



# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Innovation, Science & Sustainability
<b>Unit Title:</b>	Nutrition for Health and Exercise
<b>Unit ID:</b>	SCBFN2002
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	(EXSCI2171 or SCBCH1001)
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	(HEALT2174)
<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 unit 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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, as recommended by national guidelines, for health and wellness across the lifespan.
- 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.** Determine how social, cultural, emotional, lifestyle and physical factors influence food choice.
- K5.** Identify the nutritional requirements of athletes, and the potential risks and benefits of nutrition supplements

#### Skills:

- S1.** Perform basic dietary assessment using an individual's daily energy requirements, BMI calculations and waist circumference measures, and evaluate the limitations of methods used.
- S2.** Critically evaluate the commonly used methods for measuring and analysing dietary intake.

#### Application of knowledge and skills:

- A1.** Critique current sports nutrition literature and use it to provide appropriate general nutrition advice to promote health.
- A2.** Develop an evidence-based nutrition plan for specific populations, by applying standard assessment for measuring intake and BMI, evaluating results for the specific population, and creating an appropriate implementation strategy.
- A3.** Apply industry guidelines to identify circumstances in which you would need to refer on to an Accredited Practising Dietician (APD).

#### Unit Content:

Topics may include:

- 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, interact 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"> <li>• Using effective verbal and non-verbal communication</li> <li>• Listening for meaning and influencing via active listening</li> <li>• Showing empathy for others</li> <li>• Negotiating and demonstrating conflict resolution skills</li> <li>• Working respectfully in cross-cultural and diverse teams.</li> </ul>	A2	AT2
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"> <li>• Creating a collegial environment</li> <li>• Showing self-awareness and the ability to self-reflect</li> <li>• Inspiring and convincing others</li> <li>• Making informed decisions</li> <li>• Displaying initiative</li> </ul>	N/A	N/A
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"> <li>• Reflecting critically</li> <li>• Evaluating ideas, concepts and information</li> <li>• Considering alternative perspectives to refine ideas</li> <li>• Challenging conventional thinking to clarify concepts</li> <li>• Forming creative solutions in problem solving</li> </ul>	A1, A2	AT2
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"> <li>• Finding, evaluating, managing, curating, organising and sharing digital information</li> <li>• Collating, managing, accessing and using digital data securely</li> <li>• Receiving and responding to messages in a range of digital media</li> <li>• Contributing actively to digital teams and working groups</li> <li>• Participating in and benefiting from digital learning opportunities</li> </ul>	N/A	N/A

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"> <li>• Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts</li> <li>• Committing to social responsibility as a professional and a citizen</li> <li>• Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses</li> <li>• Embracing lifelong, life-wide and life-deep learning to be open to diverse others</li> <li>• Implementing required actions to foster sustainability in their professional and personal life</li> </ul>	S2, A2, A3	AT2, AT3

#### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1 - K3, S2	Responses to questions related to topics covered in the first part of the semester.	Mid semester test	10-25%
A1, A2	Development of a plan in a selected area of nutrition including implementation strategies	Case study written report.	35-50%
K1 - K5, S1, S2, A3	Responses to questions related to all topics covered during this unit.	Theory exam or test	30-45%

#### Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)