



COURSE OUTLINE

NUT110 Introduction to Dietetics

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2021 | Semester 1

USC Sunshine Coast

ON CAMPUS

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website 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 introduce you to the Dietetic profession and your program of study at the University of the Sunshine Coast. Dietetic practice includes studying the science of food and nutrition, and learning about nutrition and diet for good health, to prevent and treat illness and disease or assist with special needs. Dietitians help people understand the relationship between food and health, and make suitable dietary choices. You will learn and develop the key knowledge, attributes and skills required for dietetic practice such as professionalism and using an evidence based approach and how these apply in a range of practice environments.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
Tutorial/Workshop	2hrs	Week 1	10 times
Independent Study/Research – Students to engage in independent study	2hrs	Throughout teaching period (refer to Format)	3 times

1.3. Course Topics

Week 1: Introduction to the course and program of study

Week 2: Nutrition & Dietetics domains of practice

Week 3: Dietitians Australia: the professional peak body for dietetic and nutrition professionals in Australia

Week 4: Meet & greet: Recent USC graduates working in dietetic practice

Week 5: An introduction to the Nutrition Care Process

Week 6: Engage in self-study activities (non-contact week).

Week 7: An introduction to research and evidence-based practice in dietetics: part 1

Week 8: An introduction to research and evidence-based practice in dietetics: part 2

Week 9: Engage in self-study activities (non-contact week)

Week 10: Professional practice: part 1

Week 11: Professional practice: part 2

Week 12: An introduction to Sports Dietetics: A day in the life of an accredited sports dietitian

Week 13: Engage in self-study activities (non-contact week)

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

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
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Identify the diverse roles, knowledge and skills of the nutrition and dietetic profession and relate this to your own learning journey to develop as a practitioner.	Knowledgeable
2 Show how the nutrition care process and an evidence based approach to practice relates to your own study pathway to develop these competencies.	Empowered
3 Examine the principles of professionalism in relation to ethical behaviour and scope of practice as it applies to the nutrition and dietetics profession.	Ethical

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Enrolled in Program SC353 or SC302

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

The provision of early feedback will occur via weekly recap sessions in the workshops. In addition, during the workshops students will be provided with exemplars related to each of their assessment items.

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	Oral	Group	40%	12-minute narrated PowerPoint presentation	Week 10	Online Assignment Submission
All	2	Artefact - Creative, and Oral	Individual	30%	1-page/slide poster presentation (e.g. using PowerPoint) supported with 5-minute narration.	Week 7	Online Assignment Submission
All	3	Written Piece	Individual	30%	Two (2) reflections (max 500 words each)	Week 13	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Group Presentation: Overview of Nutrition & Dietetics

GOAL:	The goal of this task is to provide you with a creative opportunity to demonstrate your understanding of the diverse roles, skills and attributes required for dietetic practice, whilst working in small groups.		
PRODUCT:	Oral		
FORMAT:	You will be required to work in small groups of no greater than 3-4 and create an innovative, and professional narrated PowerPoint presentation which promotes the benefits of studying Nutrition & Dietetics at USC. Your presentation may be as innovative and creative as you like. Your presentation must include key concepts relating to the diverse roles of dietetic practice, the skills, knowledge and qualities required for dietetic practice, the role of Dietitians Australia (DA) as the peak body for nutrition and dietetic professionals, the DA national competency standards and how these relate to student learning at USC. All group members must perform/contribute evenly in the presentation which is to be strictly no longer than 12 minutes in duration. Further details will emerge throughout the semester.		
CRITERIA:	No.		Learning Outcome assessed
	1	Describe the necessary knowledge, qualities and skills in order to successfully pursue a career in dietetics	1 3
	2	Describe the diverse roles of dietitians working in different practice domains, accurately relating these roles to key knowledge and skills needed	1 3
	3	Communicates clearly and fluently in both written and oral form	1 3
	4	Works collaboratively within a team	1 3
	5	Organisation, structure and overall presentation skills/output	1 3

All - Assessment Task 2: Nutrition Care Process Poster Presentation

GOAL:	The goal of this task is to create an engaging and authentic electronic poster presentation (Pecha Kucha style) which demonstrates your understanding of the Nutrition Care Process.
PRODUCT:	Artefact - Creative, and Oral
FORMAT:	In this task, you will be required to create an engaging and authentic electronic poster presentation (Pecha Kucha style) which demonstrates your understanding of the Nutrition Care Process. The intention is for you to create a product/artefact that you can refer to at later stages of your degree and when in professional practice. Further details related to this assessment will emerge throughout the semester. This is an individual assessment

CRITERIA:	No.	Learning Outcome assessed
	1	Application and demonstration of knowledge of the Nutrition Care Process as a model when applied to patient care 2 3
	2	Communicates clearly and fluently in both written and oral form 2 3
	3	Organisation, structure and overall presentation of electronic poster 2

All - Assessment Task 3: Reflective writing

GOAL:	The goal of this task is to produce two personal learning reflections based on content delivered throughout NUT110.	
PRODUCT:	Written Piece	
FORMAT:	Using a structured reflective model, you will be required to produce two independent reflections based on content related to: a) the importance of evidence based practice and research in dietetics; b) professional practice behaviours in dietetic practice. Further details will be discussed throughout the workshops. This is an individual assessment.	
CRITERIA:	No.	Learning Outcome assessed
	1	Use of a structured reflective model in the articulation of evidence-based practice and principles of professionalism in dietetic practice. 1 3
	2	Articulates viewpoint clearly and fluently as per academic standards 1 3

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. Directed study hours may vary by location. 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 Blackboard 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 Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

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%
- b. The course is graded using the Standard Grading scale
- c. You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. 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.

10.5. 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.

10.6. 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.

10.7. 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
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au