2017 POSTGRADUATE NUTRITION AND DIETETICS

Cloud Campus | Geelong | Melbourne | Warrnambool

DIETETICS
HUMAN NUTRITION
PUBLIC HEALTH NUTRITION
RESEARCH
Food and nutrition is an increasingly important priority for populations around the world. Learn to develop strategies to improve nutrition and promote physical health, making a true difference in the lives of others. Graduates will benefit in a sector with strong job growth as public health issues such as obesity and poor diet affect health care systems not only in Australia but around the world.
Deakin Hallmarks are awards that recognise students’ outstanding achievement of Graduate Learning Outcomes – skills that are key to employability and prized by professionals. These include communication, digital literacy, teamwork, critical thinking, problem-solving, self-management and global citizenship. The Deakin Hallmarks have been developed through consultation between faculties and relevant employers, industry or professional bodies to ensure that they signify outstanding achievement as valued and judged in professional life.
DeakinSync is a personal online hub giving Deakin students, staff and alumni easy access to relevant University resources, customised to their specific needs. You can access everything from unit sites to enrolment details, study tools to your calendar, as well as IBM Watson – a question and answer tool.

Visit deakin.edu.au/deakinsync or ibmwatson.deakin.edu.au for more information.

IBM Watson is a trademark of International Business Machines Corporation, registered in many jurisdictions worldwide.
Deakin offers the only fully online postgraduate nutrition program in Australia, including all units and assessments, allowing you to fit your studies in with your work and life.

‘In my experience, “worldly” has not just been an advertising slogan. The worldly platform has catalysed my educational experience and allowed me to explore the complexities of the world and my place within it. Through the Deakin Abroad Programs, the Netherlands Study Tour and Malawi Volunteering Project, I have been able to make the most of my student experience at Deakin. In particular, my involvement in the Malawi Volunteer Project fostered a sense of community participation and connection within the Deakin community.’

SOPHIE JAMIESON
Master of Dietetics student

Study when, where and how you want
At Deakin, we understand that life changes fast and study needs to be flexible. Many of our courses offer part-time and full-time study options, as well as allowing you to switch between part-time and full-time study throughout your degree to suit your personal situation.

Deakin offers courses and units both fully and partly online, allowing you to balance life’s other priorities with your studies. With online learning you can study in your own time and in any location without sacrificing the quality of your learning experience. Watch lectures while you’re on-the-go, contribute to class discussions in online forums, chat with lecturers, and access all the support you need using the latest digital tools.

We have three study periods per year – Trimester 1 (March to June), Trimester 2 (July to October) and Trimester 3 (November to February). This gives you more choice about when to start your degree. You can fast-track your study by taking extra units throughout the year, or take a trimester off and catch up later.

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

JOIN THE MOST SATISFIED STUDENTS IN VICTORIA
For six consecutive years, Deakin has achieved the highest level of overall student satisfaction amongst Victorian universities. These great results are from the responses to ‘Overall Satisfaction’ in the Australian Graduate Survey, 2010–2015.
WHAT CAN I STUDY?

Dietetics
Deakin is a pioneer in dietetics education in Australia and has been proudly offering the Dietitians Association of Australia (DAA) accredited course for more than 35 years.
Deakin’s Master of Dietetics is a three-trimester professional training program that builds on your undergraduate knowledge in nutrition, physiology and biochemistry, to develop skills in dietary management of individuals and groups in both health and disease.
Full-time professional practice placements provide you with hands-on experience in clinical, community and food service settings. You also develop research and communication skills through group projects and undertake professional and career development through a dietetic-specific professional practice unit.

Human nutrition
Deakin’s nutrition courses provide you with an opportunity to learn about nutrition in a broad context, ranging from metabolic studies and food science to social and behavioural nutrition. Throughout these courses you develop an understanding of the role of nutrition and diet in the health of individuals and the population.
Deakin offers different types of postgraduate study, depending on your previous study or work experience, with pathways available in human nutrition, including graduate certificate, graduate diploma and master’s degree by coursework.

