

NUT703 Performance Nutrition Planning and Assessment

School: School of Health - Nutrition and Dietetics

2025 | 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

This course will help you to establish excellence in the area of assessment of the nutrition care process. In this course we will focus on the detailed assessment and interpretation of physique, metabolic, biochemical, and clinical data, plus diet and physical activity information to guide evidence-based nutrition interventions to support wellbeing and performance outcomes of individuals. This course will build on your skills and knowledge gained from requisite courses, including the delivery of best practice in data capture and interpretation.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – Online	2hrs	Week 5	9 times
Tutorial/Workshop 2 – On-campus Practical	2hrs	Week 1	4 times
Learning materials – A combination of pre-recorded videos, readings and associated activities	2hrs	Week 1	13 times
Laboratory 1 – On campus practical relating to Assessment 1	6hrs	Week 2	3 times

1.3. Course Topics

- Physique Ax (ISAK, WHR, Girths, SA) x 2 weeks
- Metabolic Ax
- CGM, T1DM, T2DM
- GIT disorders & diverticular disease
- IBD/IBS
- Eating disorders & disordered eating
- REDs/LEA
- Specific sport nutrition & scenarios

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?

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 Develop specialist knowledge and technical skills of complementary assessments and interventions relating to physique, exercise training and physiology	Ethical	1.1
2 Integrate specialist knowledge of performance nutrition to safely and ethically perform sports-specific nutrition assessments and plans	Empowered	2.2
3 Evaluate the effectiveness and safety of complex and sports-specific nutrition assessments and plans	Creative and critical thinker	2.1
4 Communicate the role of nutrition through safe and culturally considered communication, advocacy and collaborative practice to key populations and stakeholders	Engaged	4.3
5 Apply a strength-based approach that acknowledges Aboriginal and Torres Strait Islander ways of knowing, being and doing to sports nutrition practice.	Communication	1.5

* Competencies by Professional Body

CODE	COMPETENCY
DIETITIANS AUSTRALIA	
1.1	Professional Practice: Demonstrates safe 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
4.3	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

NUT601 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)

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

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	Practical / Laboratory Skills	Individual	20%	N/A	Refer to Format	In Class
All	2a	Portfolio	Individual	10%	500 words	Week 4	To be Negotiated
All	2b	Portfolio	Individual	50%	2500 words	Week 11	Online Assignment Submission with plagiarism check
All	3	Portfolio	Individual	20%	10 minutes	Refer to Format	To be Negotiated

All - Assessment Task 1: Complementary Skill Qualification

GOAL:	You will undertake a practical skills assessment in the week 3 tutorial.		
PRODUCT:	Practical / Laboratory Skills		
FORMAT:	You will be assessed on your individual performance during the practical skills assessment.		
CRITERIA:	No.		Learning Outcome assessed
	1	Adopts a questioning and critical approach to practice	1
	2	Applies safe and ethical processes to sports nutrition practice	2
GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation		

All - Assessment Task 2a: Case Study - Part 1

GOAL:	You will complete preliminary data capture relating to a sport-specific case.					
PRODUCT:	Portfolio					
FORMAT:	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, physique and metabolic data.		2	3	4
GENERIC SKILLS:	Communication, Problem solving, Applying technologies					

All - Assessment Task 2b: Case Study - Part 2

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 2a, 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:	No.	Learning Outcome assessed	
	1	Interpret and evaluate and dietary intake, physical activity data and body composition data.	1 2 3
	2	Communicate a reflection on the cultural implications of the nutrition plan, and relevant ethical implications for approach to practice.	4 5
GENERIC SKILLS:	Communication, Problem solving		

All - Assessment Task 3: Oral Reflective Presentation

GOAL:	The goal of this task is to demonstrate professional discussion and reflection skills. You will be required to reflect upon your analyses and evaluation from Task 2a & b.		
PRODUCT:	Portfolio		
FORMAT:	This may be through different mediums as negotiated by the supervisor and course coordinator. 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).		
CRITERIA:	No.		Learning Outcome assessed
	1	Identify personal and other biases in responses to your own responses to case study questions.	3 4
	2	Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice	1 2 3
GENERIC SKILLS:	Communication, 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	Louise Burke,Vicki Deakin,Michelle Minehan	2021	Clinical Sports Nutrition	6	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:

- (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