

## FSHN1030: Introduction to the Nutritional, Physical and Psychological Aspects of Wellness

Online

Semester 2 - 2023



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

## OVERVIEW

### Course Description

This course provides an introduction to the triad of nutrition, physical activity and psychological health and how they are linked and interact to impact on overall wellness. The importance of food and nutrition, physical activity and exercise and of emotional and mental health in the overall concept of wellness and their contribution to conditions and disease states such as obesity, diabetes, heart disease, cancer and dementia, will be covered. The modern lifestyle will be compared to more traditional lifestyles in relation to how it has impacted on the nutrition, physical activity and psychological health triad and thereby on overall wellness.

### 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 and 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 and 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](http://www.newcastle.edu.au)

CRICOS Provider 00109J

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# CONTACTS

<b>Course Coordinator</b>	<b>Online</b> Mrs Michelle Challinor <a href="mailto:Michelle.Challinor@newcastle.edu.au">Michelle.Challinor@newcastle.edu.au</a> (02) 434 84654 Consultation: I work remotely so contact is best via email
<b>Teaching Staff</b>	Other teaching staff will be advised on the course Canvas site.
<b>School Office</b>	<b>School of Environmental and Life Sciences</b> Room C228 Chemistry Building Callaghan <a href="mailto:Science-SELS@newcastle.edu.au">Science-SELS@newcastle.edu.au</a> +61 2 4921 5080 9am-5pm (Mon-Fri)

# SYLLABUS

<b>Course Content</b>	Topics will include: <ol style="list-style-type: none"><li>1. Introduction to nutrition in terms of the nutrients that are essential for health and wellbeing, the foods that provide them and the health issues that occur when they are in short or oversupply.</li><li>2. Introduction to components and characteristics of food, natural or processed, which can have positive or negative impact on wellness.</li><li>3. Introduction to physical activity and exercise and their impact on fitness and wellness.</li><li>4. Introduction to emotional and mental health aspects, which are important for wellness.</li><li>5. Discussion of the health triad of nutrition, physical activity and psychological health and how they are linked and interact to impact positively or negatively on overall wellness, especially in terms of the currently common societal conditions and diseases such as obesity, diabetes, heart disease, cancer and dementia.</li><li>6. Discussion of the modern lifestyle, how it contrasts with more traditional lifestyles and how it has impacted on the nutrition, physical activity and psychological health triad and on overall wellness.</li></ol>
<b>Course Learning Outcomes</b>	<b>On successful completion of this course, students will be able to:</b> <ol style="list-style-type: none"><li>1. Describe the nutrients and other food components and the impact they can have on wellness.</li><li>2. Describe physical activity, exercise and fitness and the impact these can have on wellness.</li><li>3. Describe important psychological factors which can impact on wellness.</li><li>4. Describe the links and interactions between nutritional, physical and psychological factors which impact on wellness and the equally important roles they play in terms of the currently common societal conditions and diseases such as obesity, diabetes, heart disease, cancer and dementia.</li></ol> <p>Describe the modern lifestyle, contrast it to more traditional lifestyles and describe how it has impacted on the nutrition, physical activity and psychological health triad and on overall wellness.</p>

# SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	17 Jul	Introduction to the Course and to 'Wellness'	Self-Directed Learning and Online Quiz Training	
2	24 Jul	Nutrition and Wellness	Self- Directed Learning	Online Quiz 1 Introduction to Wellness (3% of Final Mark)
3	31 Jul	The Energy Nutrients and Wellness	Self- Directed Learning	
4	7 Aug	The Non-Energy Nutrients and Wellness	Self- Directed Learning and Quiz	
5	14 Aug	Physical Activity and Wellness	Self- Directed Learning	Online Quiz 2 Nutrition and Wellness (9% of Final Mark)
6	21 Aug	Sociological Aspects of Physical Activity and Sports Participation and Wellness	Self- Directed Learning	
7	28 Aug	Fitness and Wellness	Self- Directed Learning and Quiz	
8	4 Sep	Psychological Health and Wellness I	Self- Directed Learning	Online Quiz 3 - Physical Activity and Wellness (9% of Final Mark)
9	11 Sep	Psychological Health and Wellness II	Self- Directed Learning	
10	18 Sep	Psychological Strategies for Wellness - mindfulness	Self- Directed Learning and Quiz	Written Assignment (15% of Final mark)
<b>Mid Term Break</b>				
<b>Mid Term Break</b>				
11	9 Oct	The Modern Lifestyle, sleep hygiene and fad diets	Self- Directed Learning and Online Discussion	Online Quiz 4 Psychological Health and Wellness (9% of Final Mark)
12	16 Oct	Obesity - Prevention or Weight Loss?	Self- Directed Learning and Online Discussion	Online Discussion (15% of Final Mark)
13	23 Oct	Final examination: 6:00pm Thursday, 26th October		Final Examination (40% of Final Mark)
<b>Examination Period</b>				
<b>Examination Period</b>				