Public health nutrition
Public health nutrition focuses on issues that affect the whole population rather than the specific dietary needs of individuals. The emphasis is on promoting health and disease prevention.
Public health nutrition exists within an extensive infrastructure of government and non-government organisations, service and program delivery systems, and the food supply system, covering production through to consumption.
Develop an insight into the epidemic of diet-related disease, including obesity; socioeconomic considerations such as rising food prices and food security; as well as environmental sustainability in relation to the food system. The course also draws on related disciplines such as epidemiology, politics and policy studies, nutrition promotion and communication, providing you with the core skills to tackle public health and nutrition issues.

‘Work placements at Austin Health and Goulburn Valley Health in Shepparton during my master’s enhanced my learning immensely.’

JULIA KUYPERS
Master of Dietetics student
Deakin was recently ranked Victoria’s #1 university under 50 years old by QS World University Rankings. And as a result of our renowned quality of research and teaching, all three international university rankings put us in the top three per cent of the world’s universities.

Data sources: Quacquarelli Symonds (QS); Academic Ranking of World Universities, Times Higher Education and QS World University Rankings.

TOP RANKING UNIVERSITY

Deakin’s Sensory lab at the Melbourne Burwood Campus has industry-standard facilities.

More information about these courses, including fees, duration and prerequisites.

RELATED POSTGRADUATE HEALTH COURSES

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

- 2017 Postgraduate Health booklet
- 2017 Postgraduate Medicine booklet
- 2017 Postgraduate Nursing and Midwifery booklet
- 2017 Postgraduate Psychology booklet.
The School of Exercise and Nutrition Sciences’ research portfolio covers a broad range of nutrition, exercise and sport-related areas. Many of our staff are recognised as leading researchers in their fields internationally, and the research facilities available to staff and students are world class. The school has numerous collaborative relationships with non-government organisations, government departments at federal, state and local government level, professional groups, community organisations, hospital and health care, as well as with international research groups. These relationships enable us to provide our students with excellent opportunities to participate in exciting research and to pursue a career in research.

High-quality research
The school hosts one of Deakin University’s Research institutes, the Institute for Physical Activity and Nutrition (IPAN), and one of the University’s Strategic Research Centres, the Centre for Sport Research (CSR). In addition, the school hosts an emerging research group called the Centre for Advanced Sensory Science (CASS). The high quality of research undertaken in the school is demonstrated by the Australian Research Council’s Excellence in Research in Australia (ERA) evaluation, which ranks the quality of research outputs across Australian universities. Our research in nutrition and dietetics, human movement and sports science, medical physiology, and public health and health services is ranked above or well above world standard.

Research in nutrition and dietetics
In the school, the majority of nutrition and dietetics related research is undertaken through the IPAN and CASS.

The Institute for Physical Activity and Nutrition (IPAN) is a world leading research institute, established in 2016 from the former Centre for Physical Activity and Nutrition Research (C-PAN). Over the past decade, IPAN’s research has made a real difference in improving the health of Australians. IPAN is focused on improving health and quality of life through nutrition and physical activity research excellence, and fostering the next generation of research stars.

The Centre for Advanced Sensory Science (CASS) is dedicated to helping the sustainable growth of the Australian food industry. By using state-of-the-art facilities and renowned researchers, CASS aims to deliver high-quality sensory and flavour research, as well as to train the next generation of sensory scientists.

Research interests
The School of Exercise and Nutrition Sciences offers research in various areas. For a comprehensive list of supervisors and their research interests, please visit deakin.edu.au/health/faculty-research/find-a-supervisor.

