss your research opportunities and the availability of supervision and supporting facilities – such as laboratory, computing or library facilities – with the relevant School, Faculty or potential supervisor. You should also discuss the nature of any preparatory or additional studies that might be required, as well as any special needs. It is advisable to make contact with a potential supervisor as early as possible in planning your research.

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

Application process

Step 1 – Entry pathways

Demonstrated capacity to undertake significant research in your proposed field is needed. Depending on the type of research you want to undertake, this includes:

- » completion of an honours degree
- » completion of a research or coursework masters degree
- » comparable qualifications from international universities
- » relevant postgraduate research experience
- » independently peer-reviewed journal articles, publications, or conference papers
- » professional reporting or prior learning
- » research-related awards or prizes
- » other evidence of research ability.

Step 2 – Find our research strengths

Search our web sites and publications or speak to the relevant School or Faculty to confirm that Deakin has the expertise to supervise your project.

Step 3 – Research proposal

Write a 300-word proposal to demonstrate a clear vision of what you want to study, why this is a topic of personal interest, and how you will approach the research question.

Step 4 – Further documents

Other documents you are required to submit include:

- » any published research – including the name of the publication and a copy of the contents and abstract pages.

Post a certified copy of:

- » proof of Australian citizenship or permanent residency, or New Zealand citizenship (e.g. birth certificate, passport, citizenship certificate or visa)
- » transcripts of all of your tertiary education studies except those undertaken at Deakin University
- » proof of your start date and evidence of any intermissions or changes of candidature (e.g. from full time to part time) if you are applying to transfer a research degree from another institution
- » proof of any name changes (e.g. marriage certificate).

Step 5 – Academic referees' reports

Confidential reports from two academic referees are required. Request reports from current or former lecturers, or academic or employment supervisors who are able to comment on your research expertise and potential.

Step 6 – Apply now

Once you have the relevant information register your application online. Visit www.deakin.edu.au/research/admin/hdradmin/online-forms/hdr-application.

Step 7 – Enrolment

If you have been offered a place you will receive enrolment information with further details via email.

English language requirements

If your first language is not English, Deakin University reserves the right to seek further documentary evidence of English proficiency. For more information, please visit www.deakin.edu.au/future-students/international/apply-entry/english-req.

Please note, individual Faculties or Schools may have higher requirements. For more information, please phone 1300 DEGREE (1300 334 733).

Application dates

Applications for candidature without scholarship may be made at any time. Applications for scholarships have deadlines. For domestic applicants (citizens and permanent residents of Australia, and citizens of New Zealand) the scholarship round closes at the end of October.

For more information visit www.deakin.edu.au/future-students/research/scholarships.

For more information

If you are interested in a research degree, please contact:
Research Services Division
Phone: +61 3 9251 7124
research-hdr@deakin.edu.au
www.deakin.edu.au/future-students/research.

Unit descriptions

HSN701 Principles of Nutrition

Trimester 1 or 3 (2011–2012), 1 credit point
Incompatible with: HSN201

This unit will provide students with an understanding of human nutrient requirements and how these are met through the digestion, absorption and metabolism of food.

Content covers the major macronutrients of carbohydrates, lipids and proteins; nutrient transport and storage; energy use by the human body; and control of energy balance. The importance of micronutrients in normal cell functioning; building bones; allowing enzymes, muscles and nerves to function; and water balance and electrolyte regulation will be covered, with attention paid to the health consequences of micronutrient deficiencies.

HSN702 Lifespan Nutrition

Trimester 2, 1 credit point
Prerequisite: HSN701 recommended
Incompatible with: HSN202

This unit provides students with an overview of nutrition needs across the lifespan and the physiological basis for these needs. Nutritional issues relevant to the stages of pregnancy, lactation, foetal development, infancy, childhood and ageing will be covered and potential intervention strategies identified.

