

Course Outline

Code: NUT212

Title: Principles of Nutrition

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| School: | Health & Sports Sciences |
| Teaching Session: | Semester 1 |
| Year: | 2019 |
| Course Coordinator: | Dr Anthony Villani Email: avillani@usc.edu.au |
| Course Moderator: | Dr Libby Swanepoel |

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

Principles of Nutrition introduces you to the basic principles of nutrition across the human lifespan. You will learn the role and function of nutrients, nutritional requirements including deficiency and toxicity, food sources of nutrients and common serve sizes of foods. The second half of the course covers special nutrient needs of people across the lifespan, through pregnancy and lactation, infancy, childhood and adolescence, maturity and ageing.

1.2 Course topics

Introduction to Human Nutrition & Research Principles
Australian Dietary Guidelines & the Australian Guide to Healthy Eating
Nutrient Reference Values and Dietary Requirements
Energy expenditure and Requirements
Body Composition
Macronutrients
Micronutrients
Nutrition across the lifespan, including:
- Maternal nutrition (Pregnancy and lactation)
- Infants
- Toddlers and school aged children
- Adolescence
- Maturity and Ageing

2. What level is this course?

200 level Developing - Applying broad and/or deep knowledge and skills to new contexts. May require pre-requisites and introductory level knowledge/skills. Normally undertaken in the 2nd or 3rd 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?

| Specific Learning Outcomes On successful completion of this course you should be able to: | Assessment Tasks You will be assessed on the learning outcome in task/s: | Graduate Qualities or Professional Standards mapping Completing these tasks successfully will contribute to you becoming: |
|---|--|---|
| Describe the role and function of macronutrients and micronutrients, nutrient deficiencies and nutrient toxicity. | Tasks 1, 2 and 3 | Knowledgeable. |
| Identify food groups, their type and nutrient contribution and their distinguishing nutrients | Tasks 1, 2 and 3 | Knowledgeable |
| Describe specific nutrient needs of individuals across the lifespan | Tasks 2 and 3 | Knowledgeable. |
| Define Australian Dietary Standards and describe their application to nutritional requirements | Task 3 | Knowledgeable. |
| Apply knowledge of food composition and food serve sizes to nutrition practice | Task 3 | Empowered. |

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 Enrolment restrictions

Nil

5.2 Pre-requisites

[Click here to enter pre-requisites.](#) Identify the specific knowledge expressed in terms of a pre-requisite USC course(s). LFS112 or SPX103

5.3 Co-requisites

Nil

5.4 Anti-requisites

FSN212

5.5 Specific assumed prior knowledge and skills (where applicable)

It is assumed that students will have basic knowledge in human physiology.

6. How am I going to be assessed?

6.1 Grading scale

Standard – High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL)

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6.2 Assessment tasks

| Task No. | Assessment Tasks | Individual or Group | Weighting % | What is the duration / length? | When should I submit? | Where should I submit it? |
|----------|--------------------|---------------------|-------------|--|--|---------------------------|
| 1 | Quizzes | Individual | 20% | 15 minutes each | Weeks 3-9 | In class |
| 2 | Group Presentation | Group | 30% | 12 minute group presentation & 500 word (individual) executive summary | During usual tutorial times in weeks 12 and 13 | Blackboard & In class |
| 3 | Final exam | Individual | 50% | 2 hours | Central Exam Period | NA |
| | | | 100% | | | |

Assessment Task 1: Quizzes

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| Goal: | The goal of the quizzes is to give you an opportunity to revise the content and demonstrate your learnings from the weekly pre-lecture and tutorial tasks. | |
| Product: | Weeks 3-9 | |
| Format: | There is a total of four (4) quizzes that will occur throughout the semester, starting in week 3. Quizzes will occur fortnightly, ending in week 9. Each quiz will cover the key concepts from the pre-class learning activities including the online mini lectures, pre-readings, tutorials and post-tutorial activities from the previous two weeks. Each quiz will consist of 10 questions and will be completed in your usual allocated tutorial time. All four quizzes will contribute to your final grade (20% total). Quizzes will occur at random times throughout your tutorial. Failure to sit the quiz will result in a score of zero (0) for that particular quiz, unless appropriate documentation as per USC policy is provided. | |
| Criteria: | Demonstration of knowledge of the theoretical content covered in pre-lecture tasks. | |
| Generic skill assessed | Skill assessment level | |
| Problem solving | Developing | |

Assessment Task 2: Group Presentation

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| Goal: | The goal of this task is to provide you with an opportunity to demonstrate your understanding of the role and function, food sources, nutritional requirements including deficiency and toxicity of a particular nutrient in the form of a group presentation. |
| Product: | 12-minute group presentation + 500-word executive summary (individual) |
| Format: | You will be required to work in groups of 4 and construct a presentation related to the role and function of a particular nutrient. Your presentation will also include (but not limited to) food sources, nutritional requirements, including deficiency and toxicity, relevant implications on nutritional changes throughout the lifecycle and the latest research/evidence for the selected nutrient. This nutrient will be randomly allocated to each group by the course coordinator once final groups have been allocated. There must be an even contribution from each group member throughout the presentation as final marks will be awarded individually, and not as a group mark. All group members must also submit an executive summary of their presentation which is to be presented in written format of no greater than 500 words. This component of assessment task 2 is to be completed as an individual assessment. Your executive summary MUST be handed in (hard copy) on the day of your presentation as well as being submitted electronically on Blackboard. Presentations will occur during weeks 12 and 13. Order of presentations will occur by random allocation. However, all groups must be ready to present by week 12. Further details will emerge throughout the semester. |

