

NUT601 Advanced Sport and Exercise Nutrition

School: School of Health - Nutrition and Dietetics

2026 | Trimester 1

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

Upon completion of Advanced Sports and Exercise Nutrition Practice you will understand the impact of training and competition on energy and macronutrient, micronutrient needs, fluid requirements and supplement guidance according to specific sporting groups. The knowledge and skills gained will enable you to plan dietary interventions for individuals to support their exercise performance, while also addressing the requirements for overall health.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – A combination of pre-recorded videos, readings and associated activities	2hrs	Week 1	12 times
Tutorial/Workshop 1 – Online	2hrs	Orientation week	12 times
Tutorial/Workshop 2 – On-campus workshop applying practical skills.	3hrs	Week 4	3 times

1.3. Course Topics

- Quantitative dietary assessment
- Carbohydrate and fat periodisation
- Protein requirements
- Physique and body mass manipulation
- Optimising hydration
- Supplements in sport
- Sports specific nutrition

2. What level is this course?

600 Level (Specialised)

Demonstrating a specialised body of knowledge and set of skills for professional practice or further learning. Advanced 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 Demonstrate advanced knowledge of sports specific nutrition principles and assessment, training type and load in relation to physiology and nutritional requirements.	Knowledgeable	2.1
2 Integrate literature and data into existing evidenced-based dietetic practice and nutrition plans.	Creative and critical thinker	2.1
3 Create a sports specific and client-centred nutrition assessment intervention plan.	Empowered	2.2, 4.2
4 Reflect on personal biases, cultural influences on sport nutrition, and ethical and professional approaches to practice.	Empowered Ethical Sustainability-focussed	1.1, 1.2, 1.5

* Competencies by Professional Body

CODE	COMPETENCY
DIETITIANS AUSTRALIA	
1.1	Professional Practice: Demonstrates safe practice
1.2	Professional Practice: Demonstrates ethical and legal practice
1.5	Professional Practice: Demonstrates cultural safety and responsiveness
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

NUT501; NUT502; and 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 expected that students will have a general understanding of nutrition as it applies to health and performance amongst active lifestyle participants.

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 4 of this course, students submit Task 1 a, a dietary assessment to receive feedback that will inform the completion of Task 1b.

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	Case Study	Individual	0%	1000 words	Week 4	Online Assignment Submission with plagiarism check
All	1b	Case Study	Individual	50%	2500 words	Week 10	Online Assignment Submission with plagiarism check
All	2	Artefact - Professional	Individual	15%	1 post per case study	Refer to Format	Online Discussion Board
All	3	Examination - Centrally Scheduled	Individual	35%	120 minutes	Exam Period	Online Submission
All	4	Portfolio	Individual	0%	You will upload evidence towards competency development to your portfolio.	Throughout teaching period (refer to Format)	Online ePortfolio Submission

All - Assessment Task 1a: Case study - Dietary Assessment

GOAL:	You will analyse and interpret data to assess the dietary intake needs of an athlete.							
PRODUCT:	Case Study							
AUTHORSHIP STATEMENT:								
FORMAT:	You will be provided with an athlete case study. You will be required to analyse and interpret the dietary intake and report your findings.							
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Assess and interpret dietary intake data</td> </tr> </tbody> </table>	No.	Learning Outcome assessed	1	Assess and interpret dietary intake data	<table border="1"> <thead> <tr> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> </tr> </tbody> </table>	Learning Outcome assessed	1
No.	Learning Outcome assessed							
1	Assess and interpret dietary intake data							
Learning Outcome assessed								
1								
GENERIC SKILLS:	Problem solving, Applying technologies, Information literacy							

All - Assessment Task 1b: Case Study - Nutrition Intervention and Evaluation

GOAL:	You will analyse and interpret data, including dietary intake, exercise, body composition, hydration data, to formulate a nutrition intervention plan to improve the health and/or performance of an athlete																
PRODUCT:	Case Study																
AUTHORSHIP STATEMENT:																	
FORMAT:	<p>You are to interpret the implications of the dietary analysis from Task 1a, plus other relevant information (training, body composition etc.), and provide guidance to the athlete that will assist in achieving their specified goals. You will submit electronically the nutrition intervention plan, and evaluation of the plan.</p> <p>NOTE: This assessment task (Part a & b) can be chosen as part of Program Portfolio where you will collate various purposefully selected tasks to provide comprehensive information about your progress in developing and attaining Dietitians Australia (DA) competencies for dietetic practice. You will continue to add to your Portfolio over the program, providing a basis for collective decision-making on your progress and stimulating your own learning. You will receive feedback on your progression of your competencies. This will contribute to your global competency assessment for the Master of Dietetics (Sports Nutrition).</p>																
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4	Communicate a reflection on the cultural implications of the nutrition plan, and relevant ethical implications for approach to practice.	4															
GENERIC SKILLS:	Communication, Problem solving, Information literacy																