HSN703 Diet and Disease

Trimester 1, 1 credit point
Corequisite: HSN701
Incompatible with: HSN301

This unit concentrates on the major nutrition-related diseases affecting the health of developed nations. Topics include; the metabolic syndrome; obesity (regulation of energy balance, health consequences, best practice dietary interventions); cardiovascular disease (atheroma pathophysiology, dietary management, lipoprotein metabolism); type 2 diabetes (the role of diet and physiological mechanisms in the pathogenesis and treatment of type 2 diabetes); osteoporosis (dietary strategies for prevention and management); mental health and cancer (dietary components as indicators, promoters or protective agents).

HSN704 Food, Nutrition and Society

Trimester 2, 1 credit point
Incompatible with: HSN308

This unit provides an understanding of the social context of food choice and food behaviour. Topics covered in the unit are; introduction to sociology of food and nutrition; introduction to the history of food and nutrition; application of theoretical perspectives; issues of social class; life-course transitions; food insecurity and inequity; the effect of changes in family composition; gender and power; cultural and religious influences on food choice and behaviour; social ideologies of body image and their relationship with the individual's food behaviour; impact of the globalisation of the food supply; socio-political influences on food choice; and the impact of nutritional science, nutritional guidance and nutritional education on food choice and food behaviours.

HSN705 Population Food and Health Issues

Trimester 1, 1 credit point
Incompatible with: HSN302

This unit is the foundation unit in public health nutrition. It deals with the application of nutrition, behavioural and social science approaches to the prevention and amelioration of population health problems. Topics include; key concepts and goals of public health, the nature of populations, evidence and causality; descriptions of key at-risk populations; priority areas such as Indigenous communities and socially disadvantaged groups; population health problems such as obesity, type 2 diabetes and international nutrition issues; and strategies for overcoming population nutrition problems, such as nutrition promotion, communication and food and nutrition policy.

HSN706 Food Policy and Public Health

Trimester 2, 1 credit point

Understanding how the food system is shaped by policy, politics and food regulation is a fundamental skill for nutritionists and public health nutritionists. This unit focuses on translating how politics, food regulation and policy affect how we approach important nutritional issues such as healthy eating, environmental sustainability, food security, obesity and other chronic diseases, and how we manage them at a population level. Applied case studies on current food policy, politics and regulation are used to illustrate these concepts in action, for example the fortification of bread-making flour with folic acid to reduce the risk of Neural Tube Defects in Australia.

HSN708 Nutrition Promotion

Trimester 2, 1 credit point
Incompatible with: HSN210

Nutrition promotion is an important aspect of public health nutrition. Promotion of food and nutrition knowledge amongst food consumers, as well as the modification of the food supply, is essential for the optimisation of health. Topics covered in this unit include; design, planning and evaluation of nutrition promotion programs; nutrition promotion in a variety of settings, e.g. children and families, workplaces and health services, food industry and food labelling; and theories and methods to help understand what drives consumers to eat certain foods.

HSN709 Sports Nutrition

Trimester 1, 1 credit point
Incompatible with: HSN307

This unit examines the nutritional needs of athletes and people undertaking substantial exercise programs. Topic areas covered include the roles of nutrition in optimising training and sports performance; body composition in relation to sport; provision of fluid, carbohydrate and fat for training, competition and post-exercise recovery; protein requirements for athletes in different sports; the role of vitamins and minerals in exercise performance; and supplements and sport.

HSN713 Food, Nutrition and Behaviour

Trimester 1, 1 credit point
Incompatible with: HSN103 and HSN208

This unit overviews the relationships between food consumption and human behaviours. It examines the main social, psychological and biological determinants of human food choice and consumption. It also discusses how human food choice can be changed from a public health as well as an industry point of view.



KEY

- B** Melbourne Burwood Campus
- F** Geelong Waterfront Campus
- G** Geelong Waurn Ponds Campus
- W** Warrnambool Campus
- X** Off campus

HSN715 Understanding Human Nutrition Research Studies **X**

Trimester 3*, 1 credit point

Nutrition knowledge is continually changing. This makes it challenging for those working in the field of nutrition to provide accurate information to individuals or groups. This unit will provide you with the skills to evaluate the relevant nutrition research literature. Topics covered in this unit include; issues in measurement of food intake and nutritional status; research study designs including their strengths and weaknesses; basic statistics needed to interpret studies; and interpretation and critical analysis of the various types of study designs. The study designs to be covered will include randomised controlled trials, cohort case control, and cross sectional studies.

