

EXSS3030: Nutrition for Health, Fitness and Sport

Online

Summer 2 - 2024



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

CONTACTS

Course Coordinator	Online Dr Rebecca Haslam Rebecca.Haslam@newcastle.edu.au Consultation: Online by appointment
Teaching Staff	Other teaching staff will be advised on the course Canvas site.
School Office	School of Biomedical Sciences and Pharmacy MS607 Medical Science Building, Callaghan Biomedsci-Admin@newcastle.edu.au 02 49218679 or 02 49212058 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
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Course Learning Outcomes	On successful completion of this course, students will be able to: <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).
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Course Materials	Recommended Reading: <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.
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Other Resources:

UoNline site

- Students enrolled in the course can login <http://uonline.newcastle.edu.au/> to access the UoNline site used to support this course. You need to visit the UoNline site on a regular basis to access lecture & laboratory notes, any selected readings and relevant announcements.
- References to other texts, articles, audiovisual material and websites will be provided in lectures, tutorials and on UoNline/Canvas.

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	15 Jan	Dietary guidelines Dietary assessment methods Macronutrients	Learning activity 1: Dietary assessment methods	<ul style="list-style-type: none"> • Online exam 1 (5%) • Due Friday 19th January, 5pm
2	22 Jan	Micronutrients Nutrition and chronic disease & Water requirements Identifying fad diets and understanding behaviour change	Learning activity 2: Interpreting food records	<ul style="list-style-type: none"> • Online exam 2 (5%) • Due Friday 26th January, 5pm
3	29 Jan	Energy balance and appetite regulation Managing at risk athletes Nutrition strategies and body composition		<ul style="list-style-type: none"> • Online exam 3 (5%) • Due Friday 2nd February, 5pm
4	5 Feb	Nutrition before, during and after sport Efficacy and risk of supplements Nutrition across the lifecycle and in special populations and environmental conditions		<ul style="list-style-type: none"> • Dietary analysis assessment (40%) • Due Monday 5th February, 9am • Online exam 4 (5%) • Due Friday 9th February, 5pm
Examination Period				<ul style="list-style-type: none"> Online case studies (40%) • Due Friday 16th February, 5pm

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	Monday 5th February, 9am.	Individual	40%	1, 2, 5
2	Online exams	EXAM Module 1 (5%) due 5pm Fri 19/01 EXAM Module 2 (5%) due 5pm Fri 26/01 EXAM Module 3 (5%) due 5pm Fri 02/02 EXAM Module 4 (5%) due 5pm Fri 09/02	Individual	20%	1, 2, 3, 4, 5
3	Online	All 4 case studies due 5pm Fri 16/02	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 assignment, including macronutrient and micronutrient recommendation.
Weighting	40%
Due Date	Monday 5th February, 9am.
Submission Method	Online Turnitin.
Assessment Criteria	Further details about the dietary analysis assignment, including macronutrient and micronutrient recommendation will be provided on UoNline/Canvas.
Return Method	Online
Feedback Provided	Online - Feedback will be provided via the Marking Rubric supplied on Canvas within a 3-week time frame from the date of submission through Canvas. Further feedback can be provided in person by appointment.

Assessment 2 - Online exams

Assessment Type	In Term Test
Description	Online exams x 4 all worth 5% each.
Weighting	20%
Due Date	EXAM Module 1 (5%) due 5pm Fri 19/01 EXAM Module 2 (5%) due 5pm Fri 26/01 EXAM Module 3 (5%) due 5pm Fri 02/02 EXAM Module 4 (5%) due 5pm Fri 09/02
Submission Method	Online
Assessment Criteria	Further details about the structure of the online exams will be provided on UoNline/Canvas.
Return Method	Not Returned
Feedback Provided	Online - Via email if requested.

Assessment 3 - Online

Assessment Type	Case Study / Problem Based Learning
Description	4 x case studies, each worth 10%. These are designed to assess your learned knowledge and how you would apply this knowledge to practice.
Weighting	40%
Due Date	All 4 case studies due 5pm Fri 16/02
Submission Method	Online
Assessment Criteria	Further details about the structure of the online exams will be provided on UoNline/Canvas.
Return Method	Not Returned
Feedback Provided	Online - Via email if requested.

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: Attendance record)

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.

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 for Students' tab in UoNline contains important information that all students should be familiar with, including various systems, policies and procedures.

Other Information

Reasonable Adjustment Plans (RAP)

If you are registered with AccessAbility and have been provided with a Reasonable Adjustment Plan (RAP), please ensure that you provide your Course Coordinator with a copy as soon as you can, or let your Course Coordinator know that you are still waiting for your RAP.

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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