USC

C O U R S E   O U T L I N E

NUT101 Introduction to Nutrition

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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 introduces you to the field of nutrition including a focus on nutrition practice and career pathways, how knowledge in nutrition is developed, the many ways healthy diets can be defined and major nutrition related issues affecting the Australian population. You will develop some basic nutrition knowledge, skills in assessing sources of nutrition information and explore potential career options and consider specialisation within the rest of your degree.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
Tutorial/Workshop	2hrs	Not applicable	Not Yet Determined
Online – A combination of scheduled and self-directed online activities over the duration of semester.	3hrs	Not applicable	Not Yet Determined

1.3. Course Topics

- Introduction to nutrition practice
- Using nutrition research
- Energy and macronutrients
- Nutrition science and the food system
- Introduction to nutrition for sport and physical activity

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 On successful completion of this course, you should be able to...	GRADUATE QUALITIES Completing these tasks successfully will contribute to you becoming...
1 Evaluate and describe the quality and credibility of two sources of nutrition information.	Knowledgeable Creative and critical thinker
2 Develop an appropriate search strategy, accurately search for, and summarise scientific literature.	Creative and critical thinker Empowered
3 Identify the knowledge, skills and attributes required for future nutrition practice and relevant study pathways.	Creative and critical thinker Empowered
4 Describe scope of practice and professional development requirements for the nutrition profession.	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. Pre-requisites

Enrolled in Program SC019, AB101, SC354 or a Public Health Nutrition Minor

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

For Task 1, your group you will develop a 1-page document to be submitted in week 4 for formative feedback. This document should outline a plan of your narrated PowerPoint as well as a timeline which shows key tasks and allocation of tasks required to prepare the presentation. During week 8, you can contribute to an in class discussion to gain formative feedback related to the Task 2 Literature Report.

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	Artefact - Creative	Group	30%	1a. Formative - 1 page; 1b. 6 minutes	Week 7	Online Assignment Submission
All	2	Written Piece	Individual	40%	2a. Class discussion 2b. 1000 - 1200 words	Week 11	Online Assignment Submission with plagiarism check
All	3	Portfolio	Individual	30%	Four entries, each containing 3 - 4 tasks	Refer to Format	Online ePortfolio Submission

All - Assessment Task 1: Nutrition Information Source Presentation

GOAL:	The goal of this task is to use a structured process to evaluate the quality and credibility of nutrition information and communicate your findings in a narrated PowerPoint presentation (or similar).
PRODUCT:	Artefact - Creative
FORMAT:	Submit: 1a Week 4; 1b Week 7. In this assessment task, you will be working in self-selected groups to prepare and present a short oral presentation (via a narrated PowerPoint or similar) that explains your findings from evaluating two sources of nutrition information. This task includes 2 components:Task 1a: As a group, you will develop a 1 page document to be submitted in week 4. This document should outline a plan of your narrated PowerPoint as well as a timeline which shows key tasks and allocation of tasks required to prepare the presentation. This is due in the week 4 tutorial and ungraded feedback will be given to each group. Task 1b: Your group will develop and submit a 6-minute narrated PowerPoint online. All students will be expected to contribute equally to the development and presentation of the narrated PowerPoint (or similar).

CRITERIA:	No.		Learning Outcome assessed
	1	Present a structured and informative presentation	①
	2	Accurately use the critique framework	①
	3	Synthesise the findings of the critique framework to make a determination of the quality and credibility of the information	①
	4	Professional communication skills	①
	5	Assessment criteria are mapped to the course learning outcomes.	① ② ③ ④

All - Assessment Task 2: Literature report

GOAL:	The goal of this task is to use a structured process to develop a research search strategy, acquire literature and present an annotated bibliography.
PRODUCT:	Written Piece
FORMAT:	Submit: 2a. Week 8: 2b. Week 11. You will be provided with a range of nutrition research questions. You will choose one of these research questions to develop a search strategy, undertake a search for scientific literature and produce an annotated bibliography. Your annotated bibliography will include five (5) entries. This report will be 1000 - 1200 words in length and sumbitted via safeassign.

CRITERIA:	No.		Learning Outcome assessed
	1	Develop a suitable search strategy	②
	2	Undertake a search for scientific literature	②
	3	Present scientific literature accurately in the annotated bibliography	①
	4	Communicate clearly and concisely	①
	5	Follow instructions given for presentation and organisation of the report	②

All - Assessment Task 3: Professional Practice Workbook - 30%

GOAL:	The goal of this task is to develop an understanding of nutrition career pathways, and the knowledge, skills and attributes required for these varied roles.
PRODUCT:	Portfolio
FORMAT:	Submit: Weeks 3, 6, 9 and 13. You will complete a series of online workbook questions that relate to the weekly learning content by undertaking weekly workshops and self-directed research. You will focus on identifying key knowledge, skills and attributes for various nutrition roles, reflect on these for professional practice and identify study pathways to enable professional development.

CRITERIA:	**No.**		**Learning Outcome assessed**
	1	Describe nutrition related roles	③
	2	Identify scope of practice	④
	3	Demonstrate quality self-reflection	③ ④
	4	Identify of appropriate study pathways	④
	5	Professional communication and following instructions	④
	6	Identify relevant knowledge, skills and attributes required by nutrition professionals	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

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
Required	Tapsell, L. (Ed.)	2013	Food, Nutrition and Health	Oxford University Press

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

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