

# NUT212 Principles of Nutrition

**School:** School of Health - Nutrition and Dietetics

2026 | Session 1

Online

ONLINE

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to [usc.edu.au](https://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

Principles of Nutrition introduces you to the basic principles of nutrition across the human lifespan. You will learn the role and function of nutrients, dietary patterns and human health, nutritional requirements including deficiency and toxicity, nutrient reference values, food sources of nutrients, energy balance and appetite regulation, and common serve sizes of foods. The second half of the course covers special nutrient needs of people across the lifespan including pregnancy and lactation, infancy, childhood and adolescence and nutrition for healthy ageing.

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

| ACTIVITY                                                                                                                                                           | HOURS | BEGINNING WEEK | FREQUENCY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------------|-----------|
| ONLINE                                                                                                                                                             |       |                |           |
| <b>Learning materials</b> – Students to engage with weekly online learning materials including lecture modules, course worksheets and multiple choice questions    | 24hrs | Week 1         | 6 times   |
| <b>Tutorial/Workshop 1</b> – Students to engage with online workshops (delivered via zoom) to consolidate weekly learning materials and provide assessment support | 2hrs  | Week 2         | 4 times   |

### 1.3. Course Topics

- An overview of nutrition: Research principles & Nutrient Reference Values
- Dietary Patterns & Health: The Australian Dietary Guidelines & Australian Guide to Healthy Eating
- Energy Balance & Body Composition
- Protein & amino acids
- Carbohydrates
- Lipids
- Water soluble vitamins
- Fat soluble vitamins
- Minerals
- Pregnancy, Lactation & Infant Nutrition
- Ageing & Nutrition

## 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                                                                 | Describe the role and function of both macronutrients and micronutrients.                                                                                                                       | Knowledgeable                                                          |
| 2                                                                 | Describe and interpret the nutrient reference values and outline how and why nutritional requirements change across the lifespan.                                                               | Knowledgeable                                                          |
| 3                                                                 | Identify relevant nutrient deficiencies and toxicity symptoms with consideration for changes across the lifespan and vulnerable populations.                                                    | Knowledgeable                                                          |
| 4                                                                 | Identify food groups, their nutrient composition and distinguishing nutrients.                                                                                                                  | Knowledgeable                                                          |
| 5                                                                 | Explain the development of the Australian Dietary Guidelines and the Australian Guide to Healthy Eating and describe their application toward nutritional requirements for optimal human health | Knowledgeable                                                          |
| 6                                                                 | Apply knowledge of food composition, food serve sizes, methods of assessing human energy expenditure and body composition assessment to various populations.                                    | Empowered                                                              |

## 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

LFS103 or LFS112 or HLT100 or SPX103

### 5.2. Co-requisites

Not applicable

### 5.3. Anti-requisites

FSN212

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

It is assumed that students will have basic knowledge in human physiology.

## 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 be provided with early formative feedback through interactive quizzes online and throughout online tutorials.

### 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          | 30%         | 8 short answer questions                                | Week 3                | Online Assignment Submission with plagiarism check |
| All           | 2        | Artefact - Creative, and Oral     | Individual          | 30%         | 1 x standard page (e.g. PowerPoint slide or equivalent) | Week 6                | Online Assignment Submission with plagiarism check |
| All           | 3        | Examination - Centrally Scheduled | Individual          | 40%         | 2 hours                                                 | Exam Period           | Online Submission                                  |

#### All - Assessment Task 1: Workbook

|                        |                                                                                                                                                                                                           |                                                                                                |                                  |   |   |   |   |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------|---|---|---|---|
| <b>GOAL:</b>           | The goal of the workbook is to provide students with the opportunity to showcase their learning from the content covered in weeks 1-4 using case study scenarios in the format of an interactive workbook |                                                                                                |                                  |   |   |   |   |
| <b>PRODUCT:</b>        | Case Study                                                                                                                                                                                                |                                                                                                |                                  |   |   |   |   |
| <b>FORMAT:</b>         | Interactive workbook including case study scenarios with short-answer questions. Further details will emerge throughout the trimester. This is an individual assessment.                                  |                                                                                                |                                  |   |   |   |   |
| <b>CRITERIA:</b>       | <b>No.</b>                                                                                                                                                                                                |                                                                                                | <b>Learning Outcome assessed</b> |   |   |   |   |
|                        | 1                                                                                                                                                                                                         | Demonstration of knowledge of the theoretical content covered in the online learning materials | 1                                | 2 | 4 | 5 | 6 |
| <b>GENERIC SKILLS:</b> | Communication, Problem solving, Organisation, Information literacy                                                                                                                                        |                                                                                                |                                  |   |   |   |   |

