



# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	NUTRITION FOR HEALTH AND EXERCISE
<b>Unit ID:</b>	HEALT2174
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	(EXSCI2171 or SCBCH1001)
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	069901

## Description of the Unit:

This unit aims to enable students to study the principles of nutrition applied to areas of health, physical activity and sports performance. Students will consider the role of nutrition and physical activity as lifestyle factors which affect general health and wellbeing. Particular emphasis will be given to role of nutrition in the prevention and treatment of chronic metabolic diseases such as obesity, and a diverse range of lifestyle diseases. This subject will also address current concepts and controversies relating to weight management strategies, the assessment of body composition and the efficacy of current nutritional supplements.

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

## Work Experience:

No work experience: Student is not undertaking work experience in industry.

**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	■	■	■	■	■	■

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Intermediate	■	■	✓	■	■	■
Advanced	■	■	■	■	■	■

### Learning Outcomes:

#### Knowledge:

- K1.** Describe the nutritional requirements for health and wellness across the lifespan as per the servings of core food groups recommended by the National Health and Medical Research Council.
- K2.** Illustrate the relationships between calorie intake, energy output and body composition.
- K3.** Explain the effects of dietary intake on chronic diseases such as obesity, cardiovascular disease, type 2 diabetes, cancer and osteoporosis.
- K4.** Critically evaluate the commonly used methods for measuring and analysing dietary intake.
- K5.** Define obesity and describe its aetiology and comorbidities.
- K6.** Determine how social, cultural, emotional, lifestyle and physical factors influence food choice.
- K7.** Identify the nutritional requirements of athletes, and the potential risks and benefits of nutrition supplements.
- K8.** Describe the Joint Position Statement of Exercise & Sports Science Australia (ESSA) and Dietitians Association of Australia (DAA), and the circumstances which would indicate the need to refer on to an Accredited Practising Dietician (APD)

#### Skills:

- S1.** Perform basic dietary assessment using an individuals daily energy requirements and evaluate the limitations of methods used.
- S2.** Calculate body mass index (BMI) and measure waist circumference.
- S3.** Critique current sports nutrition literature and use it to provide appropriate general nutrition advice to promote health.

#### Application of knowledge and skills:

- A1.** Relate BMI and waist circumference measures to recommended reference ranges for men and women.
- A2.** Develop an evidence-based nutrition plan for specific populations including an appropriate implementation strategy.

#### Unit Content:

- Nutrition physiology and metabolism;
- Nutrition requirements and changes through the lifespan;
- Dietary Guidelines;
- Body composition assessment strategies;
- Weight management;
- Obesity and its comorbidities;
- Nutrition and chronic disease;
- Sports Nutrition including preparation, exercising and recovery;
- Supplements and ergogenic aids.

**Learning Task and Assessment:**

Students enrolled in an accredited program must meet all accreditation requirements, including achieving 90% attendance and active engagement in all scheduled classes for assessment task 1. Please review the unit description for full details.

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
S1, S2, S3, A1, K7	Active engagement with all course content to complete formative assessments, including completion of the the Australian Sports Anti-Doping Authority (ASADA) online course.	Engagement (and where required attendance) required to satisfy ongoing formative assessments.	Satisfactory / Unsatisfactory
K1 - K4	Self-directed study of class content in the first part of the semester.	Mid semester test	10-30%
A2, S3	Development of a plan in a selected area of nutrition including implementation strategies.	Case study written report.	30-50%
K1 - K8, A1	Self-directed study of class content. All topics covered during this Course are subject to assessment.	Theory exam or test	40-60%

**Adopted Reference Style:**

APA

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

Fed Cite - [referencing tool](#)