



School of Exercise and Nutrition Sciences

2016 H714 Master of Human Nutrition Information for New and Prospective Students

The Master of Human Nutrition is an advanced course in human nutrition which draws content from related disciplines such as food science, biochemistry, physiology, epidemiology, psychology, sociology and politics and policy.

Throughout the course you will develop:

- advanced knowledge of human nutrition and the complexity of current issues relating to food and human health;
- an understanding of the biological, social and policy related aspects of human nutrition;
- skills that will enable you to practise effectively as a nutritionist in a range of employment settings including the food industry, public health nutrition, private practice and business environments; and
- skills in evaluating the findings of human nutrition studies and undertaking research.

This course provides you with the opportunity to undertake a diverse range of elective study options, thus giving you the ability to pursue topic areas that align with your interests and career aspirations.

Visit the School of Exercise and Nutrition Sciences' careers webpage for detailed nutrition career pathways <http://www.deakin.edu.au/exercise-nutrition-sciences/careers>

Course	Core units	Campus	Expected course duration	Course link
H714 Master of Human Nutrition (12 credit points)	12	This course is only offered in Cloud (online) mode	1.5 years full-time or part-time equivalent	http://www.deakin.edu.au/future-students/courses/course.php?course=H714&stutype=local&keywords=h714&study_level=All+levels

School Contacts

Course Director: Dr Julie Woods

Please forward any queries regarding this course to Student Advisers via the following contact details:

Telephone: (03) 9244 5436

Email: ens-enquire@deakin.edu.au

The following information is correct as of December 2015. Deakin University reserves the right to alter, amend or delete details of course and unit offerings.

School of Exercise and Nutrition Sciences
Faculty of Health
Melbourne Burwood Campus, 221 Burwood Highway, Burwood, VIC 3125
Tel 03 9244 5436 ens-enquire@deakin.edu.au www.deakin.edu.au

COURSE RULES:

The course consists of completing 12 credit points, which consist of the following SIX core units PLUS one of the Research options.

STUDENTS MUST COMPLETE THE FOLLOWING SIX CORE UNITS

Unit Code	Unit Name	Trimester 1	Trimester 2	Trimester 3	Notes
HSN701	Principles of Nutrition	Cloud		Cloud	Incompatible HSN201 or HSN211
HSN702	Lifespan Nutrition		Cloud		HSN701 recommended Incompatible HSN202
HSN715	Understanding Human Nutrition Research Studies		Cloud		1 credit point Offer in alternate even years, eg. next offering will be 2016
HSN719	Population Nutrition and Physical Activity Assessment			Cloud	1 credit point
HSN735	Essentials of Food Science		Cloud		
HSN749	Nutritional Biochemistry and Physiology	Cloud			Students who have studied biochemistry and physiology at undergraduate level can apply for a preclusion for this unit

STUDENTS MUST ALSO COMPLETE ONE OF THE FOLLOWING TWO OPTIONS

Option A: ONE core unit in research (1 credit point) and 5 credit points electives					
Unit Code	Unit Name	Trimester 1	Trimester 2	Trimester 3	Notes
HSN753	Research Practice in Human Nutrition (1 credit point) Plus 5 ELECTIVES: 3 electives must be HSN7XX coded			Cloud	Pre-requisite: HSN715

Option B: TWO core units in research (4 credit points) plus 2 credit points electives					
Unit Code	Unit Name	Trimester 1	Trimester 2	Trimester 3	Notes
HSN750	Nutrition Research Project Part A (2 credit points)	Cloud			<ul style="list-style-type: none"> Completed 4 HSN postgraduate nutrition units Incompatible HSN712
HSN751	Nutrition Research Project Part B (2 credit points) Plus 2 ELECTIVES		Cloud		