#### All - Assessment Task 2: Infographic

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                               |                                  |   |   |  |  |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---|---|--|--|
| <b>GOAL:</b>           | The goal of this task is to provide you with an opportunity to create an innovative and informative infographic which demonstrates your understanding of the role and function, food sources, nutritional requirements and health-related evidence for a particular micronutrient.                                                                                                                                                                                                                                                       |                                                                                                                               |                                  |   |   |  |  |
| <b>PRODUCT:</b>        | Artefact - Creative, and Oral                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                               |                                  |   |   |  |  |
| <b>FORMAT:</b>         | You will be required to produce an informative, yet creative on a particular micronutrient. Your infographic should include (but not limited to) food sources, nutritional requirements, including deficiency and toxicity, relevant implications on nutritional changes throughout the lifecycle and the latest research/evidence for the selected nutrient. This nutrient will be randomly allocated to you at the beginning of the trimester. Further details will emerge throughout the trimester. This is an individual assessment. |                                                                                                                               |                                  |   |   |  |  |
| <b>CRITERIA:</b>       | <b>No.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                               | <b>Learning Outcome assessed</b> |   |   |  |  |
|                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Demonstration of knowledge of the theoretical content, communication skills, suitable for professional academic presentations | 1                                | 2 | 3 |  |  |
| <b>GENERIC SKILLS:</b> | Communication, Problem solving, Organisation, Applying technologies, Information literacy                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                               |                                  |   |   |  |  |

### All - Assessment Task 3: Final exam

|                        |                                                                                                                                                                                                                                                            |                                                                                                        |                                  |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>GOAL:</b>           | To show your understanding and apply knowledge related to the theory of human nutrition                                                                                                                                                                    |                                                                                                        |                                  |
| <b>PRODUCT:</b>        | Examination - Centrally Scheduled                                                                                                                                                                                                                          |                                                                                                        |                                  |
| <b>FORMAT:</b>         | A comprehensive, two-hour final examination of content taught throughout this course. The exam will be undertaken using a lockdown browser for the purpose of secure assessment. Further details will emerge throughout the trimester. Date to be advised. |                                                                                                        |                                  |
| <b>CRITERIA:</b>       | <b>No.</b>                                                                                                                                                                                                                                                 |                                                                                                        | <b>Learning Outcome assessed</b> |
|                        | 1                                                                                                                                                                                                                                                          | Demonstrate and apply knowledge of the role and function of nutrients                                  | 1                                |
|                        | 2                                                                                                                                                                                                                                                          | Accurately identify the nutritional needs of people through the lifespan, including nutrients at risk. | 2 3                              |
|                        | 3                                                                                                                                                                                                                                                          | Accurately describe specific nutrient deficiencies and nutrient toxicities.                            | 3                                |
|                        | 4                                                                                                                                                                                                                                                          | Accurately identify and describe food groups and sources of nutrients.                                 | 4                                |
|                        | 5                                                                                                                                                                                                                                                          | Accurately apply knowledge of food composition and serve sizes to nutrition practice.                  | 4 5                              |
|                        | 6                                                                                                                                                                                                                                                          | Define Australian Dietary Standards and describe their application to nutritional requirements         | 6                                |
| <b>GENERIC SKILLS:</b> | Communication, 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

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  | Eleanor Whitney, Sharon Rady Rolfes, Tim Crowe, Adam Walsh | 2022 | Understanding Nutrition | 5th     | Cengage AU |

### 8.2. Specific requirements

NUT212 is delivered as an online course using a very deliberate and structured approach. It is therefore critical that students have access to the course text: Understanding Nutrition: Australia and New Zealand edn; 5th edition. Access to the 4th edition will also be acceptable.

## 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

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- b. The course is graded using the Standard Grading scale
- c. You have not failed an assessment task in the course due to academic misconduct.

## 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](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

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)