



COURSE OUTLINE

NUT212 Principles of Nutrition

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2021 | Semester 1

Online

ONLINE 1

You can do this course without coming onto campus.

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, common serve sizes of foods and nutrition label reading. The second half of the course covers special nutrient needs of people across the lifespan, through pregnancy and lactation, infancy, childhood and adolescence and maturity and ageing.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ONLINE 1			
Tutorial/Workshop – Students will be offered scheduled online support throughout the course. 3 x weekly 1 hour tutorials.	3hrs	Not applicable	Not Yet Determined
Online – Students to engage with self-directed weekly online learning materials such as mini-lectures/tutorials/readings/activity sheets	5hrs	Not applicable	Not Yet Determined

1.3. Course Topics

Week 1: An overview of nutrition: Research principles & Nutrient Reference Values

Week 2: Dietary Patterns & Health: The Australian Dietary Guidelines

Week 3: Energy Balance & Body Composition

Week 4: Protein & amino acids

Week 5: Carbohydrates

Week 6: Lipids

Week 7: Water soluble vitamins

Week 8: Fat soluble vitamins

Week 9: Minerals

Week 10: Pregnancy & Lactation

Week 11: Infant & childhood nutrition

Week 12: Ageing & Nutrition

Week 13: Exam Revision

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

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 Describe the role and function of both macronutrients and micronutrients.	Knowledgeable
2 Describe and interpret the nutrient reference values and outline how and why nutritional requirements change across the lifespan.	Knowledgeable
3 Identify relevant nutrient deficiencies and toxicity symptoms with considerations for changes across the lifespan and vulnerable populations.	Knowledgeable
4 Identify food groups, their nutrient composition and distinguishing nutrients.	Knowledgeable
5 Explain the development of the Australian Dietary Guidelines and the Australian Guide to Healthy Eating and describe their application toward nutritional requirements.	Knowledgeable
6 Apply knowledge of food composition, nutrition label reading, food serve sizes, methods of assessing human energy expenditure and body composition assessment.	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

LFS103 or LFS112 or SPX103

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

FSN212

5.4. 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 Grading (GRD)

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

6.2. Details of early feedback on progress

Students will be provided with early formative feedback through interactive quizzes during tutorials and weekly recap activities. Summative quizzes will also commence from week 3.

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	20%	10 minutes each	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Artefact - Creative, and Oral	Individual	30%	1 x standard page (e.g. powerpoint slide) supplemented with 5-minute narration.	Week 12	Online Assignment Submission with plagiarism check
All	3	Examination - Centrally Scheduled	Individual	50%	2 hours	Exam Period	Online Test (Quiz)

All - Assessment Task 1: Quizzes

GOAL:	The goal of the quizzes is to give you an opportunity to revise the content and demonstrate your learnings from the weekly online tasks.		
PRODUCT:	Quiz/zes		
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 online learning activities & tasks from the previous two weeks. Each quiz will consist of 10 multiple choice questions which will be completed online & made available at a specific time throughout the assessed week. Quizzes will be completed under normal exam-type conditions, however these will be open book. All four quizzes will contribute to your final grade (20% total). 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. More details at the beginning of the semester will emerge.		
CRITERIA:	No.		Learning Outcome assessed
	1	Demonstration of knowledge of the theoretical content covered in pre-lecture tasks.	1 2 3 4 5 6

All - Assessment Task 2: Infographic

GOAL:	The goal of this task is to provide you with an opportunity to create an innovative and informative infographic which demonstrates your understanding of the role and function, food sources, nutritional requirements and health-related evidence for a particular micronutrient.		
PRODUCT:	Artefact - Creative, and Oral		
FORMAT:	You will be required to produce an infographic that is supplemented with a 5-minute voice narration on a particular micronutrient. Your infographic and narration should 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 you at the beginning of the semester. Further details will emerge throughout the semester. This is an individual assessment.		
CRITERIA:	No.		Learning Outcome assessed
	1	Demonstration of knowledge of the theoretical content, communication skills, suitable for professional academic presentations	1 2 3

All - Assessment Task 3: Final exam

GOAL:	To show your understanding of, and ability to apply current knowledge of the theory of human nutrition	
PRODUCT:	Examination - Centrally Scheduled	
FORMAT:	A comprehensive, two-hour final examination of content taught throughout this course. Examination to be scheduled online during exam block (date to be advised).	
CRITERIA:	No.	Learning Outcome assessed
	1	Demonstrate and apply knowledge of the role and function of nutrients 1
	2	Accurately identify the nutritional needs of people through the lifespan, including nutrients at risk. 2 3
	3	Accurately describe specific nutrient deficiencies and nutrient toxicities. 3
	4	Accurately identify and describe food groups and sources of nutrients. 4
	5	Accurately apply knowledge of food composition and serve sizes to nutrition practice. 4 5
	6	Define Australian Dietary Standards and describe their application to nutritional requirements 6

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	Whitney, Rolfes, Crowe, Cameron-Smith and Walsh	2019	Understanding Nutrition	Cengage Learning Australia
Required	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
Required	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
Required	NHMRC	2013	Eat for Health Educator Guide – Information for nutrition educators. Available at www.eatforhealth.gov.au Also available online through Blackboard	n/a

8.2. Specific requirements

NUT212 is delivered as an online course using a very deliberate and structured approach. It is therefore critical that students have access to the course text: Understanding Nutrition: Australia and New Zealand edn; 4th edition. Access to the 3rd edition will also be acceptable.

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