* This unit is offered in Trimester 3 every alternate year. Next offered in Trimester 3 (2012–2013).

HSN719 Population Nutrition and Physical Activity Assessment **X**

Trimester 2, 1 credit point

This unit provides an overview of methods of measuring food intake, physical activity, energy expenditure and body mass index at the individual and population level. Practical activities are undertaken to gain a strong understanding of issues in analysing and interpreting data relating to nutritional and physical activity status and body composition. The uses and limitations of each of the assessment methodologies are critically evaluated. Reference standards and Australian norms for nutrition, physical activity and anthropometry are examined. The interpretation of dietary, physical activity and body mass index survey data is addressed along with an examination of the theory and practice of validation and measurement error.

Nutrition students' site visit to Food Science Australia.



HSN720 Nutritional Issues in Diabetes **X**

Trimester 2, 1 credit point

Prerequisite: HSN701

Incompatible with: HSD701 and HSD702

The aim of this unit is to develop students' understanding of the mechanisms involved in diabetes development and progression throughout the lifespan; explore the epidemiological evidence behind our understanding of diabetes and its management; and understand how different aspects of diabetes and its complications are treated.

Topics to be addressed in this unit include:

- » the epidemiology and history of diabetes
- » diabetes mellitus: definition, diagnosis, monitoring and overview of management
- » insulin: secretion, action and role in metabolism for diabetes
- » type 2 diabetes and insulin resistance
- » aetiology of type 1 diabetes mellitus
- » health complications of diabetes
- » diabetes across the lifespan
- » living with diabetes
- » nutritional management for prevention and management of type 2 diabetes
- » nutritional management of type 1 diabetes
- » exercise and diabetes.

HSN727 Advanced Public Health Nutrition **X**

Trimester 1, 2 credit points

This unit is only available to students enrolled in H517 Graduate Certificate of Public Health Nutrition.

In this unit students will learn about the various methodologies and skills used in public health nutrition practice including child and adult education strategies, communication and advocacy techniques, individual counselling techniques, planning and writing skills for preparing funding submissions, budgets and project reports, and project management methods. These methods and skills will then be practiced under supervision. Students will then conduct observational studies of the competencies required for promoting public health nutrition in several settings including the family home, educational institutions, retail food establishments, clinical and community health services and government and non-government organisations, among others.

HSN734 Obesity Prevention **X**

Trimester 2, 1 credit point

This unit provides students with a fundamental understanding of the obesity epidemic and its economic, social-cultural, policy and physical determinants and outcomes. Students will be provided with the best available evidence on what the key components of an obesity prevention program should be. Students obtain the skills required to guide the implementation and evaluation of obesity prevention programs in a range of community settings.

HSN735 Trends and Innovation in Food Science **X**

Trimester 1, 1 credit point

This is a program involving theoretical skills development in global and local trends in food manufacture including food design and safety, food processing and packaging, product manufacture, novel health-based and age-related foods, medical and sports foods, trends and products in the areas of weight control and weight reduction, satiety and appetite suppression, practices of food authentication in association with food policy and regulation, and advances in food allergens and toxicology, food processing innovation and environmental issues.

HSN738 International Nutrition **X**

Trimester 3, 1 credit point

This unit provides an overview of the epidemiology of the major nutrition-related diseases in developed and developing countries. Topics covered include: the double-burden of nutrition-related disease, the international agreements affecting food production, distribution and trade and domestic food supplies, food security with an emphasis on causal factors, national policy and program interventions addressing famine and under-nutrition and the nutrition transition resulting from changing food consumption and physical activity patterns. Inadequate nutrition is examined from cultural, biological, economic, social and political perspectives. Practical skills in the design, implementation and evaluation of nutrition policies and program interventions addressing both under- and over-nutrition in developing countries are provided.

HSN740 Nutrition Research Skills **B**

Trimester 1, 1 credit point

This unit is only available to students enrolled in H718 Master of Dietetics.

