

NUT205 Public Health Nutrition

School: School of Health - Nutrition and Dietetics

2026 | Trimester 2

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 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

In this course you will be introduced to the discipline and practice of Public Health Nutrition (PHN). You will develop values, knowledge and skills needed for work in this field, with a focus on evidence based practice and the first phase of the PHN intervention management cycle. A socio-ecological lens will underpin practice frameworks to provide the basis for exploring PHN, needs assessment, determinant and stakeholder analysis, and community engagement.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – Workshop	2hrs	Week 1	12 times
Learning materials – A combination of pre-recorded videos, readings and associated activities.	2hrs	Week 1	12 times

1.3. Course Topics

- Introduction to public health nutrition practice theory
- Orienting practice within the socio-ecological framework
- Evidence based practice in public health nutrition
- Analysis of and intelligence gathering for public health nutrition issues
- Determinant analysis, stakeholder analysis and community engagement
- Needs assessment process in public health nutrition practice

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 Apply theory underpinning public health nutrition practice and examine the multidimensional determinants of public health nutrition issues	Knowledgeable Empowered
2 Apply systems thinking to examine factors that impact the nutrition and health of Aboriginal and Torres Strait Islander peoples	Empowered Ethical Engaged
3 Design a search strategy and systematically acquire and appraise research relevant to a specific public health nutrition issue	Creative and critical thinker
4 Apply appropriate methods at a population level to evaluate community needs and prioritise public health nutrition practice	Empowered Engaged
5 Demonstrate effective communication skills and competently integrate the use of appropriate technologies	Communication Applying technologies

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

(NUT211 or NUT102) and PUB112

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

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

It is assumed that students will have prior knowledge of sociocultural aspects of nutrition, Australian food systems, and public health theory & methodology.

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

In week 3 of this course, your PICO question for Task 1 will be peer reviewed during your tutorial. In week 11/12 of this course, your group for Task 3 will engage in an online consultation and feedback session with your tutor to discuss and gain feedback on your progress with the needs assessment report.

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	1a	Artefact - Technical and Scientific, and Written Piece	Individual	10%	Two pages (inclusive of a table and flow diagram)	Week 3	Online Submission
All	1b	Artefact - Technical and Scientific, and Written Piece	Individual	20%	500 words	Week 5	Online Submission
All	2	Quiz/zes	Individual	20%	60 minutes	Week 8	In Class
All	3	Oral and Written Piece	Group	50%	2000 words written report 15 minute oral	Week 12	Online Assignment Submission with plagiarism check and in class

All - Assessment Task 1a: Search strategy worksheet

GOAL:	You will submit your search strategy worksheet, which includes your PICO question to inform your search strategy, your search strategy, database selected, and results of database search.						
PRODUCT:	Artefact - Technical and Scientific, and Written Piece						
AUTHORSHIP STATEMENT:							
FORMAT:	Worksheet submitted on Canvas.						
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue</td> <td>3</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3
No.		Learning Outcome assessed					
1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3					
GENERIC SKILLS:	Information literacy						

All - Assessment Task 1b: Evidence synopsis

GOAL:	You will follow the evidence based practice cycle to ask, acquire and appraise scientific research studies relating to a specific public health nutrition issue												
PRODUCT:	Artefact - Technical and Scientific, and Written Piece												
AUTHORSHIP STATEMENT:													
FORMAT:	500 word report plus appendices												
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue</td> <td>3</td> </tr> <tr> <td>2</td> <td>Appraise scientific research studies relating to a specific public health nutrition issue</td> <td>3</td> </tr> <tr> <td>3</td> <td>Demonstrate effective communication skills and competently integrate the use of appropriate technologies</td> <td>5</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3	2	Appraise scientific research studies relating to a specific public health nutrition issue	3	3	Demonstrate effective communication skills and competently integrate the use of appropriate technologies	5
No.		Learning Outcome assessed											
1	Design a search strategy and systematically acquire research relevant to a specific public health nutrition issue	3											
2	Appraise scientific research studies relating to a specific public health nutrition issue	3											
3	Demonstrate effective communication skills and competently integrate the use of appropriate technologies	5											
GENERIC SKILLS:	Problem solving, Information literacy												

All - Assessment Task 2: Mid-Trimester Quiz

GOAL:	You will demonstrate your understanding and application of the foundational knowledge and skills needed for public health nutrition practice.	
PRODUCT:	Quiz/zes	
AUTHORSHIP STATEMENT:		
FORMAT:	The mid-trimester quiz will comprise of short answer questions, including case-based questions. A lock down browser will be enforced for completion of assessment task 2.	
CRITERIA:	No.	Learning Outcome assessed
	1	Examine the multi-dimensional, multi-factorial determinants of public health nutrition problems ①
	2	Describe the theory underpinning community and public health nutrition practice and current public health nutrition issues within Australian communities ①
	3	Collect, assess and interpret information for public health nutrition practice ④
	4	Apply systems thinking to examine factors that impact the nutrition and health of Aboriginal and Torres Strait Islander peoples ②
GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation, Applying technologies	

All - Assessment Task 3: Needs Assessment

GOAL:	You will analyse and interpret data to assess the needs of a target population and report on your findings as a written and oral presentation	
PRODUCT:	Oral and Written Piece	
AUTHORSHIP STATEMENT:		
FORMAT:	2000 words written report and 15 minute oral presentation in class	
CRITERIA:	No.	Learning Outcome assessed
	1	Describe and evaluate methods used for assessing population needs in relation to public health nutrition issues ④
	2	Assess the needs of a community or subpopulation in relation to public health nutrition issues ⑤
	3	Demonstrate effective communication skills and competently integrate the use of appropriate technologies ⑤
GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation	

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
Recommended	Roger Hughes	2011	Practical Public Health Nutrition	n/a	John Wiley & Sons

8.2. Specific requirements

There are no specific requirements.

9. How are risks managed in this course?

Risk assessments have been performed for all laboratory classes and a moderate level of health and safety risk exists. Moderate risks are those associated with laboratory work such as working with chemicals and hazardous substances. You will be required to undertake laboratory induction training and it is also 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. 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](#)