

NUT703 Performance Nutrition Planning and Assessment

School: School of Health - Nutrition and Dietetics

2026 Trimester 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 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

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	8 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	12 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

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

Formative feedback is provided in week 2 and 3 during on campus skill development sessions in preparation for task 1 due in week 4.

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	Activity Participation	Individual	20%	N/A	Week 4	In Class
All	2	Quiz/zes	Individual	40%	120 minutes	Week 10	Online Submission
All	3	Oral	Individual	40%	50 minutes (20 minutes preparation time, 30 minutes for question response)	Exam Period	In Class
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 1: Complementary Skill Qualification

GOAL:	You will undertake a practical skills assessment during on-campus time.	
PRODUCT:	Activity Participation	
AUTHORSHIP STATEMENT:		
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 2: Mid Semester Quiz

GOAL:	You will demonstrate your understanding and application of advanced sports nutrition knowledge and clinical skills required for sports nutrition practice in a variety of scenarios.	
PRODUCT:	Quiz/zes	
AUTHORSHIP STATEMENT:		
FORMAT:	Multiple choice, short answer and/or case-based questions related to learning materials covered over the duration of the trimester up to and including Week 9.	
CRITERIA:	No.	Learning Outcome assessed
	1	Interpret and evaluate dietary intake, training load and/or body composition data. 1 2 3
	2	Demonstrate advanced knowledge of performance nutrition in the assessment and management of nutritional issues across different sporting contexts. 2 3
GENERIC SKILLS:	Communication, Problem solving	

All - Assessment Task 3: Oral Presentation

GOAL:	The goal of this task is to demonstrate professional communication skills as well as knowledge of advanced sports nutrition. You will be required to address members of the multidisciplinary team in response to an athlete case scenario.										
PRODUCT:	Oral										
AUTHORSHIP STATEMENT:											
FORMAT:	This may be through different mediums as negotiated by the supervisor and course coordinator.										
CRITERIA:	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Identify personal and other biases in approach to dietetic practice.</td> <td>3 4</td> </tr> <tr> <td>2</td> <td>Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice</td> <td>1 2 3</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Identify personal and other biases in approach to dietetic practice.	3 4	2	Application of the knowledge of advanced sports nutrition principles in the recommendations of dietary advice	1 2 3	
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1	Identify personal and other biases in approach to dietetic practice.	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										

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:	<p>You will upload evidence to your portfolio in the form of your case studies, personal reflections on learning and/or feedback from the teaching team.</p> <p>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.</p>							
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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	Activity Participation	Complementary Skill Qualification	1.1.2	Assessed
			2.1.1	Assessed
	Oral	Oral Presentation	1.1.6	Assessed
			2.1.2	Assessed
			4.3.2	Assessed
	Portfolio	Competency portfolio	1.1.1	Taught
			1.1.2	Practiced, Assessed
			1.1.4	Assessed
			1.1.6	Assessed
			1.5.3	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
			2.2.5	Assessed
			2.2.6	Assessed
			4.3.1	Assessed
			4.3.2	Assessed
	Quiz/zes	Mid Semester Quiz	1.5.3	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
	2.2.6	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
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. 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](#)