This unit will equip students with the relevant skills and knowledge in nutrition research relevant to dietetic practice. Topics covered in this unit include conducting a literature review, research ethics, nutritional assessment, quantitative and qualitative research, research methods and statistical analysis.

Unit descriptions

HSN742 Food Service Management B

Trimester 2, 2 credit points

This unit is only available to students enrolled in H718 Master of Dietetics.

Prerequisite: HSN705, HSN740 and HSN744

The unit provides students with an overview of the dietetics practitioner in food service management, preparing students for their food services placement. Development of skills includes principles of food service management, including menu planning and production, recipe standardisation, evaluation of new menu items for client(s) in health care facilities, management of information systems, quality management in food service, food service systems, food safety, human resource and financial management, public management and administration, the development of food and nutrition policies and guidelines, and their application to food service.

HSN743 Nutrition for Healthy Ageing X

Trimester 3 (2011–2012), 1 credit point

Corequisite: HSN701

This unit will provide students with an overview of issues associated with ageing and the critical role of appropriate nutrition in facilitating good health, preventing illness and enhancing quality of life in older Australians. It will explore the concepts underlying the physiological and psychosocial aspects that impact on nutritional requirements and the nutritional status of older people. Students will develop an understanding of the barriers and facilitators of achieving optimal nutritional status in older people and the potential of nutritional strategies to improve quality of life and reduce the impact of chronic disease.

HSN744 Principles of Dietetics B

Trimester 1, 2 credit points

This unit is only available to students enrolled in H718 Master of Dietetics.

This unit introduces students to the dietetic process and specifically the development of dietetic management plans for individual clients. Students will develop skills in the assessment and interpretation of individual anthropometric, biochemical, clinical and nutritional data and counselling skills relevant to professional practice. The unit covers the interactions between nutrition and clinical conditions (weight management, cardiovascular disease, aged care, diabetes, nutrition support, oncology, gastro, liver and renal). Students will attend professional practice in clinical settings.

Note: Prior to commencing clinical placement, students are required to complete a National Police Record Check each academic year.

HSN745 Community Nutrition B

Trimester 1 or 2, 2 credit points

This unit is only available to students enrolled in H718 Master of Dietetics.

Prerequisite: HSN705, HSN740 and HSN744

This unit prepares students for placement in the community by developing skills in preparation of project proposals, budget submissions, project management and evaluation, report writing and addressing the needs of specific groups including various migrant populations, people living with a disability and people with mental illness. Students then apply these skills to complete a community fieldwork project as a group project.

HSN746 Nutritional Issues from Infancy to Adolescence X

Trimester 2, 1 credit point

Corequisite: HSN702

This unit will provide students with an understanding of specific nutrition issues facing children and adolescents within Australia. The content will include social, environmental and medical factors associated with assessing adequate growth, management of failure to thrive, and allergies in infants and children as well as overweight, obesity, and eating disorders in adolescents. Students will develop an understanding of the prevalence of these nutritional issues within Australia, and effective management strategies.

HSN747 Clinical Dietetic Practice B

Trimester 1 or 2, 1 credit point

This unit is only available to students enrolled in H718 Master of Dietetics.

Prerequisite: HSN740 and HSN744

This unit provides professional placement experience in the clinical setting. Students will be given the opportunity to demonstrate skills in independent dietetic case management of individuals during their placement. Students will be required to develop and present client case management plans in both oral and written formats. On successful completion of this unit, students will have achieved competency related to clinical dietetics as described by the Dietitians Association of Australia (DAA) competency standards for entry-level dietitians.

HSN750 Nutrition Research Project Part A X

Trimester 3 (2011–2012), 2 credit points

Prerequisite: Completion of at least four HSN level 7 credit points.

Incompatible with: HSN712

This unit is the first part of a two-part activity involving a literature review and development of a research proposal. Research and writing of a manuscript for publication in a chosen area is completed as part of *HSN751 Nutrition Research Project Part B*. HSN750 can be selected as a stand alone unit where you do not have to complete HSN751. HSN750 focuses on literature searching, reading and evaluating published work, writing a literature review, defining a research question and developing a testable hypothesis, consideration of the ethical issues and seeking ethical approval (if appropriate). The research proposal and project is subject to approval by the Unit Chair.

