

NUDI3250: Nutrition Communication

Callaghan

Semester 2 - 2023



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description Students will learn the theory of nutrition education and communication with a key focus on its application to groups in the community. Students will apply both nutrition knowledge and health behaviour change to the process of nutrition education and communication to empower groups and/or the broader community to improve their own health through engagement, facilitation, education and collaboration.

Review of Progress Requirements This course is a compulsory program requirement for students in the following program(s):

- Bachelor of Nutrition and Dietetics (Honours)

In addition to meeting the University's overall requirements for academic progression, students enrolled in this program must satisfactorily complete this course in order to progress in their program.

Requisites This course is only available to students who are active in the Bachelor of Nutrition and Dietetics (Hons) (123369) program and have successfully completed NUDI3240 and NUDI3310.

Assumed Knowledge NUDI2200

Contact Hours **Callaghan**
Lecture
Face to Face On Campus
2 hours per Week for 10 Weeks starting Week 1

Tutorial*
Face to Face On Campus
1 hour per Week for 10 Weeks starting Week 1

Seminar*
Face to Face On Campus
4 hours per Term Full Term starting Week 11
1 x 4-hour oral presentations in weeks 11 and 12

**There is an expectation that students attend all tutorials, laboratory sessions, workshops and seminars in the third-year NUDI-coded courses in the Bachelor of Nutrition and Dietetics (Honours). For NUDI3250, this will involve attendance at a minimum of 80% of tutorials (i.e., 8 of the 10 tutorials) and compulsory attendance at the seminar in either week 11 or week 12. A class role will be taken at all sessions. Any student not attending will be followed up by the course coordinator.*

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 **Callaghan**
Mrs Kelly Squires
Kelly.Squires@newcastle.edu.au
02 49854012
Consultation: before and after class, via email or by appointment.

School Office **School of Health Sciences**
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SYLLABUS

Course Content

1. Defining nutrition education and different modes of communication (interpersonal, non-verbal, written and oral), adult education theory, models of health behaviour change and active listening.
2. Communication of complex/scientific information in simplified ways.
3. Adapting and tailoring communication appropriately for specific audiences to empower groups and communities to improve their health, including marketing strategies.
4. Communication skills for a range of platforms, including written, verbal and social media/technology.
5. Evaluating nutrition communication and education programs.
6. Small group facilitation skills for effective communication.
7. Stages in small group process and conflict resolution.

Course Learning Outcomes

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

1. Demonstrate awareness of different modes of professional communication, and apply active listening, models of behaviour change to nutrition education and communication.
2. Demonstrate knowledge of communication on a range of platforms including written, verbal and social media/technology.
3. Demonstrate an ability to translate complex/scientific information into a simplified manner for communication to the general population.
4. Describe the principles of adult education and communication for group processes.
5. Demonstrate skills required for successful facilitation and communication of nutrition information, including conflict management.
6. Apply the principles of marketing to promote healthy eating and influence dietary change.
7. Display effective active listening, interviewing and interpersonal skills.

Course Materials

There are no set texts for this course. The learning material will be made available on the Canvas site. Recommended readings will be posted on Canvas.

COMPULSORY REQUIREMENTS

In order to pass this course, each student must complete ALL of the following compulsory requirements:

Course Assessment Requirements:

To pass this course, students must pass (grade $\geq 50\%$) both assessment items.

ASSESSMENTS

This course has 2 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Nutrition Communication Portfolio (written assessment) (Capstone)*	Week 10, 5 pm Friday 22 nd September	Individual	60%	1, 2, 3, 4, 5, 6
2	Nutrition Education Session (oral presentation)*	Week 11 or 12 during the allocated seminar time	Individual	40%	3, 5, 7

* This assessment has a compulsory requirement.

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.

Reminder

1) Reusing one's own work, or part thereof, that has been submitted previously and counted towards another course without permission from the relevant Course Coordinator and 2) making contact or colluding with another person, contrary to instructions, during an examination, in-term test, quiz or other individual assessment item are considered forms of Academic Fraud within the Student Academic Integrity Policy. This information is located in the policy glossary under academic fraud, the Academic Integrity Module and/or details in HLSC1000 content on Academic Integrity.

Assessment 1 – Nutrition Communication Portfolio (written assessment) [Capstone]

Assessment Type	Written Assignment
Description	This is a written assignment that comprises a nutrition communication portfolio for a specified condition.
Weighting	60%
Compulsory Requirements	Students must pass this assessment item to pass the course.
Due Date	Week 10, 5 pm Friday 22 nd September
Submission Method	Via Canvas
Assessment Criteria	Students will be assessed on their knowledge and application of the course material. A marking rubric is available on Canvas.
Return Method	Online via Canvas
Feedback Provided	Individual portfolios will receive feedback using the online rubric, and general feedback will be provided on Canvas.
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment. This will be assessed on an individual basis.

Assessment 2 – Nutrition Education Session (oral presentation)

Assessment Type	Oral Presentation
Description	This is an oral presentation that describes the diet-disease relationship as part of a nutrition education session.
Weighting	40%
Compulsory Requirements	Students must pass this assessment item to pass the course.
Due Date	Week 11 or week 12, during the allocated seminar time. Students will be advised of their allocated presentation date on Canvas during week 1.
Submission Method	In class
Assessment Criteria	Students will be assessed on their knowledge and application of the course material. A marking rubric is available on Canvas.
Return Method	N/A
Feedback Provided	Individuals will receive feedback using the online rubric, and general feedback will be provided on Canvas.
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment. This will be assessed on an individual basis.

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 face-to-face lectures, tutorials and seminars, and communication via Canvas and email as required.
Course Evaluation	Each year feedback is sought from students and other stakeholders about the courses offered at 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 the Head of School's 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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