



## Course Outline

**Code: NUT351**

**Title: Medical Nutrition Therapy 1**

**School:** Health & Sport Sciences  
**Teaching Session:** Semester 1  
**Year:** 2020  
**Course Coordinator:** Dr Hattie Wright Email: hwright@usc.edu.au Tel: 07 5459 4775  
**Course Moderator:** Anthony Villani

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

Medical Nutrition Therapy 1 explores the role played by therapeutic diets in the treatment of chronic disease and other nutritional disorders. You are introduced to the principles of the nutrition care process and you will gain knowledge and experience in nutrition assessment techniques and intervention strategies as applied to chronic disease and other nutritional disorders.

#### 1.2 Field trips, WIL placements or activities required by professional accreditation

Activity	Details
N/A	N/A

### 2. What level is this course?

300 level Graduate - Independent application of graduate knowledge and skills. Meets AQF and professional requirements. May require pre-requisites and developing level knowledge/skills. Normally taken in the 3rd or 4th 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?

<b>Specific Learning Outcomes</b> On successful completion of this course you should be able to:	<b>Assessment Tasks</b> You will be assessed on the learning outcome in task/s:	<b>Graduate Qualities or Professional Standards mapping</b> Completing these tasks successfully will contribute to you becoming:
Describe the clinical nutrition issues relevant in nutritionally vulnerable individuals.	Task 1 and 3	Knowledgeable.
Describe the aetiology, pathophysiology, nutritional consequences and medical nutritional therapy of clinical diseases and nutritional disorders	Task 1 and 3	Knowledgeable
Construct and present a nutrition care plan using the nutrition care process model to provide client-centred nutrition care for nutritionally vulnerable individuals.	Tasks 2 and 3	Empowered. Engaged.
Critically apply evidence-based practice in the nutrition care of individuals.	Task 2 and 3	Sustainability-focused Creative and critical thinkers

#### 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

Students must be enrolled in SC302 OR SC353

##### 5.2 Pre-requisites

NUT110 and NUT202 and NUT232 and (LFS202 or (LFS203 and BIM202))

##### 5.3 Co-requisites

Nil

##### 5.4 Anti-requisites

Nil

##### 5.5 Specific assumed prior knowledge and skills (where applicable)

It is assumed that students will have foundation knowledge in nutrients and nutrition assessment.

#### 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 Details of early feedback on progress**

In week 4 of this course, you will present a case study and receive peer feedback in preparation for your summative task.

**6.3 Assessment tasks**

Task No.	Assessment Product	Individual or Group	Weighting %	What is the duration / length?	When should I submit?	Where should I submit it?
1	Quiz/zes	Individual	15%	10 min each	During semester, Weeks 3, 4, 5, 6, 12	In Class
2	Case Study	Group	A. formative B. 15% C. 20%	A. 1500 words B. 600 words C. 900 words	A. Friday week 4 B. Friday week 8 C. Friday week 11	Online Assignment Submission
3	Examination	Individual	50%	2 hours	Central Examination Period	Exam Venue
			100%			

**Assessment Task 1: In class quizzes**

<b>Goal:</b>	To demonstrate knowledge and understanding of the aetiology, pathophysiology, nutritional consequences and medical nutritional therapy of clinical diseases and nutritional disorders.
<b>Product:</b>	Quiz/zes
<b>Format:</b>	During the workshop of weeks 3, 4, 5, 6, and 12 a short 10-minute quiz will be written related to the content covered that week. The quiz will consist of multiple choice and short answer questions.
<b>Criteria:</b>	<ul style="list-style-type: none"> <li>Demonstrates accurate knowledge and sound understanding of the aetiology, pathophysiology, clinical nutrition consequences and dietary needs relating to chronic diseases and nutritional disorders.</li> </ul>
<b>Generic skill assessed</b>	
Communication	<b>Skill assessment level</b>
	Graduate

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**Assessment Task 2: Nutrition Care Plan**

