

NUT700 Sport and Exercise Nutrition Research Project

School: School of Health - Nutrition and Dietetics

2025 | Session 3

UniSC Moreton Bay

**BLENDED
LEARNING**

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

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

In this course you will develop professional competencies relevant to research practice. You will collect, analyse, and interpret data relevant to your research project. You will present your research project in a report, and undertake an oral presentation to transmit your research findings. This course will develop skills to facilitate continuing professional education as a nutrition and dietetic professional.

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	Throughout teaching period (refer to Format)	4 times
Tutorial/Workshop 1 – Online	2hrs	Week 1	4 times
Independent Study/Research – Regular meetings with research supervisor during allocated research blocks.	1hr	Throughout teaching period (refer to Format)	6 times
Independent Study/Research – Work on individual research project as required.	65hrs	Throughout teaching period (refer to Format)	Once Only

1.3. Course Topics

- Data collection, analysis and interpretation
- Project management and completion
- Reporting research
- Disseminating research

2. What level is this course?

700 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?

36 units (taught over 3 delivery periods)

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 Design and implement a research project that demonstrates competence in research methodology, methods, data collection, analysis and synthesis using specialist knowledge within the field of research and in accordance with ethical principles and procedures, and valuing traditional ways of knowing and doing.	Empowered Problem solving	3.1
2 Critically evaluate research results and discuss their theoretical and applied implications to the practice of sports nutrition and dietetics.	Creative and critical thinker Empowered	1.2
3 Interpret research findings and their theoretical and applied implications in the field of research and communicate to specialist and non-specialist audiences through multiple communication mediums.	Engaged Communication	4.2.1, 4.1, 4.3
4 Reflect on participation in research supervision and mentoring processes with research supervisor and research teams	Empowered	1.5

* Competencies by Professional Body

CODE	COMPETENCY
DIETITIANS AUSTRALIA	
1.2	Professional Practice: Demonstrates ethical and legal practice
1.5	Professional Practice: Demonstrates cultural safety and responsiveness
3.1	Research Practice: Conducts research, evaluation, and quality management processes
4.2.1	Builds capacity of and collaborates with others to improve nutrition and health outcomes: Shares information with and acts as a resource person for colleagues, community and other agencies
4.1	Collaborative Practice: Communicates appropriately with people from various cultural, socioeconomic, organisational and professional backgrounds
4.3	Collaborative Practice: Collaborates within and across teams effectively

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

NUT503 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 assumed that students will have prior knowledge reviewing literature, research methodologies, and written and oral communication skills.

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

Early feedback provided through formative Task 1a in which students will submit a research progress report that they will receive feedback on to inform remaining 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	1a	Portfolio	Individual	0%	2-4 A4 pages and separate timeline 10 minute presentation with 5 minutes of questions	Delivery Period 1 - Refer to Format	Online Assignment Submission with plagiarism check
All	1b	Portfolio	Individual	10%	2-4 A4 pages and separate timeline. 10 minute presentation with 5 minutes of questions	Delivery Period 2 - Refer to Format	Online Assignment Submission with plagiarism check
All	2	Portfolio	Individual	70%	8000 words	Delivery Period 3 - Refer to Format	Online Assignment Submission with plagiarism check
All	3	Portfolio	Individual	20%	20-30 minutes.	Delivery Period 3 - Refer to Format	In Class

All - Assessment Task 1a: Research Progress Report 1

GOAL:	You will provide a report documenting your progress to date relating to your research project including data collection, analysis and interpretation. This will include a brief self reflection on your progress and a timeline with input from your supervisor.		
PRODUCT:	Portfolio		
FORMAT:	<p>Maximum of 4 A4 pages, that consists of 1-2 page report and 1-2 page Gantt chart (timeline). Oral presentation with no more than 3 slides. Submission will occur during the final week of the teaching session.</p> <p>NOTE: This assessment task is part of the 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.</p> <p>Submission due: Week 8 Session 3</p>		
CRITERIA:	No.		Learning Outcome assessed
	1	Formulates a report that outlines plans and progress of research data collection, analysis, and synthesis	1
	2	Reflects on impacts of research plans and progress on self, Aboriginal and Torres Strait Islander Peoples and communities of other marginalised identities	1
	3	Creates professional report in a timely manner and in accordance with national statements on human ethics.	1
	4	Demonstrates collaboration with research supervisor and team.	4
GENERIC SKILLS:	Communication, Organisation		