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ELECTIVE UNITS OPTIONS

Unit Code	Unit Name	Trimester 1	Trimester 2	Trimester 3	Notes
HSN703	Diet and Disease	Cloud			<ul style="list-style-type: none"> • 1 credit point • Core-requisite: HSN701 • Incompatible: HSN301
HSN705	Public Health Nutrition	Cloud			<ul style="list-style-type: none"> • 1 credit point • Incompatible: HSN302
HSN706	Food Policy and Public Health		Cloud		1 credit point
HSN708	Nutrition Promotion	Cloud			<ul style="list-style-type: none"> • 1 credit point • Incompatible: HSN210
HSN709	Sports Nutrition	Cloud			<ul style="list-style-type: none"> • 1 credit point • Incompatible: HSN307
HSN713	Food, Nutrition and Behaviour	Cloud			1 credit point
HSN714	Advanced Public Health Nutrition		Cloud		<ul style="list-style-type: none"> • 1 credit point • Pre-requisites: HSN705 and HSN708 • Incompatible: HSN727
HSN734	Obesity Prevention		Cloud		1 credit point
HSN741	Postgraduate Nutrition Practicum		Cloud		Pre-requisite: Minimum of 6 credit points including HSN701 and HSN702
HSN743	Nutrition for Healthy Ageing			Cloud	<ul style="list-style-type: none"> • 1 credit point • Core-requisite: HSN701
HSN746	Nutritional Issues from Infancy to Adolescence		Cloud		<ul style="list-style-type: none"> • 1 credit point • Core-requisite: HSN702

Note:

Maximum of 2 credit points elective units may be chosen from postgraduate units offered by any Faculty of the university (subject to unit rules and approval by the course director).

Please use the online handbook to view unit information: <http://www.deakin.edu.au/students/university-handbook>

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Frequently Asked Questions

H714 Course Admission Requirements

In order to meet the entry requirement for H714 Master of Human Nutrition course, applicants must meet one for the following criteria:

- o completed an **undergraduate** degree (or qualifications-equivalent to an Australian undergraduate Bachelor degree) in one of the following cognate areas – science, health sciences, nutrition, food science, exercise science, biomedical science, medicine, allied health or nursing*

OR

- o Relevant **professional and/or voluntary experience**

Recommended: Science subject at Year 12 level or equivalent.

Selection is based primarily on academic merit

*Application Submission Instructions

- o Submit your application online via the Applicant Portal (please see closing dates below):
<http://www.deakin.edu.au/apply>
- o Submit a certified copy of your academic transcript(s) with your application
*If you haven't completed an undergraduate degree, attach a **Curriculum Vitae** to your application detailing any relevant professional and/or voluntary experience in a health or nutrition related field

We DO NOT require personal statements or references.

*Closing dates

Trimester 1 2016 intake (28 February 2016)

Trimester 2 2016 intake (approximately mid June 2016)

Trimester 3 2016 intake (approximately mid October 2016)

Please apply as early as possible so you can commence your studies at the beginning of trimester.

Please contact Student Advisers via email: ens-enquire@deakin.edu.au or call 9244 5436 if you have any questions about the application process.

Please contact Deakin Customer service on 1300 DEGREE (1300 334 733) or email myfuture@deakin.edu.au, if you need assistance with the applicant portal.

***I don't have a three year bachelor degree in any discipline. What relevant professional experience would be considered if I apply for the H714 Master of Human Nutrition course?**

Examples of professional experience include extensive experience as a nurse or currently working in the field of nutrition (eg. as a nutrition assistant) or the food industry but without any formal qualifications.

Applicants who have not completed the equivalent of an undergraduate Bachelor degree from an Australian University are not eligible for admission into H714 Masters. They will need to instead apply for admission into the H511 Graduate Certificate on the basis of relevant professional experience or tertiary studies or a combination of both.

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H714 Course Duration and Location

The H714 course is offered via Cloud (off-campus) study mode and can therefore be undertaken interstate or internationally. Students can enrol in part time mode (1-2 units per trimester) or full time mode (3-4 units per trimester).

Study Time Allowance

*How many hours of study do I need to undertake per unit?

It is recommended that students devote at least 12-15 hours per week on each one credit point unit. This will include reading the unit materials, participating in CloudDeakin discussion boards, preparing for eLive sessions and completing assessment tasks (eg online MCQs, assignments, preparing for exams).

Elective Options

*Can I enrol in any elective units that are not offered by the School of Exercise and Nutrition Sciences?

Students enrolled in the H714 course may enrol in a maximum of two credit points of level 7 units from any Faculty or School at Deakin University. These must be level 7 units that are offered in off campus mode (indicated by an (X) in the online handbook).