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| Criteria: | Demonstration of knowledge of the theoretical content, communication skills, suitable for professional academic presentations | |
| Generic skill assessed | Skill assessment level | |
| Communication | Developing | |
| Collaboration | Developing | |
| Applying technologies | Developing | |
| Problem Solving | Developing | |

Assessment Task 3: Final Exam

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| Goal: | To show your understanding of, and ability to apply current knowledge of the theory of human nutrition | |
| Product: | Final exam | |
| Format: | A comprehensive, two-hour final examination of content taught during this course in lectures, tutorials and readings. | |
| Criteria: | <ul style="list-style-type: none"> • Demonstrate and apply knowledge of the role and function of nutrients. • Accurately identify the nutritional needs of people through the lifespan, including nutrients at risk. • Accurately describe specific nutrient deficiencies and nutrient toxicities. • Accurately identify and describe food groups and sources of nutrients. • Accurately apply knowledge of food composition and serve sizes to nutrition practice. • Define Australian Dietary Standards and describe their application to nutritional requirements | |
| Generic skill assessed | Skill assessment level | |
| Problem solving | Developing | |

7. What are the course activities?**7.1 Directed study hours**

52 hours (2-hour online lecture/learning activities, 2 hour workshop style tutorial)

7.2 Teaching semester/session(s) offered

Sippy Downs: Semester 1

7.3 Course content

| Teaching Week / Module | What key concepts/content will I learn? | What activities will I engage in to learn the concepts/content? | |
|------------------------|--|--|-----------------------------------|
| | | Directed Study Activities | Independent Study Activities |
| 1 | Introduction to human nutrition & research principles | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 2 | Australian dietary guidelines & Australian Guide to Healthy Eating | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 3 | Energy expenditure & body composition | Online Lecture/ learning activities; Tutorial; Designated consultation times | Readings/activities on Blackboard |
| 4 | Protein: amino acids | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 5 | Carbohydrates: sugars, starches and dietary fibre | Online Lecture/ learning activities; Tutorial; Designated consultation times | Readings/activities on Blackboard |

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| 6 | Lipids: triglycerides, phospholipids and sterols | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 7 | Fat and water-soluble vitamins; Antioxidants | Online Lecture/ learning activities; Tutorial; | Readings/activities on Blackboard |
| 8 | Major and trace minerals; Water | Self-directed study week: Online Lecture/ learning activities; Online tutorial | Readings/activities on Blackboard |
| 9 | Lifecycle nutrition: preconception, pregnancy and lactation | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 10 | Lifecycle nutrition: infancy, childhood and adolescence | Self-directed study week: Online Lecture/ learning activities; Online tutorial | Readings/activities on Blackboard |
| 11 | Lifecycle nutrition: Nutrition in ageing | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 12 | Group Presentations | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |
| 13 | Group Presentations; Revision and exam preparation | Online Lecture/ learning activities; Tutorial | Readings/activities on Blackboard |

Please note that the course activities may be subject to variation.

8. What resources do I need to undertake this course?

Please note that 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)

Please note that you need to have regular access to the resource(s) listed below as they are required:

| Author | Year | Title | Publisher |
|---|------|---|---|
| Whitney, Rolfes, Crowe, Cameron-Smith and Walsh | 2017 | Understanding Nutrition. Australia and New Zealand Edition (3 rd Edition) | Cengage Learning Australia |
| NHMRC | 2006 | Nutrient Reference Values for Australia and New Zealand including Recommended Dietary Intakes – available on line through Blackboard | Australian Government Department of Health and Ageing National Health and Medical Research Council |
| NHMRC | 2013 | Australian Dietary Guidelines: Providing the scientific evidence for healthier Australian diets. Available at www.eatforhealth.gov.au Also available online through Blackboard | Australian Government Department of Health and Ageing National Health and Medical Research Council |
| NHMRC | 2013 | Eat for Health Educator Guide – Information for nutrition educators. Available at www.eatforhealth.gov.au Also available online through Blackboard | |

8.3 Specific requirements

Nil

9. Risk management

Health and safety risks for this course have been assessed as low.

It is your responsibility as a student 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. It is also your responsibility to familiarise yourself with the University's general health and safety principles by reviewing the [online Health Safety and Wellbeing training module 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 will 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.

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To request an extension, you must contact your Course Coordinator and supply the required documentation to negotiate an outcome.

10.4 Study help

In the first instance, you should contact your tutor, then the Course Coordinator. Additional assistance is provided to all students through Academic Skills Advisers. To book an appointment or find a drop-in session go to [Student Hub](#).

Contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au

10.5 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>

10.6 General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **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

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au