Nutrition and dietetic research areas include:
- Sensory evaluation, taste and flavour analysis
- Specific nutrients such as salt, sugar and fat
- Food and nutrients in the prevention and treatment of diseases such as cardiovascular disease, diabetes, dementia, osteoporosis, anaemia and prostate cancer
- Nutrition and healthy ageing
- Inflammation and cardiovascular disease
- Obesity prevention
- Understanding how nutrition affects muscle and bone development, growth and performance in healthy people
- Food choices and eating patterns
- Food and nutrition policy
- Nutrition in pregnancy
- Impact of early-life nutrition on later adult health
- Behavioural, social and environmental influences on nutrition and eating behaviours in children, adolescents and adults
- Influence of local neighbourhood environments on nutrition and food choices
- Nutrition and gut bacteria
- Improving nutrition and eating behaviours in disadvantaged communities
- Understanding food systems to protect food sustainability and security
- Monitoring and evaluating the public health impact of dietary guidelines, food selection guides, nutrient reference values and food regulation.
‘Deakin offers a very supportive environment. Supervisors have an open-door policy and are always available to help with questions along the way and give timely feedback. I had a lot of great support from my primary supervisor. She prepared me well for future employment options.’

**DR CARLEY GRIMES**
Alfred Deakin Postdoctoral Research Fellow

Dr Carley Grimes, an Alfred Deakin Postdoctoral Research Fellow at Deakin University’s Institute for Physical Activity and Nutrition (IPAN), recently led an Australian-first study of primary school children that found that children eating greater amounts of salt have a greater risk of being overweight or obese.

The study also found that in both four- to seven-year-olds and eight- to 12-year-olds the prevalence of abdominal obesity was higher in children with a higher intake of salt.

The study also found that 70 per cent of Australian children are eating above the maximum amount of salt recommended for good health. In this study children were eating on average six grams of salt a day, which is over a teaspoon, and they should be aiming to eat about four to five grams a day.

‘For every additional gram of salt children ate, this was associated with a 23 per cent greater likelihood of being overweight or obese. Such high intakes of salt are setting children up for a lifetime risk of future chronic disease, such as high blood pressure and heart disease,’ Dr Grimes says.

The findings came from the SONIC (Salt and Other Nutrient Intakes in Children) study – the largest study of its kind in Australia, providing good evidence of just how much salt school children are exposed to. The study highlights the need to reduce the amount of salt that children are consuming, to help reduce their risk of future chronic diseases later in life.

Funding for the SONIC study was provided by the National Heart Foundation of Australia and a Helen MacPherson Smith Trust Fund Project Grant. While undertaking this study, Dr Grimes was funded by a National Heart Foundation of Australia Postgraduate Scholarship.
DEAKIN RESEARCH INVESTIGATING SUGAR

Sugar is the latest target in the fight against obesity, with calls for Australia to follow the lead of countries such as the UK, Mexico and Hungary and introduce a tax on sugary drinks. But does having a sweet tooth mean you are more prone to being overweight or obese?

In their latest study, scientists with Deakin’s Centre for Advanced Sensory Science (CASS) have found that there is not a strong connection between sweet taste, diet and body size.

‘That we found that sweet taste, measured using many different methods, was not associated with BMI or waist measurements is really not that surprising,’ says the head of CASS, Professor Russell Keast.

‘Consumers have the choice of foods that taste sweet but don’t have the energy from sugar through the use of low calorie sweeteners. Soft drinks are a good example: one may contain lots of energy, the other none, but they are both equally sweet. Consumers can get their sweet buzz without the energy.’

Professor Keast says that considering their study results in light of a potential sugar tax is intriguing. ‘One school of thought would be that since there is no association between how we perceive sugars and BMI or waist measurements, singling out sugar is not warranted, so the focus should be more on the whole diet. An alternate view is any initiative that reduces consumption of nutrient-void sugar-rich foods, for example sugar-sweetened beverages, has the potential to benefit public health. And certainly any initiative that helps reduce children’s consumption of drinks high in sugar is also positive.’