Students wanting to undertake up to a maximum of two credit points of level 7 units that are not part of the list of elective Nutrition units must first obtain permission from the Course Director before enrolling in these units.

You should check that you meet any prerequisite or corequisite rules for the unit. Please refer to our careers website for suggested electives- <http://www.deakin.edu.au/health/ens/careers/pg-human-nutrition/index.php>

*I am interested in pursuing a career in research. What elective units should I complete?

There are two research units offered, which when combined are equivalent to a type B honours project.

HSN750 Nutrition Research Project Part A (literature review and research proposal).

<http://www.deakin.edu.au/current-students/courses/unit-search.php?entunit=hsn750&entkeyword=Keyword&year=2012&submit=Go>

HSN751 Nutrition Research Project Part B (research project).

https://www.deakin.edu.au/courses/search/unit-search.php?hidCurrentYear=2016&hidYear=2016&hidType=&txtUnit=hsn751&txtTitle=&txtKeyword=&selLevel=Select&selSemester=Select&selMode=Select&selLocation=Select&chkSortby=unit_cd&btnSubmit=

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Exam Location

*How do I complete my examination when I am located interstate or overseas?

All off-campus students are required to nominate their examination venue from the list of available venues when enrolling: <http://www.deakin.edu.au/students/assessments/off-campus-examinations>

To check your off-campus exam location, refer to Student Connect
<https://studentconnect.deakin.edu.au/connect/webconnect>

Further information regarding the Examinations and Assessments arrangements at Deakin is available at the following link:

deakin.edu.au/current-students/study-information/exams-assessment/off-camp-loc.php

Fees

*Am I eligible for Youth Allowance or Austudy with Centrelink

Currently, students enrolled in the H714 course are **not eligible** for Youth Allowance or Austudy from Centrelink. Please refer to the following websites.

<http://www.humanservices.gov.au/customer/services/centrelink/youth-allowance>

<https://www.dss.gov.au/our-responsibilities/families-and-children/programs-services/student-payments/approved-institutions-and-courses-for-student-payments>

*Am I eligible for FEE-HELP?

A student is eligible for FEE-HELP if they:

1. meet citizen and residency requirements, as defined by Department of Education, Employment and Workplace Relations;
2. have a Tax File Number; and
3. have not exceeded the lifetime FEE-HELP limit.

Australian citizens meet the citizen and residency requirements. Unfortunately, if you are an Australian permanent resident or New Zealand citizen, you will not be eligible for FEE-HELP.

Please check the <http://education.gov.au/help-and-other-information> website for more detailed information about FEE-HELP and eligibility.

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Credit For Prior Learning / Preclusions

***Credit for Prior Learning:** It is possible to apply for Credit for Prior Learning (CPL) for **equivalent postgraduate units** completed at Deakin University or another university within the past 10 years. Students are required to complete a minimum of one-third of the course at Deakin University, or four credit points, whichever is the greater. For H714 course, a minimum of four credit points within the course must be completed at Deakin.

***Preclusion:** If students have completed **similar undergraduate units** at Deakin University or another university or institution, then students may be required to take an alternate unit (Preclusion), rather than being granted Credit for Prior Learning.

For example, if a student has completed HSN201 Principles of Nutrition or HSN211 Nutritional Physiology as part of the Bachelor of Food and Nutrition Sciences at Deakin University, they will be granted a preclusion from enrolling in the core unit HSN701 Principles of Nutrition in H714 and will be required to undertake an elective from the prescribed electives list instead.

***How do I apply for credit for prior learning for equivalent postgraduate units completed at another university?**

To apply for Credit for Prior Learning (CPL), you must submit a CPL application form available on the Deakin website: <http://www.deakin.edu.au/study-at-deakin/apply/credit-for-prior-learning>
Please note that CPL cannot be granted for units that are no longer offered as part of the Postgraduate Human Nutrition courses.

CPL Checklist: please ensure you collate all the information required below and send the documents to us in one email:

- Completed CPL form
- Certified copies of transcript (this has to be official result statement and not copies downloaded from the internet)
- Certified copies of certificates/ testamurs
- Unit outlines for external units, or resume and reference letter if applying base on work experience.

