

NUT601 Advanced Sport and Exercise Nutrition

School: School of Health - Nutrition and Dietetics

2025 Semester 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 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

This course is not offered until Semester 1 2025.

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	13 times
Tutorial/Workshop 1 – Online	2hrs	Orientation week	13 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 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

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.

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, 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	Portfolio	Individual	0%	1000 words	Week 3	Online Assignment Submission with plagiarism check
All	1b	Portfolio	Individual	50%	2500 words	Week 10	Online Assignment Submission with plagiarism check
All	2	Portfolio	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 - Assessment Task 1a: Case study - Dietary Assessment

GOAL:	You will analyse and interpret data to assess the dietary intake needs of an athlete.		
PRODUCT:	Portfolio		
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:	No.		Learning Outcome assessed
	1	Assess and interpret dietary intake data	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:	Portfolio																
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>																
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Interpret and evaluate and dietary intake, physical activity data and body composition data.</td> <td>1</td> </tr> <tr> <td>2</td> <td>Formulate key nutritional priorities and goals</td> <td>3</td> </tr> <tr> <td>3</td> <td>Create an intervention which aligns nutrition guidelines and is client centred. Use relevant evidence to support your plan.</td> <td>2 3</td> </tr> <tr> <td>4</td> <td>Communicate a reflection on the cultural implications of the nutrition plan, and relevant ethical implications for approach to practice.</td> <td>4</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Interpret and evaluate and dietary intake, physical activity data and body composition data.	1	2	Formulate key nutritional priorities and goals	3	3	Create an intervention which aligns nutrition guidelines and is client centred. Use relevant evidence to support your plan.	2 3	4	Communicate a reflection on the cultural implications of the nutrition plan, and relevant ethical implications for approach to practice.	4	
No.		Learning Outcome assessed															
1	Interpret and evaluate and dietary intake, physical activity data and body composition data.	1															
2	Formulate key nutritional priorities and goals	3															
3	Create an intervention which aligns nutrition guidelines and is client centred. Use relevant evidence to support your plan.	2 3															
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:	Portfolio										
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 13. 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>										
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice</td> <td>1 2 3</td> </tr> <tr> <td>2</td> <td>Identify personal and other biases in responses to your own and peer responses to case study questions.</td> <td>4</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice	1 2 3	2	Identify personal and other biases in responses to your own and peer responses to case study questions.	4	
No.		Learning Outcome assessed									
1	Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice	1 2 3									
2	Identify personal and other biases in responses to your own and peer responses to case study questions.	4									
GENERIC SKILLS:	Communication, Problem solving, Applying technologies, Information literacy										

All - Assessment Task 3: 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	
FORMAT:	A combination of multiple choice, and short answer questions, including case-based questions, related to learning materials covered over the duration of the semester.	
CRITERIA:	No.	Learning Outcome assessed
	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	

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	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. 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