All - Assessment Task 1b: Research Progress Report 2

GOAL:	You will provide a report documenting your progress to date relating to your research project including data collection, analysis and interpretation. This will include a brief self reflection on your progress and a timeline with input from your supervisor.		
PRODUCT:	Portfolio		
FORMAT:	<p>Maximum of 4 A4 pages, that consists of 1-2 page report and 1-2 page Gantt chart (timeline) Oral presentation with no more than 3 slides. Submission will occur during the final week of the teaching semester.</p> <p>NOTE: This assessment task is part of the 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.</p> <p>Submission due: Week 12 Semester 2</p>		
CRITERIA:	No.		Learning Outcome assessed
	1	Formulates a report that outlines plans and progress of research data collection, analysis, and synthesis	1
	2	Reflects on impacts of research plans and progress on self, Aboriginal and Torres Strait Islander Peoples and communities of other marginalised identities	1
	3	Creates professional report in a timely manner and in accordance with national statements on human ethics.	1
	4	Demonstrates collaboration with research supervisor and team.	4
GENERIC SKILLS:	Communication, Organisation		

All - Assessment Task 2: Thesis

GOAL:	In consultation with your supervisor, you shall undertake and submit an research report. With advice from your supervisor, you will be responsible for and participate in, all steps of the investigation and reporting. That is, you are responsible for: Completion of participant recruitment and data collection; Data analysis; Interpretation and discussion of findings; and Preparation and presentation of a report.		
PRODUCT:	Portfolio		
FORMAT:	<p>The thesis will contain a title, abstract, an introduction, background literature, methods, results, discussion and conclusion (or format as per appropriate journal) and references. The length of your manuscript will be influenced by the requirements of your research. Submission will be in the final week of the teaching semester.</p> <p>NOTE: This assessment task is part of the 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> <p>Submission due: Week 13 Semester 1</p>		
CRITERIA:	No.	Learning Outcome assessed	
	1	Accurately documents background evidence, purpose /aims, research methodology and methods, data collection and analysis, and ethical and culturally appropriate considerations of the project	
	2	Appropriate presentation and interpretation of results with critical discussion of findings in context of current evidence, implications for practice and future research directions	
	3	Writing style and presentation reflective of research dissertations within the field of research	
GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation, Applying technologies, Information literacy		

All - Assessment Task 3: Oral dissemination

GOAL:	You will undertake a research presentation for your peers and dietetic staff and professionals.			
PRODUCT:	Portfolio			
FORMAT:	<p>The style of presentation will be in the format of a conference presentation. The presentation will be supported using PowerPoint or other visual aids. This will include a 20 minute presentation time and 5-10 minute allowance for questions from the audience. The presentation will be completed by the conclusion of the teaching semester.</p> <p>NOTE: This assessment task is part of the 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. The slides and feedback from the presentation can be added to your e-portfolio.</p> <p>Submission due: Week 12 Semester 1</p>			
CRITERIA:	No.	Learning Outcome assessed		
	1	Knowledge and coherent presentation of the topic area		1 2 3
	2	Selection, analysis and synthesis of content and research evidence		1 2 3
	3	Ability to answer questions from the audience regarding the research		3
GENERIC SKILLS:	Communication, Problem solving, Organisation, Applying technologies, Information literacy			

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	Portfolio	Research Progress Report 1	1.4.1	Practiced
			3.1.1	Practiced
		Research Progress Report 2	1.4.1	Practiced, Assessed
			3.1.1	Practiced, Assessed
			3.1.2	Practiced, Assessed
		Thesis	1.5.1	Practiced, Assessed
			2.1.1	Practiced, Assessed
			3.1.1	Practiced, Assessed
			3.1.2	Practiced, Assessed
			3.1.3	Practiced, Assessed
			3.1.4	Practiced, Assessed
			3.1.5	Practiced, Assessed
		Oral dissemination	3.1.1	Practiced, Assessed
			3.1.2	Practiced, Assessed
			3.1.3	Practiced, Assessed
			3.1.4	Practiced, Assessed
			3.1.5	Practiced, Assessed
			4.1.2	Practiced, 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

There are no required/recommended resources for this course.

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:

- (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