

NUT101 Introduction to Nutrition

School: School of Health - Nutrition and Dietetics

2026 | Trimester 1

UniSC Sunshine Coast
UniSC Moreton Bay

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course introduces you to the field of nutrition including a focus on nutrition practice and career pathways, how knowledge in nutrition is developed, the many ways healthy diets can be defined and major nutrition related issues affecting the Australian population. You will develop some basic nutrition knowledge, skills in assessing sources of nutrition information and explore potential career options and consider specialisation within the rest of your degree.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – On-campus workshop	2hrs	Week 1	12 times
Learning materials – A combination of pre-recorded videos, readings and associated activities.	2hrs	Week 1	12 times
Tutorial/Workshop 2 – Nutrition and Dietetics Seminars for coming together as a cohort.	2hrs	Week 2	2 times
Information session – Information session on course material and assessment tasks. The sessions will be held in the self-directed study weeks near assessment due dates and where public holidays impact on timetabling.	1hr	Week 5	2 times
Fieldwork – Observational placement in UniSC Nutrition & Dietetics clinic	2hrs	Throughout teaching period (refer to Format)	Once Only

1.3. Course Topics

This course contains an introduction to nutrition practice, career pathways, nutrition science, the food system, and multiple information literacy topics.

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Summarise and describe the quality and credibility of two sources of nutrition information.	Knowledgeable Creative and critical thinker
2 Understand appropriate search strategy use, accurately search for, and summarise scientific literature.	Creative and critical thinker Empowered
3 Identify the knowledge, skills and attributes required for future nutrition practice and relevant study pathways.	Creative and critical thinker Empowered
4 Report and reflect on scope of practice and professional development requirements for the nutrition profession.	Empowered
5 Describe cultural awareness and its importance in nutrition practice.	Knowledgeable Sustainability-focussed

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Enrolled in Program SC019, SC354

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Formative feedback will be provided in workshops.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Artefact - Creative, and Oral	Individual	30%	1-page/slide poster presentation (e.g. using PowerPoint) supported with 5-minute narration.	Week 6	Online Assignment Submission with plagiarism check
All	2	Oral	Group	40%	15-minute group presentation + slides	Week 10	Online Assignment Submission with plagiarism check and in class
All	3	Examination - Centrally Scheduled	Individual	30%	120 minutes	Exam Period	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Infographic

GOAL:	The goal of this task is to create an engaging and authentic electronic poster presentation (Pecha Kucha style) which demonstrates your understanding of the Nutrition Profession in the Australian context.		
PRODUCT:	Artefact - Creative, and Oral		
FORMAT:	In this task, you will be required to create an engaging and authentic electronic poster presentation which demonstrates your understanding of the Nutrition Profession in the Australian context. This will be supplemented with a 5-minute recorded narration of the content. Further details related to this assessment will emerge throughout the trimester. This is an individual assessment		
CRITERIA:	No.		Learning Outcome assessed
	1	Application and demonstration of knowledge on the Nutrition Profession in the Australian context	3 4
	2	Communicates clearly and fluently in both written and oral form	3 4
	3	Organisation, structure and overall presentation of electronic poster	3
GENERIC SKILLS:	Communication, Applying technologies		

All - Assessment Task 2: Group Presentation

GOAL:	The goal of this assessment task is to develop your ability to apply evidence-based practice principles to evaluate nutrition information critically and communicate findings clearly to a lay audience.	
PRODUCT:	Oral	
FORMAT:	In small groups of 2–3, you will select a nutrition misinformation statement to investigate. Using peer-reviewed literature, you will appraise the evidence related to your chosen topic and develop a clear, layperson explanation that accurately communicates what the evidence shows.	
CRITERIA:	No.	Learning Outcome assessed
	1	Identifies a relevant nutrition misinformation statement and frames an answerable research question. 2
	2	Translates complex scientific evidence into clear, accurate and engaging information for lay audiences. 1
	3	Works collaboratively and respectfully within a group, demonstrating accountability, professionalism, and inclusivity. (Individual mark) 2
	4	Critically analyses the quality, relevance, and strength of the evidence. 1 2
	5	Synthesis findings into coherent conclusions. 2
	6	Demonstrates effective strategies to locate and select high quality, peer-reviewed literature relevant to the question. 2
GENERIC SKILLS:	Communication, Collaboration, Organisation, Information literacy	

All - Assessment Task 3: Reflective writing

GOAL:	The goal of this task is to produce a personal reflection based on specific content and experiences throughout NUT101. Experiences include the Nutrition & Dietetics Seminar, Interprofessional Education (IPE) Seminar and Eat Well Fair.	
PRODUCT:	Examination - Centrally Scheduled	
FORMAT:	Online exam with using a reflective framework to guide structure. Content of relevance inclusive of information literacy, professionalism, teamwork, roles and scope of practice of the Registered Nutrition Professional in Australia.	
CRITERIA:	No.	Learning Outcome assessed
	1	Provides clear description of experiences 3 4
	2	Analyses what was learnt from the experiences 3 4 5
	3	Identifies how these experiences will inform future actions 3 4 5
	4	Provides insightful, clear and professional reflections 3 4 5
GENERIC SKILLS:	Communication	

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Not Applicable

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au