<b>Goal:</b>	To apply the nutrition care process to individuals with a clinical disease or nutrition disorder. You need to interpret an individual's anthropometric measurements, biochemical data, client history, and dietary intake both qualitatively and quantitatively. You will then relate this to their disease or nutrition disorder, write a nutrition diagnosis, identify nutritional goals of management and formulate nutritional intervention and monitoring strategies that are tailored to the client's needs.	
<b>Product:</b>	Case Study	
<b>Format:</b>	You will develop two (2) NCPs in accordance with NCP report writing guidelines. Part A is a formative, self-assessed NCP which is due in week four (4) in the tutorial class and will contribute 0% to your final grade. You will be provided with feedback to help you to complete part B. Part B is a summative, graded NCP which is due in weeks eight (8) and eleven (11) and will contribute 35% to your final grade. In week eight you will have to submit Steps 1 and 2 of the NCP which will contribute 15% to your final grade and in week eleven you will have to submit steps 3 and 4 of the NCP which will contribute 20% to your final grade. You will be provided with a case scenario of a client with a chronic disease or nutritional disorder. You will analyse their diet history qualitatively and quantitatively, interpret and summarise this analysis in a qualitative and quantitative dietary statement, identify goals of nutritional management and formulate an individualised nutrition intervention plan with specific dietary and lifestyle strategies. You will also justify your intervention plan in relation to current evidence and best practice recommendations.	
<b>Criteria:</b>	<ul style="list-style-type: none"> <li>• Appropriate and accurate assessment, evaluation and interpretation of relevant nutritional assessment data.</li> <li>• Accurate identification, prioritising and formulation of a nutritional diagnosis based on appropriate interpretation of all relevant assessment data.</li> <li>• Relevant, prioritised and appropriate evidence-based nutrition intervention plan that is appropriately monitored and evaluated.</li> <li>• Justification of the clinical nutrition intervention plan reflects best evidence and consideration of following a patient-centred approach.</li> <li>• Presentation and formatting that meets requirements and is acceptable in an academic or professional environment.</li> </ul>	
<b>Generic skill assessed</b>	<b>Skill assessment level</b>	
Problem solving	Graduate	
Communication	Graduate	

**Assessment Task 3: Final Exam**

<b>Goal:</b>	To demonstrate current knowledge of the theory of human nutrition and dietetics and related practice	
<b>Product:</b>	Examination	
<b>Format:</b>	Written exam of 2 hours duration contributing 50% to your final grade.	
<b>Criteria:</b>	<p>Demonstrates in-depth knowledge of clinical nutrition issues of vulnerable individuals.</p> <p>Demonstrate in-depth knowledge of the aetiology, pathophysiology, nutritional consequences and evidence based medical nutritional therapy of chronic diseases and nutritional disorders.</p> <p>Demonstrates critical thinking and clinical reasoning in the application of best evidence when providing nutrition care to nutritionally vulnerable individuals.</p>	
<b>Generic skill assessed</b>	<b>Skill assessment level</b>	
Problem solving	Developing	

## 7. Directed study hours

The directed study hours listed here are a portion of the workload for this course. 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.

Location:	Directed study hours for location:
USC Sunshine Coast	36 hrs in class workshops and one online week. Tutorials (22 hours) held at Sunshine Coast Health Institute (SCHI)

## 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
Gandy, J.	2019	Manual of Dietetic Practice, 6 <sup>th</sup> Edition	Wiley Blackwell
Nelms MN et al..	2019	Nutrition Therapy & Pathophysiology, 4 <sup>th</sup> edition	Wadsworth

### 8.2 Required and recommended readings

These materials/readings will assist you in preparing for workshops and assignments, and will provide further information regarding particular aspects of your course.

Author	Year	Title	Publisher
Stewart, R et al.	2015	Handbook of Nutrition and Dietetics, 5 <sup>th</sup> Edition	www.Australiandietitian.com

### 8.3 Specific requirements

Nil

## 9. Risk management

Risk assessments have been performed for all field activities and a low level of health and safety risk exists. Some risks concerns may include working in an unknown environment as well as slip and trip hazards. It is your responsibility to research and understand the 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.

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.

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](mailto:studentcentral@usc.edu.au)

## 10.5 Wellbeing Services

Student Wellbeing Support Staff are available to assist on a wide range of personal, academic, social and psychological matters to foster positive mental health and wellbeing for your success. Student Wellbeing is comprised of professionally qualified staff in counselling, health and disability Services.

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, mental health issue, learning disorder, injury or illness, or you are a primary carer for someone with a disability, [AccessAbility Services](#) can provide assistance, advocacy and reasonable academic adjustments.

To book an appointment with either service go to [Student Hub](#), email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au) or [accessability@usc.edu.au](mailto:accessability@usc.edu.au) or call 07 5430 1226

## 10.6 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>

## 10.7 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](mailto:studentcentral@usc.edu.au)