Please allow at least 3-4 weeks processing time and therefore to avoid delay in processing your CPL application, we recommend that you forward your application to us once you have collated all the required documents. When you are ready to submit your application, you may forward your documents to us either via email: ens-enquire@deakin.edu.au or mail it to the School of Exercise and Nutrition Sciences.

***How do I apply for a preclusion for units that I completed in my undergraduate degree at Deakin?**

To apply for a preclusion, please email your Student Adviser: ens-enquire@deakin.edu.au.

Please find below a list of undergraduate Deakin units that are incompatible to some of H714 units:

- HSN202 Lifespan Nutrition is similar to HSN702 Lifespan Nutrition
- HSN301 Diet and Disease is similar to HSN703 Diet and Disease
- HSN302 Population Nutrition is similar to HSN705 Public Health Nutrition
- HSN307 Sports Nutrition: Theory and Practice is similar to HSN709 Sports Nutrition
- HSN309 Food Policy and Regulation is similar to HSN706 Food Policy and Public Health
- HSN210 Nutrition and Food Promotion is similar to HSN708 Nutrition Promotion
- HSN305 Assessing Food Intake and Activity is similar to HSN719 Population Nutrition and Physical Activity Assessment

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***I previously completed the H315 Bachelor of Food and Nutrition Sciences at Deakin University. I have completed the undergraduate equivalents of the two core units (HSN701 Principles of Nutrition and HSN702 Lifespan Nutrition). Am I able to repeat these units to update my nutrition knowledge?**

The incompatible unit rule can be waived and students can be enrolled in these units. Please contact the administration team for assistance ens-enquire@deakin.edu.au

Deferral

***How do I defer from my course?**

If you receive an offer and wish to defer your course, please do not enrol into the course and refer to this website for deferral information: <http://www.deakin.edu.au/study-at-deakin/apply/enrol-defer-withdraw-or-transfer/defer-your-offer>

Intermission

***How do I intermit from my course?**

Students who have enrolled into the course will not be able to defer their course but they can apply to intermit. Deakin University permits enrolled students to be granted a leave of absence (intermission) for a total of two trimesters throughout the duration of their course. Students may take two trimesters of intermission as a 12 month block or may split these over different intermissions of 6 months each.

As trimester 3 is an optional trimester, students do not need to apply for intermission if they elect to not undertake any study in this trimester.

To activate a period of intermission students must apply to intermit via StudentConnect by the following deadlines:

- Trimester 1 intermission = 31 March *
- Trimester 2 intermission = 15 August *

* These dates are subject to change each year - please consult the 'Important Dates' section of Deakin's handbook

Students seeking further intermission (more than two trimesters) need to apply through the Faculty of Health <https://www.deakin.edu.au/health/current-students/intermission/index.php> form online (student username and password is required).

Early or Alternate Exit/ Graduation

***How do I take an alternate exit and graduate with a lower award? Eg. I am enrolled in the Master of Human Nutrition and I want to exit my course and graduate with the Graduate Diploma or Graduate Certificate award.**

Students can apply for alternate exit; ie graduate with a lower award when they have met the course requirements for either the H511 Graduate Certificate in Human Nutrition or H616 Graduate Diploma in Human Nutrition.

Applications for an alternate exit are made via emailing the School: ens-enquire@deakin.edu.au, to confirm in writing your request to take an early exit from H714 to either H511 Graduate Certificate in Human Nutrition or H616 Graduate Diploma in Human Nutrition. We recommend that students who wish to take an alternate exit to **contact the School at least one month before completion of their final unit(s).**

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Please note that students are not able to take an alternate exit to graduate with a lower award and immediately continue on with their current course. If you are opting for an alternate exit, this means you are completing your course early by taking out a lower award.

Alternatively, when students have completed the requirements for either H511 or H616, we can provide students with a completion letter for either H511 or H616 and they can continue studying in H714 course. Graduating students are encouraged to become **Deakin Alumni members** which includes benefits such as access to the library databases and a 10% reduction on the unit fee for any postgraduate units undertaken in future courses.

<http://www.deakin.edu.au/alumni> <http://www.deakin.edu.au/alumni/services/postgraduate-bursary.php>

Professional Registration

*How do I go about applying to be an associate nutritionist with the Nutrition Society of Australia?

