

NUT300 Nutrition for Health and Exercise

School: School of Health and Behavioural Sciences

2022 | Semester 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 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

Nutrition plays an important role in healthy, active lifestyles. This course covers key concepts for providing individual nutrition advice to healthy active individuals. You will learn how to collect and evaluate habitual dietary intake, measure body composition, and learn about the relationship of diet to health and athletic performance. Nutrition support for sport and exercise, supplementation, and scope of professional practice will also be covered.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Asynchronous learning and teaching materials	1.5hrs	Week 1	13 times
Tutorial/Workshop 1 – Applied activities	2hrs	Week 1	12 times
Information session – Assessment drop-ins	1hr	Week 4	2 times

1.3. Course Topics

- Nutrition for active people (scope of practice and professional relevance)
- Energy expenditure and calculating requirements
- Dietary measurement methods (application, strengths and limitations);
- Dietary analysis (quantitative, qualitative and with using a ready reckoner);
- Measuring and interpreting body composition (application, strengths and limitations);
- Diet planning and SMART goals (for weight maintenance and for changing body composition);
- Exercise nutrition (basics);
- Hydration (principles and assessment);
- Sports supplements and sports foods

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth 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 Define the macronutrients and key micronutrients in common food sources required for healthy, active individuals	Knowledgeable
2 Explain common dietary assessment methodologies including their strengths and limitations	Knowledgeable
3 Calculate dietary intake data using dietary assessment methods	Creative and critical thinker
4 Assess and evaluate habitual dietary intake, physical activity and body composition in active individuals	Creative and critical thinker
5 Create evidence-based dietary recommendations for healthy, active individuals within scope of professional practice.	Engaged
6 Formulate and justify appropriate plans to monitor dietary intake and body composition in active individuals with other stakeholders as required	Engaged

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 or SPX211

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

NUT202 or NUT203 or SPX352

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

Students will receive continuous, ongoing formative feedback from the practical activities which occur throughout the weekly tutorials in preparation for assessment tasks.

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	Quiz/zes	Individual	25%	60 minutes	Week 5	Online Test (Quiz)
All	2	Written Piece	Individual	35%	1500 words	Week 10	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	40%	2000 words	Exam Period	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Online quiz

GOAL:	To demonstrate your knowledge of key nutrition concepts taught in this course.													
PRODUCT:	Quiz/zes													
FORMAT:	Online test composed of multiple choice, true or false and matching questions delivered through the course Canvas site.													
CRITERIA:	<table> <tr> <th>No.</th><th></th><th>Learning Outcome assessed</th></tr> <tr> <td>1</td><td>Definition of macronutrients and key micronutrients in common food sources required for healthy active individuals</td><td>1</td></tr> <tr> <td>2</td><td>Explanation of common dietary assessment methodologies including their strengths and limitations</td><td>2</td></tr> <tr> <td>3</td><td>Calculation of dietary intake data using dietary assessment method/s</td><td>3</td></tr> </table>	No.		Learning Outcome assessed	1	Definition of macronutrients and key micronutrients in common food sources required for healthy active individuals	1	2	Explanation of common dietary assessment methodologies including their strengths and limitations	2	3	Calculation of dietary intake data using dietary assessment method/s	3	
No.		Learning Outcome assessed												
1	Definition of macronutrients and key micronutrients in common food sources required for healthy active individuals	1												
2	Explanation of common dietary assessment methodologies including their strengths and limitations	2												
3	Calculation of dietary intake data using dietary assessment method/s	3												
GENERIC SKILLS:	Problem solving, Applying technologies, Information literacy													

All - Assessment Task 2: Workbook

GOAL:	The goal of this task is for you to demonstrate and apply your knowledge of dietary assessment methodologies. You will also demonstrate your ability to analyse and evaluate diet, physical activity and body composition data and formulate evidence-based recommendations within your scope of professional practice.																
PRODUCT:	Written Piece																
FORMAT:	You will individually complete one workbook comprised of calculations and short answer questions that relate to the weekly learning activities. Where referencing is required, you are expected to reference information used to support your answers using Vancouver JAMA style.																
CRITERIA:	<table> <tr> <th>No.</th><th></th><th>Learning Outcome assessed</th></tr> <tr> <td>1</td><td>Explanation of common dietary assessment methodologies including their strengths and limitations</td><td>2</td></tr> <tr> <td>2</td><td>Calculation of dietary intake data using dietary assessment method/s</td><td>3</td></tr> <tr> <td>3</td><td>Evaluation of habitual dietary intake, physical activity and body composition in active individuals</td><td>4</td></tr> <tr> <td>4</td><td>Creation of evidence-based dietary recommendations for healthy, active individuals within scope of professional practice</td><td>5</td></tr> </table>	No.		Learning Outcome assessed	1	Explanation of common dietary assessment methodologies including their strengths and limitations	2	2	Calculation of dietary intake data using dietary assessment method/s	3	3	Evaluation of habitual dietary intake, physical activity and body composition in active individuals	4	4	Creation of evidence-based dietary recommendations for healthy, active individuals within scope of professional practice	5	
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3	Evaluation of habitual dietary intake, physical activity and body composition in active individuals	4															
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GENERIC SKILLS:	Communication, Problem solving, Organisation, Information literacy																

All - Assessment Task 3: Open Book Case Study

GOAL:	The goal of this task is to assess the students understanding of key elements related to providing individual nutrition advice. Key elements include assessing diet and body composition data, providing dietary suggestions and a monitoring strategy while remaining within scope of professional practice.		
PRODUCT:	Examination - Centrally Scheduled		
FORMAT:	Online open book case studies. Students will respond to short and long response questions for two case scenarios where they will provide nutrition advice for active healthy individuals.		
CRITERIA:	No.		Learning Outcome assessed
	1	Evaluation of habitual dietary intake, physical activity and body composition in active individuals	4
	2	Creation of evidence-based dietary recommendations for healthy, active individuals within scope of professional practice	5
	3	Formulation and justification of plans to monitor dietary intake and body composition in active individuals	6
GENERIC SKILLS:	Communication, Problem solving, Applying technologies, 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
Recommended	Regina Belski, Adrienne Forsyth, Evangeline Mantzioris	2019	Nutrition for Sport, Exercise and Performance: a practical guide for students, sports enthusiasts and professionals	n/a	Allen & Unwin
Required	NHMRC	2013	Australian Dietary Guidelines: Providing the scientific evidence for healthier Australian diets	n/a	n/a
Required	NHMRC	2013	Eat for Health Educator Guide – Information for nutrition educators	n/a	n/a

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:

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 will 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 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 and supply the required documentation 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.

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