

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	Nutrition for Health and Exercise
Unit ID:	HEALT2174
Credit Points:	15.00
Prerequisite(s):	(EXSCI2171 or NHPPS1122 or SCBCH1001)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	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

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	■	■	■	■	■	■
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.

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 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 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 attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
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
K7, S1, S2, S3, A1	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, K2, K3, K4	Self-directed study of class content in the first part of the semester.	Mid semester test	10-30%
S3, A2	Development of a plan in a selected area of nutrition including implementation strategies.	Case study written report.	30-50%
K1, K2, K3, K4, K5, K6, K7, 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](#)