



Course Outline (Higher Education)

School:	School of Science, Psychology and Sport
Course Title:	LIFESPAN NUTRITION
Course ID:	SCBCH3001
Credit Points:	15.00
Prerequisite(s):	(SCBCH1001 or SCFST1022)
Co-requisite(s):	Nil
Exclusion(s):	(HEALT3007 and SCFST3050)
ASCED:	069901

Description of the Course :

This course builds on the knowledge gained in Introduction to Nutrition with the key aim being to present students with the nutritional and dietary requirements of humans for good health and normal development throughout the different stages of life. It will also examine the special needs of some groups eg. pregnant or lactating women or athletes. This course will address how lifestyle differences can influence variability in nutrition, and the consequences of inappropriate dietary intake.

Grade Scheme: Graded (HD, D, C, etc.)

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 course but gained a final mark of 45 per cent or above and submitted all major assessment tasks.

Program Level:

Level of course in Program	AQF Level of Program					
	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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:
Knowledge:

- K1.** Compare and contrast the nutritional requirements throughout the stages of life.
- K2.** Evaluate the causes and prevalence of nutritional disorders in individuals at different stages of life.
- K3.** Assess the nutritional requirements of people with special needs e.g. pregnancy, athletes.

Skills:

- S1.** Assess dietary intake and evaluate against recommended nutrient intakes.
- S2.** Locate, interpret, evaluate and communicate nutritional information to their peers.

Application of knowledge and skills:

- A1.** Design a personal nutritional plan based on stage of life and nutrition assessment.
- A2.** Critically evaluate information on nutrition issues in both research articles and the popular press.

Course Content:

Topics may include:

- Nutritional requirements throughout the stages of life, eg infants, children, adolescents, adults (males and females) and the elderly.
- Special nutritional needs e.g. during pregnancy and lactation, sports nutrition, parenteral feeding.
- The physiological consequences of poor nutrition throughout the life span.
- The relationship between eating habits and nutritional deficiencies.

Graduate Attributes

The Federation University FedUni graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K3, S2, A2	A	AT2	B

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	A1	B	AT1	B
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	K2, K3, A1	B	AT3	B
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	K3, S2, A2	A	AT4	A
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	A1, A2	B	AT1	C

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
S1, A1, S2, and any of K1-K3	Case Study: Nutritional excesses and/or deficiency	Written report (or blog, ePortfolio, etc)	20-40%
S2, A2 and any of K1-K3	Critical essay on a journal article / popular press article about a topical issue in nutrition	Assignment	0-20%
S2 and any of K1-K3	Oral presentation of findings of either case study or assignment	Seminar	0-15%
K1-K3, A2	Examination (and mid-semester tests)	Written response	30-50%

Adopted Reference Style:

Australian Harvard