



# Diploma of Nutrition

NZQA Approved

Level 6, 240 Credits
Full time for 2 years
Part time within 5 consecutive academic years
Commences February

Across the two years of study you will gain a comprehensive understanding of various nutrition approaches and in-depth knowledge in a variety of health sciences including anatomy and physiology, chemistry, biochemistry, pathology, microbiology and diagnosis. During your second year you will integrate theoretical training with actual practice so that you emerge as a confident therapist.

## FACULTY EXPERTISE

### **Maria Middlestead, Senior Lecturer: Nutrition**

Maria is passionate about the art and science of nutrition and loves to inspire others in the subject. Her lectures and public talks are notable for conveying practical and profound messages with enthusiasm and wit. Here at Wellpark we are privileged to have her as our senior nutritional lecturer.

A clinical nutritionist of thirty years' experience, Maria is the best selling author of seven books and a contributor to several others. She has hosted four television series on food and health in New Zealand, Australia and Canada, and given live, weekly presentations on TV One's Good Morning show for two years. Maria has worked as a newspaper and magazine journalist including writing a nutrition column for seven years at The Christchurch Press.

She has co-owned a health food store, run her own catering business and cooking school. She is a recipient of awards as a nutrition writer, food writer, educator, public speaker and practitioner.

## ACCREDITATION

The Wellpark Diploma of Nutrition is recognised by the Australian Natural Therapists' Association.

## CAREER OPPORTUNITIES

The Wellpark Diploma will provide you with the skills and experience to embark on a variety of rewarding careers:

- private practice
- employed in established practice, including GP and midwife practices
- teaching
- nutrition adviser at a sports centre
- food supplement industry
- health food shop or therapy centre
- advisor to schools and within the community.

## STUDENT EXPERIENCE

'I am an international student and have been a qualified medical doctor for 15 years. I decided to study nutrition because I believe that the future is about integrating allopathic and natural healing modalities. Wellpark College was recommended to me and chosen because of the quality of the courses here.

Medical science classes are shared with students studying Naturopathy, Ayurveda, Massage, Yoga and Aromatherapy and through discussion, students gain a wider understanding of the approach of these therapies on health and wellbeing. The atmosphere is relaxed and friendly and the tutors have a deep understanding of their subjects which reflects their philosophies and experiences.'

*Dr Ehsan Baqer*

## CAREER SUCCESS

'Graduating from the 'fold' of Wellpark College has been exciting. In the past year I have taken over a small well established clinic, putting my Diploma of Nutrition to good use. My approach is holistic and I firmly believe food must be functional as well as enjoyable, and most of all, fit into one's daily routine. Sound nutrition is a vital aspect of our lives, but it is part of the 'big picture', and striking a balance that works for the individual is the key'.

*Jane van der Lee, Diploma of Nutrition*



### **ENTRY CRITERIA**

To be accepted on to the Wellpark College Diploma of Nutrition, you must meet the following entry criteria.

- Be 18 years of age prior to commencing your programme.
- Have passed NCEA Level 2 or the equivalent level. It is an advantage if you have a pass in biology and chemistry.
- Have no communicable diseases, physical or psychological impairments which may adversely affect your ability to undertake a programme of study or work with people in a clinical setting.
- Be able to communicate competently in English. International students or residents whose first language is neither English nor Maori shall provide IELTS results with a minimum band score of 6 overall or evidence of a comparable level of proficiency in written and spoken English.
- Students enrolling for a complete qualification must submit a short essay of no more than one A4 page with their application. They should clearly state their reasons for wanting to study in the programme and work in the profession.

Students will undergo an interview with the Faculty concerned to confirm their suitability for the programme. The Faculty has the discretionary right to decline a student a place if they think she/he is unsuitable or will be unlikely to succeed with their studies.

Candidates should consider that they will be studying at the tertiary level and need to be able to plan academic studies, study independently, structure ideas, complete assessment work on time and have good verbal and written communication skills.

Wellpark College subscribes to the principles of human rights and equal opportunity in education and the Human Rights Act. No individual will be assessed for entry on the basis of age, gender, sexual orientation, ethnicity, country of origin, religion or race.

International students please refer to the international students page of the prospectus, visit our website or contact the International Student Liaison Officer.