HSN751 Nutrition Research Project Part B X

Trimester 2, 2 credit points

Prerequisite: HSN750

Incompatible with: HSN712

This unit follows on from *HSN750 Nutrition Research Project Part A* and provides the opportunity to conduct research and write a manuscript for publication in a chosen area. It will focus on the practical skills of data collection, analysis and presentation. Topics include collecting data, data analysis, writing a discussion of results and preparing a manuscript for publication.

HSN752 Professional Dietetic Practice B

Trimester 1, 1 credit point

This unit is only available to students enrolled in H718 Master of Dietetics.

Prerequisite: HSN740 and HSN744

This unit exposes students to specialist workshops in a range of professional dietetic areas. The student will develop an educational resource for use in the clinical setting. Students will also undertake a professional development process in an area of dietetic interest and career planning as they prepare to enter the dietetic workforce.

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• STUDENT •
PROFILE

*Jacqueline Gillin
Bachelor of Applied Science (Health Promotion),
Deakin University, 2004
Master of Dietetics, 2010
Melbourne Burwood Campus
Employed: Clinical Dietitian, St Vincent's Hospital*

Jacqueline Gillin says she chose a career in dietetics because she loves food – and talking.

After completing an undergraduate degree in health promotion, Jacqueline worked in an office-based role for three years before deciding to expand her career options by enrolling in postgraduate studies.

'I hated sitting down all day and not talking! I wanted a career where I could do something I was passionate about and be more active in my day-to-day life as well,' she explains.

Jacqueline chose postgraduate studies at Deakin because she was familiar with the University and its teaching staff.

'When I enquired about applying for the Master of Dietetics the staff were very encouraging and I knew that I would feel comfortable and supported undertaking further

study at Deakin. I also had the opportunity to undertake a variety of placements during my masters which really enhanced my learning and my familiarity of the variety of roles within my profession.'

'I hated sitting down all day and not talking! I wanted a career where I could do something I was passionate about and be more active in my day-to-day life as well.'

One of Jacqueline's most satisfying work placements was with a Sydney based dietitian who operates a corporate health business, is a dietitian for a Rugby League club, and writes nutrition articles for the media.

'It was an amazing experience to observe and work with a dietitian who has worked hard to have such a varied and fulfilling career,' she says.

Since completing her postgraduate studies last year, Jacqueline has been able to gain experience in clinical dietetics and also identify the areas of nutrition in which she'd like to specialise.

Now working full-time as a clinical dietitian in the nutrition department at St Vincent's Hospital in Melbourne, Jacqueline works alongside an inspiring and supportive team.

'I also love the variety that comes with working in an acute hospital as you never know what you are going to come across from day-to-day. In the future I would like to utilise my dietetic skills overseas and experience the field of nutrition and dietetics in other areas of the globe.'

Find out more

Where to get more information

Web site

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

- » courses
- » unit descriptions
- » student profiles
- » campuses
- » facilities and services
- » applications and scholarships
- » research.

To find detailed course information, including unit descriptions, you can visit the following sites:

- » Course search – search for Deakin's courses online www.deakin.edu.au/courses, find the course you are looking for and view a full description of that unit
- » *Postgraduate Studies Handbook* – the handbook provides a listing and description of all units and course structures www.deakin.edu.au/handbook.

Other useful web sites

Fees

www.deakin.edu.au/future-students/fees

Library

www.deakin.edu.au/library

Research scholarships

www.deakin.edu.au/future-students/research/scholarships

Study skills

www.deakin.edu.au/future-students/services-facilities

Course enquiries

For additional course guides and brochures or more information about application, selection and enrolment, as well as fees and charges, please contact:

1300 DEGREE (1300 334 733)

enquire@deakin.edu.au

www.deakin.edu.au/courses

Research degree enquiries

Research Services Division

Phone: +61 3 9251 7124

research-hdr@deakin.edu.au

www.deakin.edu.au/research

Disability services

For details, phone:

- » Geelong 03 5227 1221
- » Melbourne 03 9244 6255
- » Warrnambool 03 5563 3256

visit www.deakin.edu.au/disability

or email drcentre@deakin.edu.au.

