

## **Nutrition Sessional Academic – Nan Tien Institute**

**Nan Tien Institute of Higher Education** is seeking a specialist in nutrition or dietetics with expertise on the relationship between the gut, nutrition, and other aspects of physical health and overall well-being.

In addition to the relevant disciplinary knowledge, you should have some experience in university teaching (preferably teaching graduate level students). You will be passionate about learning, have a strong interest in the mind-body connection and enjoy working with a small team of colleagues.

**Position:** Sessional Academic Staff Member (online teaching)

**Role:** Coordination and online delivery of the postgraduate unit, Nutrition Through the Lifespan

### **About The Nan Tien Institute**

Launched in 2011, and associated with the Nan Tien Buddhist Temple, in Wollongong, Australia, Nan Tien Institute (NTI) is a private, not-for-profit, government-accredited higher education provider offering courses in the areas of Buddhist studies, health, and wellbeing.

Accredited by the TEQSA, Nan Tien Institute offers postgraduate programs in [Applied Buddhist Studies](#), [Health and Social Wellbeing](#), [Humanistic Buddhism](#) and [Mental Health](#) as well as bespoke [Continuing Professional Development](#) (CPD) programs and special interest subjects across the areas of meditation, mindfulness and health.

### **Health and Social Wellbeing Program**

The graduate Health and Social Wellbeing program develops knowledge and skills in health and social and individual wellness, enriching their work with others, and playing an influential role in community development and wellbeing.

The program actively supports and encourages:

- The exploration of the interdependence of mind, body, and emotions.
- An evidence-based, experiential, holistic understanding of developing and promoting health and wellbeing practices to benefit individuals, communities, and societies.
- Exploring the importance of integrating principles of health, wellness, and mindfulness into life and work to develop and maintain good mental and physical health, help prevent chronic lifestyle disease, and wellbeing productivity, enjoyment of life, interpersonal relationships, and personal fulfilment.

### **Nutrition through the Lifespan**

Nutrition through the Lifespan is a core unit for all courses in the Health and Social Wellbeing programs. It takes a lifespan perspective on nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition. Students explore the many factors impacting healthy food choices and how foods can enhance wellbeing.

### **The Position**

Sessional academics are vital to Nan Tien Institute's learning and teaching. They are involved in course coordination, preparation, lecturing, tutoring, marking, meeting attendance, and other

academic activities. We value the recency of professional practice, discipline expertise, and life experience that our sessional staff bring to teaching at NTI.

The subject Nutrition through the Lifespan is scheduled to run from 31 July 2023 – 8 October 2023, with one intensive online teaching block from 14 August 2023 – 18 August 2023 from 9 am - 5 pm (AET) daily.

We are seeking someone with expertise in the field of nutrition with university teaching experience and a particular interest in the mind/body connection.

### **How to Apply**

If your skills and experience are matched to the role, you may be invited to participate in a selection process, including attending an interview and/or reference checks.

Please include a cover letter, your CV and a declaration of your availability to [hr@nantien.edu.au](mailto:hr@nantien.edu.au) by 30 May 2023.

Enquiries: Dr Nadine Levy, Head of Health and Social Wellbeing, email: [n.levy@nantien.edu.au](mailto:n.levy@nantien.edu.au)