



## COURSE OUTLINE

# NUT351 Medical Nutrition Therapy 1

**Course Coordinator:** Hester Wright (hwright@usc.edu.au) **School:** School of Health and Behavioural Sciences

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

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. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
<b>Tutorial/Workshop</b> – Some content will be delivered via technology enabled learning and some on campus. Refer to Blackboard for details.	3hrs	Week 1	13 times
<b>Laboratory</b> – Some content will be delivered via technology enabled learning and some on campus. In weeks 9, 10, and 11 simulations will run from SCHI. Refer to Blackboard for details.	2hrs	Week 1	13 times
<b>Online</b> – Pre-class activities to be completed asynchronously.	1hr	Week 2	11 times

### 1.3. Course Topics

- Nutrition care process
- Overweight and obesity
- Cardiovascular disease
- Diabetes Mellitus
- Aged care and malnutrition
- Common gastro-intestinal disorders
- Paediatric nutrition

## 2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth 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	Apply knowledge on the aetiology, pathophysiology, and nutrition-related consequences of clinical diseases and nutritional disorders to medical nutrition therapy.	Knowledgeable Empowered
2	Construct and present a nutrition care plan using the nutrition care process model to provide client-centred nutrition care for nutritionally vulnerable individuals.	Empowered Engaged
3	Critically appraise evidence-based practice in the nutrition care of individuals.	Creative and critical thinker Sustainability-focussed
4	Demonstrate critical thinking in the application of best evidence when providing nutrition care to individuals.	Creative and critical thinker Sustainability-focussed

### 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

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

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 Grading (GRD)

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

#### 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

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	Quiz/zes	Individual	15%	15 min each	Throughout teaching period (refer to Format)	In Class
All	2	Case Study	Group	35%	Part A. 20-min Powerpoint. Part B. 1750 words.	Throughout teaching period (refer to Format)	Online Assignment Submission
All	3	Examination - Centrally Scheduled	Individual	50%	4 hours	Exam Period	Online Assignment Submission

### All - Assessment Task 1: Quiz

<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>	In weeks 4, 6, and 12 a short 15-minute quiz will be written on content covered in the preceding weeks. The quiz will consist of multiple choice and short answer questions.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1	Demonstrates accurate knowledge and sound understanding of the aetiology, pathophysiology, clinical nutrition consequences and dietary needs relating to chronic diseases and nutritional disorders

### All - 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. In addition, case studies will be completed throughout the semester during which you will receive formative feedback during class discussions and participation.  Part B is a summative, graded NCP which is due in week ten (10) and will contribute 35% to your final grade. You will be provided with a case scenario of a client with a chronic disease or nutritional disorder. You will be required to develop a nutrition care plan using the four steps of the NCP model. You will also justify your intervention plan in relation to current evidence and best practice recommendations.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1	Appropriate and accurate assessment, evaluation and interpretation of relevant nutritional assessment data.
	2	Accurate identification, prioritising and formulation of a nutritional diagnosis based on appropriate interpretation of all relevant assessment data.
	3	Relevant, prioritised and appropriate evidence-based nutrition intervention plan that is appropriately monitored and evaluated.
	4	Justification of the clinical nutrition intervention plan reflects best evidence and consideration of following a patient-centred approach.
	5	Presentation and formatting that meets requirements and is acceptable in an academic or professional environment.

### All - 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 - Centrally Scheduled
<b>FORMAT:</b>	Written exam of 4 hours duration

CRITERIA:	No.		Learning Outcome assessed
	1	Demonstrates in-depth knowledge of clinical nutrition issues of vulnerable individuals.	1
	2	Demonstrate in-depth knowledge of the aetiology, pathophysiology, nutritional consequences and evidence based medical nutritional therapy of chronic diseases and nutritional disorders.	1 3
	3	Demonstrates critical thinking and clinical reasoning in the application of best evidence when providing nutrition care to nutritionally vulnerable individuals.	4

## 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

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	PUBLISHER
Recommended	Gandy, J.	2019	Manual of Dietetic Practice	Wiley Blackwell
Required	Nelms MN et al..	2019	Nutrition Therapy & Pathophysiology	Wadsworth
Required	Stewart, R etal.	2020	Handbook of Nutrition and Dietetics	www.Australiandietitian.com

### 8.2. Specific requirements

Students will require a placement shirt for simulated activities.

## 9. How are risks managed in this course?

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 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:

- The final mark is in the percentage range 47% to 49.4%
- The course is graded using the Standard Grading scale
- 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](mailto: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](mailto: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](mailto: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](mailto:studentcentral@usc.edu.au)