

NUT202 Nutrition Assessment

School: School of Health - Nutrition and Dietetics

2026 | Trimester 2

UniSC Sunshine Coast

**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 unisc.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 will introduce you to the nutritional assessment of patients. We will cover the assessment, interpretation and analysis of body composition, biochemical, clinical and dietary intake data in clinically and culturally diverse populations. Additionally, you will also undertake several simulated activities with volunteer and/or mock clients when practising various nutrition assessment skills.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Online materials & associated pre-class learning materials. Content delivered online	2hrs	Week 1	12 times
Tutorial/Workshop 1 – Face-to-face workshops	2hrs	Week 1	12 times
Fieldwork – Engaging with participants from local retirement villages on the Sunshine Coast to perform / practice routine nutrition assessment activities (e.g. collection of diet histories, anthropometric assessments, malnutrition screening)	2hrs	Throughout teaching period (refer to Format)	Once Only

1.3. Course Topics

- Nutrition Care Process
- Dietary assessment methodologies
- Calculation of dietary intake data using qualitative and quantitative approaches
- Assessment of individual energy requirements
- Malnutrition screening and assessment
- Body composition assessment, techniques and methodologies
- Biochemical and clinical assessment
- Drug-nutrient interactions
- Nutrition assessment in chronic disease

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

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	Demonstrate knowledge and skills of relevant nutrition assessment data in dietetic practice	Knowledgeable
2	Collect, analyse, monitor and evaluate all relevant nutrition assessment data used in dietetic practice	Creative and critical thinker Empowered Engaged Communication
3	Effectively communicates and collaborates with a range of key stakeholders on nutrition assessment outcome measures	Empowered Communication Collaboration
4	Identify malnutrition risk using appropriate screening and assessment tools in both community and acute care settings	Knowledgeable

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

NUT212 and NUT201 and enrolled in SC302 or SC406

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

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

You will be required to have knowledge of the various macro and micronutrients in food, and nutrition requirements across the lifecycle

5.5. Microcredential Information

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

Students will receive continuous, ongoing formative feedback from the practical activities which occur throughout the weekly tutorials in preparation for assessment tasks 1 and 2. Specifically, this will include interviewing skills and nutrition assessment techniques.

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	Case Study	Individual	20%	Students to undertake nutritional assessment of the patient using a case study template. A summary report of less than 800 words will be required for submission	Week 6	Online Submission
All	2	Portfolio	Individual	0%	You will upload evidence towards competency development towards your portfolio	Refer to Format	Online ePortfolio Submission
All	3	Oral and Written Piece	Individual	40%	1-hour	Refer to Format	To be Negotiated
All	4	Examination - not Centrally Scheduled	Individual	40%	90-minutes	Week 12	In Class

All - Assessment Task 1: Case Study Report

GOAL:	The goal of this task is to create an authentic experience in the form of a patient case-study scenario and to assess the students understanding of key elements related to nutrition assessment in the Nutrition Care Process. Students will be required to interpret anthropometric, biochemical, clinical, and dietary intake data. As a component of the case study, students will also be required to prioritise the patients nutritional problems and identify nutritional goals for monitoring and evaluation of the patient						
PRODUCT:	Case Study						
AUTHORSHIP STATEMENT:							
FORMAT:	A case study template will be provided at the beginning of trimester which is to be used for completion of the task.						
CRITERIA:	No.						Learning Outcome assessed
	1	Report writing skills (communication)					1 2 3
	2	Appropriate and accurate assessment, evaluation and interpretation of relevant nutritional assessment data, including anthropometric, biochemical, clinical and dietary data					1 2
	3	Qualitative and Quantitative dietary assessment					2
	4	Presentation and formatting that meets academic requirements					1 3
GENERIC SKILLS:	Communication, Problem solving, Organisation, Information literacy						

