

NUT501 Sport and Exercise Nutrition Principles

School: School of Health - Nutrition and Dietetics

2024 Semester 2

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 supporting the health, physique, and performance goals of active individuals. In this course you will learn essential skills for collecting and interpreting dietary intake, body composition, hydration and physical activity data for formulating and evaluating evidenced-based nutritional guidance for healthy active individuals.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – A combination of Videos, readings and other self-directed activities.	2hrs	Week 1	13 times
Tutorial/Workshop 1 – Online, applied activities.	2hrs	Week 1	10 times
Tutorial/Workshop 2 – In-person workshop in which skills will be practically applied.	2hrs	Week 4	3 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 body composition management)
- Exercise nutrition
- Hydration (principles and assessment)
- Sports supplements and sports foods

2. What level is this course?

500 Level (Advanced)

Engaging with new discipline knowledge and skills at an advanced level or deepening existing knowledge and skills within a discipline. Independent application of knowledge and skills in unfamiliar contexts.

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 MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...	Dietitians Australia
1 Integrate advanced knowledge of dietary, body composition and hydration assessment methodologies into varying practice scenarios	Knowledgeable Creative and critical thinker	2.1
2 Synthesise complex information about dietary intake, physical activity, hydration, and body composition to create evidenced-based dietary and supplement recommendations for active individuals that support performance and health goals	Creative and critical thinker Engaged	2.1, 2.2
3 Communicate evaluations of the safety and effectiveness of dietary and supplement recommendations to key stakeholders	Ethical Engaged	1.1, 1.3, 2.2, 4.2

* Competencies by Professional Body

CODE	COMPETENCY
DIETITIANS AUSTRALIA	
1.1	Professional Practice: Demonstrates safe practice
1.3	Professional Practice: Demonstrates leadership
2.1	Expert Practice: Adopts an evidence-based approach to dietetic practice
2.2	Expert Practice: Applies the nutrition care process based on the expectations and priorities of clients
4.2	Collaborative Practice: Builds capacity of and collaborates with others to improve nutrition and health outcomes

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

Enrolled in MC001

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 basic nutrition principles and 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 receive continuous, ongoing formative feedback from the activities that occur throughout the weekly classes in preparation for assessment tasks. Early feedback will also be provided through an early summative quiz in week 5.

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	20%	30 minutes each	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Case Study	Individual	30%	1500 words	Week 8	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	50%	2000 words	Exam Period	Online Submission

All - Assessment Task 1: Quizzes

GOAL:	The goal of this task is to assess your knowledge of principles and theory related to sports nutrition, hydration and body composition.													
PRODUCT:	Quiz/zes													
FORMAT:	Online, open-book test composed of calculations, short response, multiple choice, true or false and matching type questions delivered through the course Canvas site. A total of 2 quizzes. Quiz 1 due in Week 5, and Quiz 2 due in Week 12.													
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Apply knowledge macronutrients and key micronutrients in common food sources to needs of healthy active individuals</td> <td>1</td> </tr> <tr> <td>2</td> <td>Select and apply common dietary assessment methodologies and demonstrate knowledge of their strengths and limitations</td> <td>1 2</td> </tr> <tr> <td>3</td> <td>Demonstrate calculation of information including dietary intake, hydration, and physical activity and determine appropriate recommendations for active individuals.</td> <td>1 2</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Apply knowledge macronutrients and key micronutrients in common food sources to needs of healthy active individuals	1	2	Select and apply common dietary assessment methodologies and demonstrate knowledge of their strengths and limitations	1 2	3	Demonstrate calculation of information including dietary intake, hydration, and physical activity and determine appropriate recommendations for active individuals.	1 2	
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GENERIC SKILLS:	Problem solving, Applying technologies, Information literacy													

All - Assessment Task 2: Sports Nutrition Case Report

GOAL:	The goal of this task is for you to apply knowledge and theory of dietary and physique assessment to various practice scenarios.	
PRODUCT:	Case Study	
FORMAT:	Case-based report where the student will need to select and justify suitable physique and dietary collection and assessment methodologies for an example scenario.	
CRITERIA:	No.	Learning Outcome assessed
	1	Select and apply a relevant dietary assessment method and justify your selection for the scenario provided. 2 3
	2	Synthesise nutrition, hydration and physique data appropriate to create plans to monitor dietary intake and body composition in active individuals with other stakeholders as required 2 3
GENERIC SKILLS:	Communication, Problem solving, Organisation, Information literacy	

All - Assessment Task 3: Open Book Case Study

GOAL:	The goal of this task is to apply knowledge from the semester to a case scenario. Key concepts assessed will include the ability to synthesise and evaluate data about the individual in the case scenario to provide person-centred, evidenced-based, safe, and effective nutrition advice. Additionally, demonstrate communication of information evaluation to relevant stakeholders.	
PRODUCT:	Examination - Centrally Scheduled	
FORMAT:	Online open-book case study. Students will respond to short and long response questions for a case scenario where they will provide nutrition advice for an active individual.	
CRITERIA:	No.	Learning Outcome assessed
	1	Apply knowledge of dietary, body composition and hydration assessment methods in the case scenarios provided. 1
	2	Synthesise data related to dietary and supplement intake, physical activity, and physique to make performance and health related goals. 2
	3	Evaluate the safety and effectiveness of dietary and supplement recommendations and communicate these evaluations to relevant stakeholders related to the case scenario. 3
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

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 (the rates are cumulative):

- 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.

Refer to the Assessment: Courses and Coursework Programs – Procedures

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