‘Research is critical to all areas of nutrition and dietetics, and underpins the development and implementation of strategies, programs and policies that are vital for prevention, management and treatment of a range of health conditions. Research degrees provide a range of career opportunities and lead to development of a range of skills and attributes that are highly valued by employers’.

Associate Professor Sarah McNaughton
Advanced Accredited Practising Dietitian
Dietetics discipline leader
‘We are passionate about research and enthusiastic about supporting students to reach their full potential.’

**ALFRED DEAKIN PROFESSOR DAVID CRAWFORD**
Alfred Deakin Professor David Crawford  
Head of School, School of Exercise and Nutrition Sciences  
Co-director, Institute for Physical Activity and Nutrition (IPAN)

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**DEAKIN RESEARCH INTO DIABETES PREVENTION**

Diabetes presents a huge challenge to the health of people worldwide, and Deakin researchers are leading the charge to try and stop diabetes before it happens. Diabetes prevention is possible – the main tools in the fight against developing diabetes are being a healthy weight, healthy eating and being active. However, making lifestyle changes is difficult and that is why developing and delivering diabetes prevention programs are an important part of supporting people to get healthier.

Dr Sharleen O’Reilly, an Advanced Accredited Practising Dietitian and National Health and Medical Research Council Translating Research Into Practice (NHMRC TRIP) Fellow at Deakin’s Institute for Physical Activity and Nutrition, is involved in several diabetes prevention projects. Two major diabetes prevention programs have been developed by Deakin staff – ‘the Melbourne Diabetes Prevention Study’ and ‘Mothers After Gestational Diabetes in Australia’ study. Dr O’Reilly was heavily involved in both studies and led the lifestyle change component of the projects. The studies involved around 1000 people and have helped put Australia at the forefront of diabetes prevention research.

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**MORE INFORMATION**

School of Exercise and Nutrition Sciences  
ipan@deakin.edu.au  
CASS@deakin.edu.au  
deakin.edu.au/exercise-nutrition-sciences/school-research  
Faculty of Health  
Phone: +61 3 9251 7174  
hthres@deakin.edu.au  
deakin.edu.au/health/research  
Deakin Research  
Phone: +61 3 9251 7124  
research-hdr@deakin.edu.au  
deakin.edu.au/research
APPLYING TO DEAKIN

Once you’ve chosen a course, submitting an application to study at Deakin is easy.

Coursework application
You can apply to start most coursework degrees in Trimester 1, 2 or 3 through Deakin’s Course Application Portal at deakin.edu.au/apply. It is important to check admission guidelines, as some courses have different application processes.

1. **Prepare**
   - Check your course-specific entry requirements at deakin.edu.au/course. Prepare the documents and information required for the application.

2. **Register**
   - Start your online application by registering as a user at deakin.edu.au/study-at-deakin/apply.

3. **Provide documentation**
   - Submit the following supporting documentation:
     - certified copies of your undergraduate and/or postgraduate qualifications
     - resume detailing professional experience relevant to your course application, including a personal statement
     - other course-specific information or documents required
     - if you have previously studied at Deakin under a different name, a certified copy of documentation detailing name change.

4. **Submit**
   - Submit the completed online application. You’ll receive an email to confirm your submission and can also track the progress of the application in the portal.

5. **Accept your offer and enrol**
   - If you are offered a place, you will need to accept and enrol as advised in your offer email.

For more information, visit deakin.edu.au/study-at-deakin/apply.

Application dates
Generally postgraduate applications are open during these periods of the year:

- To start in Trimester 1 (March): Apply from August (previous year) onwards.
- To start in Trimester 2 (July): Apply from April (same year) onwards.
- To start in Trimester 3 (November): Apply from April (same year) onwards.

Some postgraduate courses have alternative application processes and closing dates. For more information, visit deakin.edu.au/study-at-deakin/apply/apply-for-postgraduate-by-coursework.

