Imagine becoming a Nutritionist in just 2 years
HLT61012 Advanced Diploma of Nutritional Medicine

This nationally recognised course has been designed to give students the required knowledge and skills to practise as nutritional therapists.

During this course students will learn modern and traditional nutritional theories and principles. Areas covered in this course include principles of food groups, specific dietary requirements, management and prevention of health problems with nutritional intervention, biochemical pathways, food recipes, food as medicine and traditional nutritional principles mainly based on traditional Chinese medicine and ayurveda.

In addition to nutritional subjects, biomedical sciences, basic counselling, communication, occupational health and safety, practice management, professional practice and development in relation to the practice of nutritional medicine will also be covered.

A large selection of short courses are offered and highly recommended to complement this course and to enhance the knowledge of other available natural therapy modalities.

Advanced Diploma of Nutritional Medicine holders are eligible to apply for membership with professional organisations that represent nutritional therapists. Industry associations may require additional information for eligibility of membership.

Graduates can choose to enrol and gain credits towards a Bachelor of Health Sciences Degree in Complementary Medicine offered through Charles Sturt University.

Course Objectives

- Gain knowledge, skills and competency to qualify as a Nutritional Medicine Practitioner.
- Use Nutritional Medicine to prevent and manage diseases and to improve the quality of health.
- Study and to specialise in nutritional treatments.
- Instil an awareness of the professional aspects and the responsibility of a health care practitioner.
- Provide an opportunity for an alternative path to further university studies.
- Provide opportunities for self-improvement and personal development.
- An ability to live your passion.

Course Structure

The Advance Diploma of Nutritional Medicine course is designed for completion within two years with full-time study.

Part-time study may take up to four years (Domestic students only). It is a requirement to complete a minimum of 300 hours of supervised clinical training. Clinical sessions are conducted and supervised by qualified practitioners at the student clinic on campus. Other designated clinical schools, across Australia may be accessed by domestic students only upon approval.

Subjects delivered by AIHM are mapped against nationally recognised units of competency from the Health Training Package and students may be required to complete more than one AIHM subject to gain a complete unit of competency. Most of the competencies are assessed in the workplace/clinic.

Why You Should Study Nutritional Medicine at AIHM

- Our facilities are located in a natural, serene bushland environment close to Perth CBD.
- Qualify in two years (fast tracked) with a nationally recognised, industry acknowledged qualification.
- VET FEE HELP approved courses (only for eligible domestic students) so that you don’t have to pay your tuition until you start earning.
- Competitive fee structure.
- You get to see real clients in our clinic as part of your training.
- Innovative and new learning methods adopted like many medical schools.
- Unlimited access to recorded lectures in many units.
- Full time, part-time and weekend study options (Part-time and weekend options are only available for domestic students)
- Austudy / Abstudy assistance (Only for domestic students)
- Highly qualified and experienced lecturers.
- Free Wi-Fi on campus.
- Live online real-time classes (for domestic students only)
- Longest established college in WA.
- You get all the support you need until you get it right!

It is our passion to help you realise your dream
### TERM 1
- **BION 101A**: Intro to Biomedical Sciences Part A
- **BHSN 106**: Communication Skills
- **PHIN 102**: History and Philosophy of Natural Therapies
- **HERN 119**: Introduction to Herbal Medicine
- **CLIN 129**: Clinical Procedures

**AIHM Elective 1**

### TERM 2
- **BION 101B**: Intro to Biomedical Sciences Part B
- **NATN 107**: Foundation of Nutrition
- **AIDN 114**: Senior First Aid
- **BHSN 206**: Communication Skills

**AIHM Elective 2**

### TERM 3
- **BION 201**: Biomedical Sciences
- **NATN 207**: Naturopathic Nutrition
- **HERN 219**: Herbal Medicine
- **CLINNUT 229**: Clinic

**AIHM Elective 2**

### TERM 4
- **BION 301**: Biomedical Sciences
- **NATN 307**: Naturopathic Nutrition
- **HERN 319**: Herbal Medicine
- **IRIN 111**: Iridology
- **CLINNUT 329**: Clinic

### TERM 5
- **BION 401**: Biomedical Sciences
- **NATN 407**: Naturopathic Nutrition
- **HERN 419**: Herbal Medicine
- **NUTN 307**: Nutritional Recipes
- **CLINNUT 429**: Clinic

### TERM 6
- **BION 501**: Biomedical Sciences
- **HERN 519**: Herbal Medicine
- **NUTN 507**: Mineral Therapy
- **MANN 120**: Business Management and Ethics
- **CLINNUT 529**: Clinic

### TERM 7
- **BION 601**: Biomedical Sciences
- **HERN 619**: Herbal Medicine Manufacturing
- **RESN 120**: Project Literature Review
- **PRDN 101**: Professional Development
- **CLINNUT 629**: Clinic

### TERM 8
- **HOMN 116**: Homoeopathy
- **BION 701**: Biomedical Sciences
- **CLINNUT 729**: Clinic
AIHM ELECTIVES
For the successful completion of this course it is required that you complete a minimum of two electives from the following:

100  Environmental and Nutritional Toxicology
101  Mind Body Medicine
105  Biochemistry of Nutrition
117  Flower Essences
121  Kinesiology
122  Reflexology
123  Aromatherapy
125  Meditation
126  Yoga
127  Energy Healing & Tai Chi
130  Ayurvedic principles
228  Intuition in Healing
330  Ayurvedic Nutrition
630A Ayurvedic Tactile Therapy Part A
630B Ayurvedic Tactile Therapy Part B
809  Principles of Acupressure
1009 Bowen Techniques
1030  Vedic Astrology

HLT61012 Advanced Diploma of Nutritional Medicine
BSBFLM303C, CHCOR428A, HLTA401B, HLTA501C, HLTCOM404C, HLTCOM406C,
HLTCOM502C, HLTCOM503D, HLTFA311A, HLTHIR501C, HLTHIN501C, HLTHIN504D, HLTWHS300A,
HLTNUT601C, HLTNUT603B, HLTNUT604C, HLTNUT605B, HLTNUT606B, HLTNUT607C,
HLTNUT608C, HLTNUT609C, HLTNUT610B, HLTNUT604C, HLTHOM612D

Receive credit points for Charles Sturt University units towards BHSc.
(Complementary Medicine)

NUTRITIONAL THERAPIST/ NUTRITIONAL MEDICINE PRACTITIONER
Post Graduate Studies MSc, PhD

CSU BACHELOR OF HEALTH SCIENCE
(Complementary Medicine)
&
HLT61012 Advanced Diploma of Nutritional Medicine
AIHM Subject Description for Advanced Diploma of Nutritional Medicine

AIDN 114 Senior First Aid
This unit provides a training program to achieve the standard required for the nationally recognised HLTA311A Apply First Aid Certificate. Areas covered include cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, bandaging, burns, poisons, bites, stings, eye and ear injuries.

BHSN 106 Communication Skills
This unit is an introduction to understanding human behaviour and the relationship between basic behavioural influences and ill health, both physically and psychologically. Nature, nurture and need factor influences are studied through a combination of theory and practical applications. Basic counselling knowledge and skills required for therapists will also be covered.

BHSN 206 Communication Skills
This unit takes the fundamentals of human behaviour discussed in unit BHSN106 and upgrades students’ knowledge and application skills to the next level by adding lateral thinking skills, non-verbal and verbal communication techniques, dealing with difficult behaviours, counselling skills and situational analysis procedures. As in unit BHSN106, this unit is taught experientially with each lecture being a combination of theory and application exercises.

BION 101A Introduction to Biomedical Sciences
This is a core unit for all courses offered. It includes a broad overview of the anatomy and physiology of the skin and musculoskeletal systems. Foundations of pathological principles will be discussed. Cellular and tissue structure and function will be also discussed in detail. Microorganisms and their importance in disease processes will be elaborated. Basic chemistry and structure, and the function of macromolecules will also be discussed. Students are expected to complete multiple-choice questions, short answer questions and assignments related to the various concepts covered in this unit.

BION 101B Introduction to Biomedical Sciences
BION101A is a prerequisite for this unit. It includes a broad overview of the anatomy and physiology of the remaining body systems not covered in BION101A. Foundations of pharmacological principles, the function of enzymes, metabolism, and the importance of vitamins and antioxidants will be covered. In addition, an introduction to basic research methodology will be provided. Physical examination techniques will also be covered. Students are expected to complete multiple-choice questions, short answer questions and assignments related to the various concepts covered in this unit plus a comprehensive assessment of the content covered in BION101A and BION101B will be conducted.

BION 201 Biomedical Sciences
BION101A and BION101B are prerequisites for this core unit. Students will learn about the anatomy, physiology, pathology, microbiology and pharmacology related to the integumentary, skeletal and muscular systems. In addition, research methodology, patient history taking, physical examinations and differential diagnosis relevant to these systems will be covered. Students are expected to complete multiple-choice questions, short answers, assignments and six (6) case studies for this unit.
CLIN 129 Clinical Procedures
This unit covers clinical policies and procedures, instrument handling, results, consultation protocol, and workplace health and safety issues. Infection control procedures are also covered.

CLINNUT 229, 329, 429, 529, 629 729 Nutritional Medicine Clinic
CLIN129 is a prerequisite for all the clinic units. Training at our on-site student clinic dealing with members of the public, case studies and clinical applications. An outline for each unit can be found in the clinic log-book. Skill assessments of most of the units will occur in the clinic.

HERN 119 Introduction to Herbal Medicine
This unit provides participants with an introduction to Western herbal medicine. The history and philosophy of herbal medicine from various traditions is covered with relevance to how that has influenced modern herbal practices today. Botany, plant identification, taxonomy, nomenclature, learning how to communicate knowledge of herbal medicine principles and practice, an introduction to dispensing medicine and methods of application and an outline of legal issues pertaining to Australian Herbalists are also covered.

HERN 219 Herbal Medicine
HERN119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in-depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the musculoskeletal system and integumentary system. Formulation of herbal preparations and management of integumentary and musculoskeletal disorders will also be discussed.