International student enquiries

Deakin University also produces course guides specifically for international students.

To request a copy phone Deakin

International on +61 3 9627 4877,

email deakin-international@deakin.edu.au

or visit www.deakin.edu.au/international.

Further reading

Postgraduate study area booklets:

- » Architecture and Built Environment
- » Arts, Humanities and Social Sciences
- » Business and Law
- » Education
- » Engineering
- » Health
- » Information Technology
- » Media, Communication and Creative Arts
- » Medicine
- » Nursing and Midwifery
- » Nutrition and Dietetics
- » Optometry
- » Psychology
- » Science and Environment.

To request a copy of any of the above publications please email

enquire@deakin.edu.au, phone 1300 DEGREE (1300 334 733), or download at

www.deakin.edu.au/future-students/brochures.

Open Days 2011

Warrnambool Campus

Sunday 14 August

Geelong Wairn Ponds Campus

Sunday 21 August

Geelong Waterfront Campus

Sunday 21 August

Melbourne Burwood Campus

Sunday 28 August

www.deakin.edu.au/openday

Social media@Deakin

You can find us on social media sites Facebook, Twitter and YouTube using the links on our social media page.

Keep in-the-know about all things Deakin, including upcoming events and general information, and have your questions answered.

We also have an iTunesU channel, where you can learn about our research activities, teaching and learning initiatives and view highlights of student work, training guides and videos of public lectures.

Visit www.deakin.edu.au/socialmedia to get connected with Deakin.



Postgraduate Information Nights

RACV Club, Melbourne

Tuesday 4 October 2011, 5–7 pm

Melbourne Burwood Campus

Tuesday 11 October 2011, 5–7 pm

Postgraduate Information Nights will also be held in February and May 2012. Please visit www.deakin.edu.au/postgrad or phone 1300 DEGREE (1300 334 733) closer to the time for specific dates and event details.

Important dates

2011

14 August

Open Day at Warrnambool Campus

21 August

Open Day at Geelong Waurin Ponds Campus

Open Day at Geelong Waterfront Campus

28 August

Open Day at Melbourne Burwood Campus

4 October

Postgraduate Information Night, 5–7 pm

RACV Club, Melbourne

To register visit www.deakin.edu.au/pgevents.

11 October

Postgraduate Information Night, 5–7 pm

Melbourne Burwood Campus

To register visit www.deakin.edu.au/pgevents.

31 October

Closing date for applications for research scholarships – Australian and New Zealand citizens and Australian permanent residents.

14 November

Trimester 3 begins

Application closing dates

Trimester 3, 2011

30 October 2011

Off campus

Trimester 1, 2012

19 February 2012

Off campus

6 November 2011

On campus

26 February 2012

On campus

Note: Research degree applications can be made at any time. Some postgraduate courses have alternative application requirements and closing dates. For more information, please visit www.deakin.edu.au/apply.

2012

Trimester 1

Teaching period 5 March–1 June

Easter holiday/intra-trimester break 6–15 April

Examination period 7–15 June

Trimester break 18 June–6 July

Trimester 2

Teaching period 9 July–5 October

Intra-trimester break 24–30 September

Examination period 11–19 October

Trimester break 22 October–9 November

Trimester 3

Teaching period 12 November–15 February 2013

Intra-trimester break 24 December–2 January 2013

Examination period 21 February–1 March 2013

Trimester break 4–8 March 2013

For details, please visit www.deakin.edu.au/future-students.



More information

1300 DEGREE (1300 334 733) | www.deakin.edu.au | enquire@deakin.edu.au

2011 DEAKIN UNIVERSITY POSTGRADUATE INFORMATION NIGHTS

RACV CLUB, MELBOURNE

Tuesday 4 October 2011
5.00–7.00 pm

Level 2, 501 Bourke Street
Melbourne VIC 3000

MELBOURNE BURWOOD CAMPUS

Tuesday 11 October 2011
5.00–7.00 pm

Building LB, 70 Elgar Road
Burwood VIC 3125