Research application
Applications for most research degrees are made online at deakin.edu.au/study-at-deakin/apply/apply-for-a-research-degree.

The application process will differ depending on your course and circumstances, but generally applicants follow these steps.

1. **Check if you are eligible**
   - Candidates must demonstrate their capacity for a research degree. For more information see deakin.edu.au/study-at-deakin/apply/apply-for-a-research-degree.

2. **Find a supervisor**
   - Contact a faculty or institute research degree coordinator for advice on your research topic and proposal.

3. **Arrange referee reports**
   - These are reports from academics or employment supervisors who can comment on your research expertise and potential.

4. **Prepare your proposal**
   - You must provide a brief outline of your proposed research topic.

5. **Prepare certified documentation and evidence of English proficiency, plus additional information**

6. **Apply online**

Application dates
Applications for research degrees without scholarship may be made at any time. Commencement of a research degree is not confined to Deakin’s trimesters.

Applications for research degrees with scholarship generally open in May and close in October of the same year.

For more information, visit deakin.edu.au/study-at-deakin/apply/apply-for-a-research-degree.

DON’T FORGET TO APPLY FOR CREDIT FOR PRIOR LEARNING

Credit for Prior Learning (CPL) recognises your previous study, work or volunteer experience. If the credit is approved, it can reduce the number of units you need to study at Deakin, allowing you to complete your course earlier. For further information, visit deakin.edu.au/cpl.
VISIT US ONLINE FOR MORE INFORMATION

Coursework degrees – deakin.edu.au/study-at-deakin/apply
Research degrees – deakin.edu.au/study-at-deakin/apply/apply-for-a-research-degree
General enquiries – 1800 MYFUTURE (1800 693 888)
Deakin Research – Phone: +61 3 9251 7124
Email: research-hdr@deakin.edu.au
Visit: deakin.edu.au/study-at-deakin/research-degrees-doctoral-and-masters
International students – Email: study@deakin.edu.au
Visit: deakin.edu.au/international
### Coursework

#### Nutrition

**Graduate Certificate of Human Nutrition**  
Admission requirements: A bachelor’s degree in any discipline; or approved tertiary qualification; or relevant work experience of five years full-time equivalent or more.  

<table>
<thead>
<tr>
<th>Code</th>
<th>Duration (FT, years)</th>
<th>Campus</th>
<th>Intake</th>
<th>2017 fee (8 CP)</th>
<th>2016 indicative CSP fee</th>
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<tbody>
<tr>
<td>H511</td>
<td>1 PT</td>
<td>C</td>
<td>T1, T2, T3</td>
<td>$14,560*</td>
<td>–</td>
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</tbody>
</table>

**Master of Human Nutrition**  
Admission requirements: A bachelor’s degree or equivalent in the same discipline area (for example, science, health science, nutrition or food science).  
Alternate exits: Graduate Certificate of Human Nutrition (H511), Graduate Diploma of Human Nutrition (H616).  

<table>
<thead>
<tr>
<th>Code</th>
<th>Duration (FT, PT equivalent)</th>
<th>Campus</th>
<th>Intake</th>
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<th>2016 indicative CSP fee</th>
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<tr>
<td>H714</td>
<td>1.5 FT or PT equivalent</td>
<td>C</td>
<td>T1, T2, T3</td>
<td>$29,120</td>
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**Graduate Certificate of Public Health Nutrition**  
Admission requirements: A bachelor’s degree with major studies in nutrition; or Graduate Certificate of Human Nutrition (H511); or eligibility for membership to the Dietitians Association of Australia (DAA).  

