

School / Portfolio:	Faculty of Health
Course Title:	HUMAN DEVELOPMENT AND NUTRITION ACROSS THE LIFESPAN
Course ID:	HEALT3007
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED Code:	69901

Learning Outcomes:

Knowledge:

- K1.** Understand definitions, functions and food sources of nutrients and their relationship to the health, growth and development of the body throughout the lifespan.
- K2.** Consider the world burden of disease, particularly focusing on Australia to understand and determine the lifestyle factors which affect nutrition and health.
- K3.** Be aware of the organisations that influence health and nutrition for the wider community.
- K4.** Understand the history and role of health strategies and promotion in relation to health.
- K5.** Understand the role of physical activity and dietary intake on lifestyle related disease
- K6.** Understand the digestion process of nutrients.
- K7.** Explain the broad range of factors that influence food choice across the lifespan.
- K8.** Understand the importance of food safety and the impact of food borne disease within our society.
- K9.** Consider the nutritional requirements and nutritional deficiencies of athletes.
- K10** Be aware of indicators that indicate need for health care professional nutritional monitoring and advice.
- K11** Understand definitions of health and their limitations.
- K12** Explain the interrelationships between dimensions and determinants of health and human development over the lifespan.
- K13** Describe the characteristics of development through all stages of the life span.
- K14** Understand the National Health Priority Areas (NHPA) key features and determinants for selection
- K15** Understand and explain health promotions that address NHPA's.

Skills:

- S1.** Advise appropriate dietary choices to improve nutritional intake
- S2.** Communicate basic nutritional information

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- S3.** Develop strategies to assist behaviour change to assist with achieving a balance dietary intake and lifestyle changes.
- S4.** Interpret data on the health of Australians throughout the lifespan.

Application of knowledge and skills:

- A1.** Evaluate and determine the reliability of fad diets and nutritional claims.
- A2.** Critically analyse dietary intake.
- A3.** Design, develop and deliver an educational resource illustrating an aspect of human development across the lifespan
- A4.** Research and discuss the impact of nutrition and lifestyle on the growth and development of humans in a various stage of the lifespan.

Course Content:

Topics may include:

- What is Human development? What is health?
Definitions, characteristics and measurements of social, physical, emotional and intellectual development.
Impact of health status on human development
Characteristics of human development across the lifespan
Determinants of health across the lifespan
- Nutrition for human development
Influence on nutrition choices
Nutrients and digestion
Consumer food issues
Nutrition needs through the lifespan
Burden of disease and how nutrition and lifestyle impact on health
Nutrition for sport
Dietary analysis
National Health Priority Areas (NHPA)

Values and Graduate Attributes:

Values:

- V1.** Appreciate the scope and diversity of views on nutrition and lifestyle and their impact on an individual and community health.
- V2.** Appreciate the limitations in knowledge and skills which have been developed within this course and be aware of the need to advise clients to seek qualified dietetic advice.
- V3.** Appreciate the complex issues which influence peoples' dietary intake and health decisions

Graduate Attributes:

Attribute	Brief Description	Focus
Continuous Learning	Students will be encouraged to build on prior knowledge and experiences relevant to nutrition and human development. They will also be guided to source and critically evaluate contemporary research literature and data, and reflect on their personal values and beliefs relevant to the area, setting an expectation and establishing behaviour patterns to construct new meaning to adapt to different settings.	Medium

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Attribute	Brief Description	Focus
Self Reliance	Students will develop self reliance through working independently and in a group to complete in-depth research, written and media presentation tasks. Successful participation in these tasks will provide students with the self-confidence to be successful in their academic and professional life.	Medium
Engaged Citizenship	Students will engage with concepts relating to health across a lifespan. They will develop an appreciation of the facilitators and barriers, possibilities and challenges to health on a national and international scale. They will also engage with their peers, working collaboratively to produce n educational resource.	Medium
Social Responsibility	Students will adopt an ethically responsible attitude to their future role in educating young people to understand health concepts and health positions from a socio-cultural national and international perspective. They will appreciate the strengths and limitations of their health educator role	Medium

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
All Values	Practical participation & attendance	At least 90% attendance and participation	S/U
K6,K12, K13 S19 A22, A23	Design, develop and deliver an educational resource illustrating an aspect of human development and nutrition across the lifespan	Educational resource presentation	20-40%
K5, K10, K12, K13 S17 S18	Research and discuss the impact of nutrition and lifestyle on the growth and development of humans in a various stage of the lifespan.	Research Essay	20-40%
K1, K2, K3, K4, K5, K6, K10, K11, K12, K14 S16 S19, A 20 A21	Self-directed learning/ study of content include specific details of assessment tasks.	Exam	30 - 50%

Adopted Reference Style:

APA