HERN 319 Herbal Medicine
HERN119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in-depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the cardiovascular system and gastro-intestinal system. Formulation of herbal preparations and management of cardiovascular and gastro-intestinal disorders will also be discussed.

HERN 419 Herbal Medicine Therapeutics
HERN119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in-depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the reproductive system, urinary system and endocrine system. Formulation of herbal preparations and the management of reproductive, urinary and endocrine disorders will also be discussed.

HERN 519 Herbal Medicine Therapeutics
HERN119 is a prerequisite for this unit. This unit is designed to provide the participant with knowledge of the pharmacological and phytochemical basis of medicinal plants. Specific herbs in terms of their chemical constituents, actions, interactions, indications and contra-indications will be covered in-depth. Application of this knowledge is essential for the treatment planning process for common conditions that present within the reproductive system, urinary system and endocrine system. Formulation of herbal preparations and management of reproductive, urinary and endocrine disorders will also be discussed.

HERN 619 Herbal Medicine Manufacturing
HERN119 is a prerequisite for this unit. This unit cover techniques involved in the manufacture of herbal medicines including a wide range of preparations such as tinctures, teas, decoctions, creams, ointments and capsules. In addition, students will also learn the process of growing, harvesting and drying of herbs. How the various forms of preparing and administering herbs affects pharmacokinetics and pharmacodynamics of the medicine will be explored.

HOMN 116 Homoeopathy
This is an introductory unit to homoeopathy. This course is divided into the study of the principle and philosophy of homoeopathy and clinical First Aid application of homoeopathic materia medica. It is also an introduction to the materia medica of certain Polycrests. In addition some common use remedies in clinical practice will be explored.

IRIN 111 Iridology
Iridology is the study of signs of the iris, which reflects the health of the body and its organs. Although the exact mechanism of iridology is not well-established as yet, it is believed that thousands of nerve fibres that connect organs to the brain convey and register their status on the iris as early as the development stage of a human embryo. This is one of the most popular diagnostic tools in naturopathy. This unit provides necessary knowledge to analyse genetic and functional weaknesses, the fibre patterns, colour changes and abnormal markings in the iris.
MANN 120 Business Management and Ethics
This unit is designed to develop your knowledge of the Act of Parliament and Regulations in relation to the practice of natural medicine, professional indemnity and liability insurance, accounting and taxation requirements, advertising and promotions, business planning and other issues related to the establishment of your own practice. Students will be required to complete their own business plan by the completion of this unit.

NATN 107 Foundation of Nutrition
This unit covers basic concepts of nutrition and its role in maintaining health. Major areas covered include carbohydrates, lipids, protein, energy metabolism, vitamins and minerals and their influence on health and diseases. Concepts of nutritional biochemistry will also be discussed.

NATN 207 Naturopathic Nutrition
NATN107 is the prerequisite for this unit. This unit will explore the foundational principles of naturopathic nutrition, nutritional management of allergies and intolerances, phytonutrients, zoonutrients, antioxidants, “smart” nutrients, nutritional influences on inflammation, nutritional influences on methylation, heavy metal toxicity, pesticides and other environmental food contaminants organic and genetically modified food. In addition, food labeling and advertising, convenience and take-away foods, caffeine and water will be discussed. Nutritional intervention in relation to the disorders of the integumentary and musculoskeletal systems will also be discussed in detail.

NATN 307 Naturopathic Nutrition
NATN107 is the prerequisite for this unit. This unit will explore the diverse diets from the foundations established by those that form part of cultural and religious influences in the community and numerous contemporary diets. In addition, interactions of food, nutrients and drugs, naturopathic concept of body pH and its effect on health, food combination, super foods, cleansing, healing crisis, food as medicine and germ theory will also be covered. Nutritional intervention for the disorders of cardiovascular and digestive systems will be discussed in detail.

NATN 407 Naturopathic Nutrition
NATN107 is the prerequisite for this unit. This unit will explore specific nutritional needs, which include pregnancy and lactation, postnatal, childhood and adolescence, sports, geriatrics, palliative care and cancer management. In addition, nutritional intervention for the disorders of all the body systems that are not covered in NATN207 and NATN307 will also be discussed.

NUTN 307 Nutritional Recipes
This unit covers the principles of nutrition and the culinary arts with menus and food technologies in the prevention and management of various disorders. The unit will discuss various cultivation methods and the impact of these methods on the nutrients availability in the plants. Various cooking methods and nutritional recipes for various health issues will also be discussed.

NUTN 507 Mineral Therapy
This unit covers various minerals and their use in the prevention and management of various pathological conditions. The lectures and presentations are based on Celloids®. Combinations of various minerals will also be discussed. Students are exposed to identifying various symptoms and signs based on mineral deficiencies.
TO APPLY OR FOR MORE DETAILS

Contact: courseadvisor@aihm.wa.edu.au
Ring us on: 08 9417 3553
Apply online: www.aihm.edu.au
Follow us: www.facebook.com/aihmperth
www.twitter.com/aihmperth
www.youtube.com/user/aihmedu