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<thead>
<tr>
<th>Code</th>
<th>Duration (FT, PT)</th>
<th>Campus</th>
<th>Intake</th>
<th>2017 fee (8 CP)</th>
<th>2016 indicative CSP fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>H517</td>
<td>1 PT (T1 intake) or 1.5 PT (T2 intake)</td>
<td>C</td>
<td>T1, T2</td>
<td>$12,480*</td>
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</tbody>
</table>

#### Dietetics

**Master of Dietetics**  
Admission requirements: Applicants must hold a three-year bachelor’s degree or equivalent in a cognate area (for example, science, health sciences, nutrition, food science, exercise science, biomedical science, allied health or nursing); 50 per cent of each of the first and second years of the applicants’ undergraduate degree must be composed of bioscience, chemistry, physiology and biochemistry, including a minimum 15 per cent of a full-year load each of biochemistry and physiology. This usually entails at least two biochemistry subjects at second-year level, where first-year chemistry is a prerequisite of these subjects, and two physiology subjects also at second-year level. Applicants are also required to have completed at least four units (equivalent to Deakin credit points) of nutrition and food science, covering content relating to principles of nutrition, lifespan nutrition and food science.†  

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<thead>
<tr>
<th>Code</th>
<th>Duration (FT)</th>
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<th>Intake</th>
<th>2017 fee (8 CP)</th>
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<tr>
<td>H718</td>
<td>1.5 FT</td>
<td>R</td>
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<td>$32,000</td>
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#### Research

**Bachelor of Food and Nutrition Sciences (Honours)**  

<table>
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<th>Code</th>
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<tbody>
<tr>
<td>H418</td>
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**Doctor of Philosophy**  

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<th>Intake</th>
<th>2017 fee (8 CP)</th>
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<tr>
<td>H910</td>
<td>3–4</td>
<td>B</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>H940</td>
<td></td>
<td>B</td>
<td>–</td>
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Information correct at July 2016. Deakin University reserves the right to alter, amend or delete course offerings and other information listed.

* A unit or subject is usually 1 credit point (CP). Fees quoted are based on an annual full-time study load (8 CP/1 FT), regardless of your unit selection. If the course duration is more than 1 year full-time study (1 FT), the annual fee does not represent the full cost of the course, it represents the cost of 1 year full-time study (8 CP) in 2017. Fee-Paying Place (FPP): 2017 annual course fees for FPPs are shown in the 2017 fee (8 CP) column. Commonwealth Supported Place (CSP): The CSP rates shown in the CSP column are indicative 2016 annual course fees. CSP fees are indicative because they are calculated based on your unit selection. Fees displayed should be used as a guide only and are subject to change. Please visit deakin.edu.au/fees for the most up-to-date information.

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

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

‡ Teaching placements and assessment tasks may take place outside of Deakin University teaching periods.

ø Fee depicts 4 credit points.
GO ONLINE
Visit us online at deakin.edu.au for detailed information on everything at Deakin.

See also ...
- deakin.edu.au/study-at-deakin/find-a-course/nutrition-and-dietetics for course information
- deakin.edu.au/deakin.edu.au/exercise-nutrition-sciences for school information
- deakin.edu.au/courses for more information about course structures
- deakin.edu.au/study-at-deakin/find-a-course/new-courses for up-to-date information on new courses and unit offerings.

TALK TO US
For more information and all general enquiries, please phone 1800 MYFUTURE (1800 693 888). You can also contact us via email at myfuture@deakin.edu.au.

VISIT US
There are many opportunities throughout the year to visit Deakin, experience a campus tour and talk with representatives in person.

To organise a campus tour and presentation for an individual or group, please phone 1800 MYFUTURE (1800 693 888), email myfuture@deakin.edu.au or visit deakin.edu.au.

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

For more information on event dates, visit deakin.edu.au or phone 1800 MYFUTURE (1800 693 888).

Social media at Deakin
Connect with Deakin University on Facebook, Twitter, Instagram and LinkedIn. Gain an insight into life and study at Deakin and talk with other future and current students.

- facebook.com/DeakinUniversity
- twitter.com/Deakin
- twitter.com/DeakinHealth
- instagram.com/DeakinUniversity
- Search Deakin University

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

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