All - Assessment Task 2: Discussion Board Case Studies

GOAL:	The goal of this task is to demonstrate professional discussion and reflection skills, and apply your knowledge of sports nutrition to create and respond to nutrition plans.										
PRODUCT:	Artefact - Professional										
AUTHORSHIP STATEMENT:											
FORMAT:	<p>You will respond to 3 case-based questions with an original response, and response to peer commentary. Case study questions are to be responded to by Week 5, 9, and 12. This task will include citing relevant literature to support your responses.</p> <p>NOTE: This assessment task can be chosen as part of Program Portfolio where you will collate various purposefully selected tasks to provide comprehensive information about your progress in developing and attaining Dietitians Australia (DA) competencies for dietetic practice. You will continue to add to your Portfolio over the program, providing a basis for collective decision-making on your progress and stimulating your own learning. You will receive feedback on your progression of your competencies. This will contribute to your global competency assessment for the Master of Dietetics (Sports Nutrition).</p>										
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GENERIC SKILLS:	Communication, Problem solving, Applying technologies, Information literacy										

All - Assessment Task 3: Oral exam

GOAL:	You will demonstrate your understanding and application of the advanced sports nutrition knowledge and skills needed for sports nutrition practice in a variety of scenarios.										
PRODUCT:	Examination - Centrally Scheduled										
AUTHORSHIP STATEMENT:											
FORMAT:	Case-based questions, related to learning materials covered over the duration of the trimester.										
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1	Application of the knowledge of advanced sports nutrition principles, training loads and physique in the recommendations of dietary advice	1									
2	Interpretation of data to create nutrition interventions specific to the sport of interest.	3									
GENERIC SKILLS:	Problem solving, Applying technologies										

All - Assessment Task 4: Competency portfolio

GOAL:	The purpose is to upload evidence towards the development of your professional competencies. You will receive feedback on your progression of your competencies during the course. This will contribute to your global competency assessment for the Master of Dietetics (Sports Nutrition).		
PRODUCT:	Portfolio		
AUTHORSHIP STATEMENT:			
FORMAT:	You will upload evidence in your portfolio in the form of your case studies, discussion board posts, personal reflections on learning, and/or feedback from the teaching team. NOTE: This assessment tasks forms part of your Global Competency Portfolio where you will collate various purposefully selected tasks and reflections over the course of the program to provide comprehensive information about your progress in developing and attaining Dietitians Australia (DA) competencies for dietetic practice.		
CRITERIA:	No.		Learning Outcome assessed
GENERIC SKILLS:	Communication, Collaboration, Organisation		

6.4. Assessment to competency mapping

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
NATIONAL COMPETENCY STANDARDS FOR DIETITIANS IN AUSTRALIA (2021)				
All delivery modes	Artefact - Professional	Discussion Board Case Studies	1.1.3	Assessed
			1.5.2	Assessed
			2.1.1	Assessed
			2.1.3	Assessed
			2.2.1	Assessed
			2.2.2	Assessed
			2.2.3	Assessed
			Case Study	Case study - Dietary Assessment
	2.1.1	Assessed		
	2.1.2	Assessed		
	2.1.3	Assessed		
	2.1.4	Assessed		
	Case Study - Nutrition Intervention and Evaluation	1.1.1		
		1.2.3		Assessed
		1.5.1		Assessed
		2.1.1		Assessed
		2.1.2		Assessed
		2.1.3		Assessed
				2.1.4
			2.2.1	Assessed

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS	
			2.2.2	Assessed	
			2.2.3	Assessed	
			2.2.5	Assessed	
	Examination - Centrally Scheduled		Oral exam	2.1.1	Assessed
				2.1.2	Assessed
				2.2.1	Assessed
				2.2.2	Assessed
	Portfolio		Competency portfolio	1.1.1	Assessed
				1.1.2	Taught
				1.1.3	Assessed
				1.2.3	Assessed
				1.5.1	Assessed
				1.5.2	Assessed
				2.1.1	Assessed
				2.1.2	Assessed
				2.1.3	Assessed
				2.1.4	Assessed
				2.2.1	Assessed
				2.2.2	Assessed
				2.2.3	Assessed
				2.2.4	Assessed
				2.2.5	Assessed

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
Required	Louise Burke,Vicki Deakin,Michelle Minehan	2021	Clinical Sports Nutrition 6th Edition	6	McGraw-Hill Education / Australia
Recommended	Jeukendrup, Asker,Gleeson, Michael	2018	Sport Nutrition-3rd Edition	n/a	Human Kinetics

8.2. Specific requirements

The first workshop will be held in O-week and will be an information session about the National Competency Standards for dietitians in Australia and an outline of the e-portfolio programmatic assessment for the Master of Dietetics (Sports Nutrition). Students must attend this workshop. This will be run online.

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

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](#)