As a graduate of the postgraduate nutrition courses, you may be eligible for registration as an 'Associate Nutritionist'. The criteria for eligibility are a Bachelor of Science degree majoring in nutrition or equivalent. Following three years of relevant work experience, Associate Nutritionists are able to apply for 'Registered Nutritionist' status. For details about the registration process, please refer to the Nutrition Society of Australia (NSA): http://www.nsa.asn.au/index.php/nsa_register_of_nutritionists/

Please note it is not mandatory to be registered as an associated nutritionist with NSA to work as a nutritionist. We have had many of our graduates work in the area of nutrition that are not registered with NSA.

H714 Careers Information

What is the difference between a Nutritionist and a Dietitian?

*Nutritionist:

Nutritionists apply scientific principles and methods in the field of nutrition to influence the broad environment affecting food supply and eating behaviour, to enhance nutritional status and prevent chronic diseases. Nutritionists design, coordinate, implement and evaluate a range of population health interventions to improve the wellbeing of individuals, communities and the population as a whole, through better food and nutrition.

There are a diverse range of qualifications that can lead to people calling themselves a Nutritionist. A Nutritionist may have a Bachelor level degree with majors in nutrition, a postgraduate degree such as a Graduate Certificate, Graduate Diploma, Masters degree or even a PhD specialising in nutrition.

*Dietitian:

Dietitians are health professionals specialising in foods and nutrition who have received clinical training to prescribe special diets for medical conditions. Dietitians are trained to work in the clinical setting and currently it is their qualification which allows them to work as a Dietitian in a hospital, community or private practice setting. Dietitians are eligible for membership of the Dietitians Association of Australia (DAA) and to participate in the Accredited Practising Dietitians (APD) program. The title APD is protected by law so that only qualified practitioners who have met certain requirements can use this title. Please refer to the Dietitians Association of Australia website for further details on the APD program <http://daa.asn.au/>

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Refer to the Deakin Masters of Dietetics for more course information. <http://www.deakin.edu.au/future-students/courses/course.php?course=H718&stutype=local&keywords=master+of+dietetics>

As a nutrition consultant, you may advise people on healthy eating and preventative health, such as assisting an individual to obtain a balanced eating plan or health coaching to enable successful dietary habit changes and weight loss. However, advice to people seeking assistance with allergies, intolerances or existing diseases (such as diabetes, cancer, IBS, Coeliac disease, cardiovascular disease) is outside your scope of practice. In these cases you will need to refer the client to an Accredited Practising Dietitian. Please note that currently there are no Medicare or private health insurance rebates when an individual sees a nutritionist.

***What career opportunities are there in nutrition and what elective units should I choose to meet my career goals?**

Students who graduate with a postgraduate qualification in human nutrition gain employment in the following areas: public health nutrition, food industry, research and tertiary education, media and marketing, consulting and self-employment. Please refer to our careers website for further information about these career pathways and suggested elective units: <http://www.deakin.edu.au/health/ens/careers/pg-human-nutrition/index.php>

Visit the School of Exercise and Nutrition Sciences' careers webpage for detailed nutrition career pathways www.deakin.edu.au/ens/careers

***Are there any advantages to completing the Master of Human Nutrition compared to the Graduate Certificate of Human Nutrition?**

Students who graduate with a Master of Human Nutrition will have completed 12 units in nutrition and have a greater depth and understanding of nutrition. It is likely these students will be more competitive when applying for nutrition positions.

Useful links

Careers website

<http://www.deakin.edu.au/exercise-nutrition-sciences>

Unit Handbook

<http://www.deakin.edu.au/students/university-handbook>

Course information sites

H517 Graduate Certificate in Public Health Nutrition: http://www.deakin.edu.au/future-students/courses/course.php?course=H517&stutype=local&keywords=h517&study_level=All+levels

H511 Graduate Certificate in Human Nutrition: http://www.deakin.edu.au/future-students/courses/course.php?course=H511&stutype=local&keywords=h511&study_level=All+levels

H714 Master of Human Nutrition: http://www.deakin.edu.au/future-students/courses/course.php?course=H714&stutype=local&keywords=h714&study_level=All+levels

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