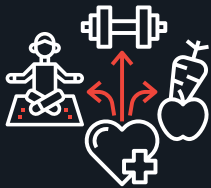


UNDERGRAD HEALTH SCIENCE MAJORS AT ECU'S SOUTH WEST CAMPUS

MAKE A POSITIVE CONTRIBUTION TO ENHANCING THE HEALTH OF COMMUNITIES.



HEALTH PROMOTION

Promote preventive health and wellness through increasing people's ability to make healthy choices, and by reducing health inequalities in the community.



NUTRITION

Apply science-based knowledge about nutrients and nutritional status throughout the life cycle.

Explore community nutrition, current nutrition controversies, trends, future directions and its relationship to public health.



OCCUPATIONAL SAFETY AND HEALTH

Working with people to maintain and improve safety, health and welfare at work.



“ **The practical experience was a great opportunity to build industry networks and understand more about the different career paths available.**”

I chose to study at ECU, as the South West Campus is located in my hometown. I have had a wonderful experience so far. The facilities are great and the lecturers are passionate and accommodating ensuring we have the best study experience possible.

I was lucky enough to have volunteered with the Jamie Ministry of Food mobile kitchen whilst it was at ECU South West. I assisted the staff with facilitating class one night a week, for 10 weeks. The cooking program allowed me to learn more about comprehensive kitchen skills and Jamie Oliver's philosophy on cooking, buying, storing and eating good, fresh, healthy food. The practical experience was a great opportunity to build industry networks and understand more about the different career paths available.

My greatest challenge so far has been finding a balance between being a mum and a student. It has been difficult to make study a priority, but I am succeeding thanks to the support of my husband and ensuring I set myself study time each week.

JESS DOE

ECU South West Nutrition and Health Promotion student