

EXSS3030: Nutrition for Health, Fitness and Sport

Online

Semester 2 - 2023



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description

The course covers a range of topics including dietary guidelines and measuring dietary intake, the role of macro- and micronutrients in health and exercise performance, identifying athletes at risk of nutrition-related health conditions, weight management and body composition assessment, hydration and nutritional considerations before, during and after exercise, and nutritional supplements. By the end of this course, students will have the foundational knowledge and skills to provide general advice on nutrition to support general health, well-being, fitness and performance.

Contact Hours

Online

Online Activity

Online

24 hour(s) per Term Full Term

Hours per week will vary according to whether the course is offered as a semester 1 or 2 course or as a summer course. The total number of hours per term remains the same.

Self-Directed Learning

Online

24 hour(s) per Term Full Term

Hours per week will vary according to whether the course is offered as a semester 1 or 2 course or as a summer course. The total number of hours per term remains the same.

Unit Weighting

10

Workload

Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

COURSE OUTLINE

www.newcastle.edu.au

CRICOS Provider 00109J

CONTACTS

Course Coordinator	Online Dr Rebecca Haslam Rebecca.Haslam@newcastle.edu.au (02) 4921 7862 Consultation: Online, by appointment only.
Teaching Staff	Other teaching staff will be advised on the course Canvas site.
School Office	School of Environmental and Life Sciences Room C228 Chemistry Building Callaghan Science-SELS@newcastle.edu.au +61 2 4921 5080 9am-5pm (Mon-Fri)

SYLLABUS

Course Content	<ul style="list-style-type: none">• Dietary guidelines• Methods for assessing dietary intake and their limitations• Energy requirements for health and exercise• Joint Position Statement of Exercise and Sport Science Australia (ESSA) and Dieticians Association of Australia• Macronutrients: carbohydrates, fat and protein• Micronutrients: vitamins, minerals, electrolytes and water• Hydration and nutrition before, during and after exercise• Supplements and sports food
Course Learning Outcomes	<p>On successful completion of this course, students will be able to:</p> <ol style="list-style-type: none">1. Understand how diet plays a role in disease prevention and exercise performance (ESSA 11.2.1 & 11.2.4).2. Identify strengths and limitations of commonly used dietary and body composition assessment methods and how they apply to practice (ESSA 11.2.2 & 11.2.6).3. Understand risk factors for nutrition-related health conditions commonly seen in athletes and understand the process for referring on (ESSA 11.2.3).4. Understand the evidence on the efficacy and potential side-effects of supplements and key supplement safety messages (ESSA 11.2.5).5. Demonstrate the delivery of evidence-based advice appropriate for delivery by Accredited Exercise Scientists (ESSA 11.2.7).
Course Materials	<p>Recommended Reading:</p> <ul style="list-style-type: none">- Coombes J. & Skinner T., ESSA's Student Manual for Health, Exercise and Sport Assessment, 1st Ed. Elsevier Australia 2014- Williams M.H., Rawson E.S. & Branch J.D., Nutrition for Health, Fitness & Sport, 11th Ed., McGraw Hill Education 2017. This book is available in hardcopy (library or for purchase) or digital version through: https://www.mheducation.com/highered/product/nutrition-health-fitness-sport-williams-rawson/M0078021359.html- McArdle, W. D., Katch, F. I., & Katch, V. L. (2015). Exercise physiology: nutrition, energy and human performance (8th ed). Wolters Kluwer Health/Lippincott Williams & Wilkins

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	17 Jul	Dietary guidelines	Self-directed: 3-day food record and Australian Guide to Healthy Eating	
2	24 Jul	Dietary assessment methods	Self-directed: Pro's and Con's of dietary assessment methods	
3	31 Jul	Macronutrients	Self-directed: Nutritional analysis using Easy Diet Diary	Online exam 1 due Friday 4th August, 5pm (5%)
4	7 Aug	Micronutrients	Self-directed: Interpreting your food record	
5	14 Aug	Nutrition and chronic disease & Water requirements	Nil required.	
6	21 Aug	Identifying fad diets and understanding behaviour change	Nil required.	Online exam 2 due Friday 25th August, 5pm (5%)
7	28 Aug	Energy balance and appetite regulation	Calculation of energy availability	
8	4 Sep	Managing at risk athletes	Nil required.	
9	11 Sep	Nutrition strategies and body composition	Nil required.	Online exam 3 due Friday 15th September, 5pm (5%)
10	18 Sep	Nutrition before, during and after sport	Nil required.	Dietary analysis assignment due Friday 22nd September, 5pm (40%)
Mid Term Break				
Mid Term Break				
11	9 Oct	Efficacy and risk of supplements	Identifying safe supplements	
12	16 Oct	Nutrition across the lifecycle and in special populations and environmental conditions	Nil required.	Online exam 4 due Friday 20th October, 5pm (5%)
13	23 Oct		Nil required.	Applied knowledge tasks 1-4 (online) due Friday 27th October, 5pm (40%)
Examination Period				
Examination Period				

ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Essays / Written Assignments	Friday 22nd September, 5pm	Individual	40%	1, 2, 5
2	Online exams	Exam 1: Friday 4th August, 5pm Exam 2: Friday 25th August, 5pm Exam 3: Friday 15th September, 5pm Exam 4: Friday 20th October, 5pm	Individual	20%	1, 2, 3, 4, 5
3	Online	All applied knowledge tasks will be due in Week 13 on Friday 27th October, 5pm.	Individual	40%	1, 2, 3, 4, 5

Late Submissions The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

Assessment 1 - Essays / Written Assignments

Assessment Type Written Assignment
Description Dietary analysis of 3-day food record providing suggestions on how to improve intake to meet food and nutrient recommendations.
Weighting 40%
Due Date Friday 22nd September, 5pm
Submission Method Online
Assessment Criteria Further detail regarding assessment criteria will be provided on Canvas.
Return Method Online
Feedback Provided Returned Work - within 3 weeks of due date.

Assessment 2 - Online exams

Assessment Type In Term Test
Description Online exams x 4 (5% each). Each exam will assess lecture content for the preceding 3 weeks.
Weighting 20%
Due Date Exam 1: Friday 4th August, 5pm
Exam 2: Friday 25th August, 5pm
Exam 3: Friday 15th September, 5pm
Exam 4: Friday 20th October, 5pm
Submission Method Online
Assessment Criteria Further details about the structure of the online exams will be provided on Canvas.
Return Method Not Returned
Feedback Provided No Feedback - Additional feedback will be provided via email at request of student.

Assessment 3 – Online

Assessment Type Case Study / Problem Based Learning
Description Applied knowledge tasks x 4 (10% each). These will be problem-based learning activities, based on a single case study with multiple choice responses.
Weighting 40%
Due Date All applied knowledge tasks will be due in Week 13 on Friday 27th October, 5pm.
Submission Method Online
Assessment Criteria Further details about the structure of these assessments will be provided on Canvas.
Return Method Not Returned
Feedback Provided No Feedback - Additional feedback will be provided via email at request of student.

ADDITIONAL INFORMATION

Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.

65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

*Skills are those identified for the purposes of assessment task(s).

Attendance

Attendance/participation will be recorded in the following components:

- Online Activity (Method of recording)

Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.

Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

Academic Misconduct

All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

Adverse Circumstances

The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. the assessment item is a minor assessment item, and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;
3. you are requesting a change of placement; or

4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

Important Policy Information

The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at

<https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures>

that support a safe and respectful environment at the University.

This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.

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