

NUDI2200: Nutrition 2

Callaghan

Semester 2 - 2023



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description	Continues on from Nutrition 1 and provides a more in depth examination into the study of essential macronutrients and micronutrients and their recommended intakes, with reference to the Australian diet. The course explores the specific nutritional requirements and nutrition related problems at all stages of the life cycle.
Requisites	This course is only available to students enrolled in the B Nutrition & Dietetics (Honours) program and successful completion of HLSC1220, NUDI1000, HUBS1404, CHEM1020, and HUBS2206.
Assumed Knowledge	HLSC1000, CHEM1010, NUDI2220, HUBS2505
Contact Hours	Callaghan Lecture Face to Face On Campus 2 hour(s) per Week for 13 Weeks Tutorial Face to Face On Campus 2 hour(s) per Week for 11 Weeks starting Week 2 Tutorials run from week 2 to 12 *There is an expectation that students attend all tutorial sessions in the second year NUDI coded courses in the B Nutrition & Dietetics. For NUDI2200, this will involve attendance at a minimum of 80% of tutorials (ie. 9 of the 11 tutes). A class role will be taken at all sessions. Any student not attending will be followed up by the course coordinator.
Unit Weighting Workload	10 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 **Callaghan**
Dr Amanda Patterson
Amanda.Patterson@newcastle.edu.au
(02) 4921 6420
Consultation: before and after classes and by appointment.

Teaching Staff Other teaching staff will be advised on the course Canvas site.

School Office **School of Health Sciences**
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SYLLABUS

Course Content

1. Energy and macronutrients: biochemistry, metabolism, dietary sources and measurement
2. Micronutrients, vitamins, minerals, trace-elements: biochemical functions and dietary sources
3. Nutritional reference values in adults, older adults, pregnancy and lactation, infants and childhood, adolescents
4. Nutritional issues in minority groups in Australia
5. Special topics: nutritional genomics, dietary supplements and non-nutrient compounds

Course Learning Outcomes

On successful completion of this course, students will be able to:

1. Demonstrate an understanding of nutrition principles and their application to nutritional requirements and Nutrient Reference Values, including issues of deficiency and toxicity, biochemical processes and nutrient interactions
2. Describe the dietary sources, functions and bioavailability of key nutrients in absorption, metabolism, and assimilation
3. Identify vulnerable individual and at-nutritional risk groups according to lifecycle stage
4. Critically evaluate current issues and topics in nutrition science as a basis for developing interventions
5. Collect, analyse and assess food intake data

Course Materials **Required Text:** Mann J and Truswell AS. Essentials of Human Nutrition (2012) 4th Edition
Oxford University Press, New York. ISBN 978-0-19-929097-0

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	Assignment 1	Week 6, Wed 23 rd August, 11.59pm	Individual	30%	1, 2, 3, 5
2	Assignment 2	Week 11, Wed 11 th October, 11.59pm	Individual	30%	1, 2, 4
3	Exam	Formal Exam Period	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.

Remediation

No opportunity for remediation in either written assignment will be allowed unless accompanied by the appropriate Adverse Circumstances documentation. Where a student enters into the final exam with an overall pass but fails the exam resulting in Final Grade of 45-49%, a supplementary exam will be offered. If a student enters into the final exam without an overall pass mark in the assignments and scores 45-49% overall, a supplementary exam will be at the discretion of the Course Co-ordinator and may be subject to appropriate Adverse Circumstances. All applications for Adverse Circumstances for assessment items must be submitted via the online application system that you will find on the University web site. The student HUB will be able to provide advice and assistance about this process.

Submission of Assignments

All assignments must be submitted **through Canvas**.

Your assignments will be automatically checked on submission through TURNITIN for matching text and plagiarism. You will have the opportunity to submit and re-submit up until the due date/time for the assignment to identify text that matches too closely with published work and previously submitted assignments. Should it be found that there are issues with originality or referencing you may be required to have an interview with the Course Co-ordinator prior to any marks for the piece of work being allocated.

Further detail on the assessment tasks and their marking criteria will be distributed in class and placed on Canvas before the end of week 2.

Assessment 1 - Assignment 1

Assessment Type	Written Assignment
Description	Weighed Food Record Analysis Assignment
Weighting	30%
Due Date	Wednesday 23 rd August (11.59pm)
Submission Method	Online via Canvas
Assessment Criteria	Students will be assessed on their abilities to analyse and synthesise dietary analysis material. Full marking details will be provided on the Canvas site.
Return Method	Rubric on Canvas
Feedback Provided	Individual completed Rubric and general class feedback

Assessment 2 - Assignment 2

Assessment Type	Written Assignment
Description	Scientific Essay
Weighting	30%
Due Date	Wednesday 11 th October (11.59pm)
Submission Method	Online via Canvas
Assessment Criteria	Students will be assessed on their abilities to find, analyse and synthesise current scientific nutrition literature. Full marking details will be provided on the Canvas site.
Return Method	Rubric on Canvas
Feedback Provided	Individual completed Rubric and general class feedback

Assessment 3 - Exam

Assessment Type	Formal Examination – multiple choice and short answer questions
Description	Written exam
Weighting	40%
Due Date	Formal Exam Period
Submission Method	N/A
Assessment Criteria	Students will be assessed on their knowledge and application of lecture and tutorial material.
Return Method	N/A
Feedback Provided	N/A

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, email and in-class.

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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