# ASSESSMENTS

This course has 4 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Online Discussion	Week 12 - students will need to participate in this group task for the entire week.	Individual	15%	1, 2, 3, 4, 5
2	Examination: On-line	6:00PM on Thursday, 26th October 2023	Individual	40%	4, 5
3	Quiz - On-line	Weeks 2, 5, 8 and 11. Each quiz will be available for a limited time only and the students will be advised when each will be available.	Individual	30%	4, 5
4	Essays / Written Assignments	Week 10 - students will be advised of the due date and time.	Individual	15%	1, 2, 3, 4, 5

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<b>Late Submissions</b>	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.
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## Assessment 1 - Online Discussion

<b>Assessment Type</b>	Online Learning Activity
<b>Description</b>	A group discussion based on a discussion topic. Discussion and contributions will enable peer-to-peer learning and help develop communication skills.
<b>Weighting</b>	15%
<b>Due Date</b>	Week 12 - students will need to participate in this group task for the entire week.
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Marks will be based on participation in the discussion group and on demonstrated ability to synthesise an opinion based on knowledge and material covered in the course and to convey this clearly in a well presented and articulate manner.
<b>Return Method</b>	
<b>Feedback Provided</b>	No Feedback - General feedback provided to the cohort. The mark for the Online Discussion will be posted on the Canvas 'Grades' system.

## Assessment 2 - Examination: On-line

<b>Assessment Type</b>	In Term Test
<b>Description</b>	The Final Exam will thoroughly test the individual student's knowledge of the course material and their ability to analyse questions and provide answers from this material.
<b>Weighting</b>	40%
<b>Due Date</b>	6:00PM on Thursday, 26th October 2023
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	The Final Exam will cover all the material covered during the semester, including the material already assessed in the Online Quizzes, the Written Assignment and the Online Discussion. Marks will be awarded for choosing the best answer from multiple choice questions.
<b>Return Method</b>	Not Returned
<b>Feedback Provided</b>	No Feedback - Except for the Final Mark in the course, no feedback will be provided.

## Assessment 3 - Quiz - On-line

<b>Assessment Type</b>	Quiz
<b>Description</b>	The Online Quizzes will be in the form of multiple-choice questions. The purpose and benefit of these quizzes is to provide the opportunity for students to keep up with their learning throughout the course and to be provided regular feedback on their learning.
<b>Weighting</b>	30%
<b>Due Date</b>	Weeks 2, 5, 8 and 11. Each quiz will be available for a limited time only and the students will be advised when each will be available.
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Marks will be awarded for choosing the best answer from multiple choice questions based on the material covered.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online - The Online system will provide automatic feedback as soon as the quizzes are submitted.

## Assessment 4 - Essays / Written Assignments

<b>Assessment Type</b>	Written Assignment
<b>Description</b>	A short-written report on a topic relevant to the material covered in the course.
<b>Weighting</b>	15%
<b>Due Date</b>	Week 10 - students will be advised of the due date and time.
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Marks will be based on how well the guidelines are followed and on a demonstrated ability to synthesise written material based on knowledge and material covered in the course and to convey this clearly in a well presented and articulate manner.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	No Feedback - General feedback to the cohort. The mark for the assignment will be posted on the Canvas 'grades' system.

# 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).

## 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.

Material will be posted on the Canvas site throughout the semester and therefore students should consult the site several times each week to make sure they do not miss anything.

## 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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