

Non-Healthcare Worker Online Nutrition Course

Aims of the course

To inform the student about the various aspects of anatomy, nutrition and applied nutrition in relation to persons of different age groups.

Objectives of the course

1. To provide the healthcare worker with a working detail of anatomy of the human digestive system.
2. To make the healthcare worker understand the process of digestion in humans.
3. To teach the healthcare worker what constitutes a healthy diet and how to inform patients about such a diet.
4. To highlight the main nutritional requirements and concerns when dealing with children.
5. To highlight the main concerns of elderly people with regards to their nutritional requirements and problems.
6. To identify what constitutes a healthy diet which prevents heart problems or helps to treat such problems.
7. To emphasise the causes and consequences of obesity.
8. To emphasise the degree of malnutrition, plus how to identify it, its consequences and ways of treating it.
9. To outline what athletes and sports people need to eat before, during and after exercise sessions to maintain health and stamina.

At the end of the course the student would be able to:

1. Show a thorough understanding of the modules studied.
2. Identify a healthy diet plan for a person or patient, whether a child or an adult, while maintaining the correct balance of nutrients and vitamins and a balanced diet.
3. Explain to anyone how best to maintain a healthy weight, while highlighting the risks of over and under-nutrition.