

# NUT202 Nutrition Assessment

School: School of Health - Nutrition and Dietetics

2023 | Semester 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 [usc.edu.au](http://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 will introduce you to the assessment component of the Nutrition Care Process. In this course we will discuss the assessment and interpretation of body composition, biochemical, clinical and dietary data. This course will also place a large emphasis on different methodologies used to collect and analyse dietary data. Additionally, you will also undertake a simulated practical exam where you will be asked to perform and interpret a number of nutrition assessment tasks on a mock client and/or simulated case study.

### 1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
<b>BLENDED LEARNING</b>			
<b>Learning materials</b> – Online materials & associated pre-class learning materials. Content delivered online	2hrs	Week 1	13 times
<b>Tutorial/Workshop 1</b> – Face-to-face workshops	2hrs	Week 1	13 times
<b>Fieldwork</b> – Nutrition and Dietetics clinic observation	3hrs	Week 10	Once Only
<b>Seminar</b> – Body Composition Assessment Seminar	1hr	Week 7	Once Only

### 1.3. Course Topics

- Introduction to the Nutrition Care Process
- Dietary assessment methodologies
- Calculation of dietary intake data using qualitative and quantitative methodologies
- Assessment of energy requirements
- Malnutrition screening and assessment
- Body composition assessment, techniques and methodologies
- Biochemical assessment
- Drug-nutrient interactions

## 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 of nutrition assessment, monitoring and evaluation, including the use of nutritional reference criteria for assessment and reassessment of standards related to dietary intake data, energy expenditure, biochemical parameters and body composition assessment	Knowledgeable
2 Calculate qualitative and quantitative dietary intake data and assess nutrient and energy intake against reference criteria and current recommendations	Creative and critical thinker Empowered Engaged
3 Interpret all nutrition assessment data, including anthropometric, biochemical, clinical and dietary intake data and prioritise nutritional problems to formulate nutrition care plans for individuals	Creative and critical thinker Empowered Engaged
4 Demonstrate use of standard anthropometric measurements used in clinical Dietetics as demonstrated in tutorial classes for the assessment of body composition.	Knowledgeable Ethical
5 Demonstrate competency in collection of nutrition assessment data and diet history interview skills	Knowledgeable Creative and critical thinker Empowered
6 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

### 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	Examination - not Centrally Scheduled	Individual	30%	90-minutes	Week 13	In Class
All	3	Oral and Written Piece	Individual	50%	1-hour	Refer to Format	To be Negotiated

All - Assessment Task 1: Case Study Report

<b>GOAL:</b>	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		
<b>PRODUCT:</b>	Case Study		
<b>FORMAT:</b>	A case study template will be provided at the beginning of semester which is to be used for completion of the task.		
<b>CRITERIA:</b>	<b>No.</b>		<b>Learning Outcome assessed</b>
	1	Report writing skills (communication)	1
	2	Appropriate and accurate assessment, evaluation and interpretation of relevant nutritional assessment data, including anthropometric, biochemical, clinical and dietary data	1 3 4
	3	Qualitative and Quantitative dietary assessment	2 3
	4	Presentation and formatting that meets academic requirements	1
<b>GENERIC SKILLS:</b>			

### All - Assessment Task 2: Examination

<b>GOAL:</b>	You will be expected to sit an examination in week 13 of the semester that will assess the theoretical knowledge acquired throughout the semester.	
<b>PRODUCT:</b>	Examination - not Centrally Scheduled	
<b>FORMAT:</b>	The exam will be undertaken in week 13 during your normal tutorial time. The exam will cover all theoretical content covered throughout the semester 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.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1	Recall important factual information identified in the NUT202 teaching materials 1 2 3 4
	2	Analyse information and explain important elements of nutrition assessment 2 3 4 6
	3	Apply knowledge to solving problems based on material covered in the course 1 2 3 4 6
<b>GENERIC SKILLS:</b>	Problem solving, Information literacy	

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

<b>GOAL:</b>	The OSCE will assess your ability to execute (perform) 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 semester to practice these skills.	
<b>PRODUCT:</b>	Oral and Written Piece	
<b>FORMAT:</b>	The OSCE will assess your ability to execute (perform) 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 semester to practice these skills. This task will involve both a written and oral / interview component.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	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 5
	2	Accurately collects, clarifies and interprets nutrition assessment information 1 2 3 4 5 6
	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 2 5
<b>GENERIC SKILLS:</b>	Communication, Problem solving, Organisation, 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

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

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

### 8.2. Specific requirements

Not applicable

## 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:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct

### 10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

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