

Unit Outline (Higher Education)

Institute / School:	Institute of Education, Arts & Community
Unit Title:	Human Development and Nutrition Across the Lifespan
Unit ID:	EDHPE4001
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	070199

Description of the Unit:

This unit enables student to investigate and develop knowledge of human development and nutrition across a lifespan. It will examine the biology of the digestive system and the relationship between nutrition, lifestyle choices, and other factors impacting human health and development. There will be a focus on the function of, and food sources of, nutrients and vitamins important for health and wellbeing across a lifespan. It will investigate the intergenerational concepts of health through a socio-cultural perspective and how these factors impact the health and wellbeing of us all.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Understand definitions and the digestion process, including functions of nutrients, their food sources, as well as the relationship of nutrients to the health, growth and development of the body throughout the lifespan.
- K2.** Discuss the role that nutrition and lifestyle dietary choices has in health, human development and disease.
- K3.** Understand and identify the characteristics, issues, and intergenerational factors that impact health and human development over the lifespan.
- K4.** Discuss health literacy relating to nutritional and dietary information and the impact this has on the development of disease across the lifespan.
- K5.** Identify and investigate socio-cultural factors that influence human development, nutrition and food choices.

Skills:

- S1.** Ability to communicate effective advice and strategies on nutrition and dietary choices for optimal health and wellbeing.
- S2.** Explain the process of digestion and the functions of nutrients, as well as identify food sources of important nutrients across the lifespan
- S3.** Analyse and interpret data relating to health and nutritional related information across the lifespan.
- S4.** Critically reflect on the issues and intergenerational factors that impact human development and health over the lifespan.
- S5.** Evaluate and interpret nutritional information and the impact this has in the development of healthy lifestyle choices across the lifespan.
- S6.** Evaluate and discuss socio-cultural factors that influence human development, nutrition and food choices.

Application of knowledge and skills:

- A1.** Evaluate and critically analyse the reliability of health and nutritional information
- A2.** Design, implement and facilitate learning activities on human development and nutrition across the lifespan.

Unit Content:

Topics Include

- What is Human development and nutrition?
- Digestive system
- Function and food sources of nutrients and vitamins
- Definitions, characteristics and measurements of social, physical, emotional and intellectual development particularly pertaining to youth.
- Sexual anatomy and physiology, human reproduction, and sexual development through a lifespan.

- Issues influencing and impacting human development and nutrition across a lifespan.
- The roles and responsibilities of humans across the lifespan in determining optimal development
- The intergenerational nature of health and wellbeing.
- Strategies for teaching Health and Human Development

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are be embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.*

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in: <ul style="list-style-type: none"> • Using effective verbal and non-verbal communication • Listening for meaning and influencing via active listening • Showing empathy for others • Negotiating and demonstrating conflict resolution skills • Working respectfully in cross-cultural and diverse teams. 	Not applicable	Not applicable
FEDTASK 2 Leadership	Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in: <ul style="list-style-type: none"> • Creating a collegial environment • Showing self-awareness and the ability to self-reflect • Inspiring and convincing others • Making informed decisions • Displaying initiative 	Not applicable	Not applicable
FEDTASK 3 Critical Thinking and Creativity	Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in: <ul style="list-style-type: none"> • Reflecting critically • Evaluating ideas, concepts and information • Considering alternative perspectives to refine ideas • Challenging conventional thinking to clarify concepts • Forming creative solutions in problem solving. 	Not applicable	Not applicable

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 4 Digital Literacy	Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in: <ul style="list-style-type: none"> Finding, evaluating, managing, curating, organising and sharing digital information Collating, managing, accessing and using digital data securely Receiving and responding to messages in a range of digital media Contributing actively to digital teams and working groups Participating in and benefiting from digital learning opportunities. 	Not applicable	Not applicable
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in: <ul style="list-style-type: none"> Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts Committing to social responsibility as a professional and a citizen Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses Embracing lifelong, life-wide and life-deep learning to be open to diverse others Implementing required actions to foster sustainability in their professional and personal life. 	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, K4, K5, S2, S3, S5, A1, A2	Revision of material from seminars, tutorials, readings	Exam	30-50%
K1, K2, K3, K4, K5, S1, S4, S5, S6	Planning researching and conducting a seminar/workshop	Presentation	20-40%
K1, K2, K3, K4, K5, S1, S3, S4, S6	Identifying, researching and planning a contemporary issue in nutrition and/or human development	Assignment	30-50%

Adopted Reference Style:

APA ()

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)