All - Assessment Task 2: Competency development

GOAL:	To upload evidence towards the development of your professional competencies. You will receive feedback on your progression of your competencies during the course. This will contribute to your global competency assessment for the Bachelor of Dietetics (Honours)	
PRODUCT:	Portfolio	
AUTHORSHIP STATEMENT:		
FORMAT:	You will upload evidence to your portfolio in the form of (but not limited to) personal reflections on your learning from this course and/or feedback from the teaching team on assessment tasks. NOTE: This assessment task forms part of your Global Competency Portfolio where you will collate various purposefully selected tasks and reflections over the course of the program to provide comprehensive information about your progress in developing and attaining Dietitians Australia (DA) competencies for dietetic practice.	
CRITERIA:	No.	Learning Outcome assessed
GENERIC SKILLS:		

All - Assessment Task 3: Objective Structured Clinical Examination (OSCE)

GOAL:	The OSCE will assess your ability to undertake and interpret a range of nutrition assessment related information including anthropometric, biochemical, clinical and dietary. You will be provided with multiple opportunities during the scheduled tutorials throughout the trimester to practice these skills.										
PRODUCT:	Oral and Written Piece										
AUTHORSHIP STATEMENT:											
FORMAT:	The OSCE will assess your ability to undertake and interpret a range of nutrition assessment related information including anthropometric, biochemical, clinical and dietary. You will be provided with multiple opportunities during the scheduled tutorials throughout the trimester to practice these skills. This task will involve both a written and oral / interview component.										
CRITERIA:	No. <table border="1"> <tbody> <tr> <td>1</td><td>Conduct the interview professionally, in a manner that establishes and maintains rapport, sets context to the interview, is structured logically and closes the interview appropriately</td><td>1 2</td></tr> <tr> <td>2</td><td>Accurately collects, clarifies and interprets nutrition assessment information</td><td>1 2 4</td></tr> <tr> <td>3</td><td>Accurately collects a diet history, including an accurate estimation of food portion size, type, frequency of consumption, discretionary food, supplement use, target key nutrients and food patterns linking to disease status or stage of life</td><td>1 2</td></tr> </tbody> </table>	1	Conduct the interview professionally, in a manner that establishes and maintains rapport, sets context to the interview, is structured logically and closes the interview appropriately	1 2	2	Accurately collects, clarifies and interprets nutrition assessment information	1 2 4	3	Accurately collects a diet history, including an accurate estimation of food portion size, type, frequency of consumption, discretionary food, supplement use, target key nutrients and food patterns linking to disease status or stage of life	1 2	Learning Outcome assessed
1	Conduct the interview professionally, in a manner that establishes and maintains rapport, sets context to the interview, is structured logically and closes the interview appropriately	1 2									
2	Accurately collects, clarifies and interprets nutrition assessment information	1 2 4									
3	Accurately collects a diet history, including an accurate estimation of food portion size, type, frequency of consumption, discretionary food, supplement use, target key nutrients and food patterns linking to disease status or stage of life	1 2									
GENERIC SKILLS:	Communication, Problem solving, Organisation, Information literacy										

All - Assessment Task 4: Examination

GOAL:	You will be expected to sit an examination in week 12 of the trimester that will assess the theoretical knowledge acquired throughout the trimester.			
PRODUCT:	Examination - not Centrally Scheduled			
AUTHORSHIP STATEMENT:				
FORMAT:	The exam will be undertaken in week 12 during your normal tutorial time. The exam will cover all theoretical content covered throughout the trimester and consist of a combination of knowledge-based, applied-based and case-study scenario questions. The exam will be 90 minutes in duration and is a closed-book examination.			
CRITERIA:	No.	Learning Outcome assessed		
	1	Recall important factual information identified in the NUT202 teaching materials	1	2
	2	Analyse information and explain important elements of nutrition assessment	2	4
	3	Apply knowledge to solving problems based on material covered in the course	1	2 4
GENERIC SKILLS:	Problem solving, Information literacy			

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

You need regular access to the resource(s) below. Many texts are available as ebooks through the [Library](#) at no additional cost.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Rowan Stewart	0	Handbook of Clinical Nutrition and Dietetics	7th Edition	n/a

8.2. Specific requirements

UniSC dietetic uniforms for simulations and field trips

9. How are risks managed in this course?

Risk assessments have been performed for all studio and laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the 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. 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>

10.5. 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.

10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- [UniSC Student Central](#)
- [UniSC Adelaide Student Central](#)