

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

Online

Summer 2 - 2024



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.

Academic Progress Requirements Nil

Contact Hours Online

Online Activity

Online

24 hour(s) per 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

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

CONTACTS

Course Coordinator	Online Mrs Michelle Challinor Michelle.Challinor@newcastle.edu.au (02) 434 84654 Consultation: I work remotely so contact is best via email.
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 (02) 4921 5080 9am-5pm (Mon-Fri)

SYLLABUS

Course Content	Topics will include: <ol style="list-style-type: none">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.2. Introduction to components and characteristics of food, natural or processed, which can have positive or negative impact on wellness.3. Introduction to physical activity and exercise and their impact on fitness and wellness.4. Introduction to emotional and mental health aspects, which are important for wellness.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.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.
Course Learning Outcomes	On successful completion of this course, students will be able to: <ol style="list-style-type: none">1. Describe the nutrients and other food components and the impact they can have on wellness.2. Describe physical activity, exercise and fitness and the impact these can have on wellness.3. Describe important psychological factors which can impact on wellness.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.5. 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.

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	15 Jan	* Introduction to the course and to 'wellness' * Nutrition and wellness * The energy nutrients and wellness * The non-energy nutrients and wellness	Self-directed learning	Online quiz 1 - Introduction to wellness (3%)
2	22 Jan	* Physical activity and wellness * Sociological aspects of physical activity and wellness, and sports participation and wellness * Fitness and wellness	Self-directed learning	Online quiz 2 - Nutrition and wellness (9%)
3	29 Jan	* Psychological health I * Psychological health II * Psychological strategies for wellness - mindfulness	Self-directed learning	Online quiz 3 - Physical activity and wellness (9%)
4	5 Feb	* The modern lifestyle, sleep hygiene and fad diets * Obesity - prevention or weight loss?	Self-directed learning	Online quiz 4 - Psychological health and wellness (9%) Written assignment (15%) Online discussion (15%)
Examination Period				Final exam 6:00PM (AEDT) on Thursday, 15th February, 2024.

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 4 - students will be advised on the specific dates on which the discussion board will be open.	Individual	15%	1, 2, 3, 4, 5
2	Examination: On-line	Exam will be held at 6:00PM (AEDT) on Thursday, 15th February, 2024.	Individual	40%	4, 5
3	Quiz - On-line	Weeks 1, 2, 3 and 4. Each quiz will be available for a limited time only and students will be advised when each quiz will be available.	Individual	30%	4, 5
4	Essays / Written Assignments	11:59PM (AEDT) on Friday, 9th February, 2024	Individual	15%	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 - Online Discussion

Assessment Type Purpose

Online Learning Activity
To enable peer-to-peer learning, to consolidate course content and to develop skills in professional communication.

Description	A group discussion based on a discussion topic - students will be assessed individually, but must work in groups.
Weighting	15%
Due Date	Week 4 - students will be advised on the specific dates on which the discussion board will be open.
Submission Method	Online
Assessment Criteria	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.
Return Method	Not Returned
Feedback Provided	Online - General feedback to the cohort will be provided - not individual.

Assessment 2 - Examination: On-line

Assessment Type	In Term Test
Purpose	To thoroughly test the individual student's knowledge of the course material and their ability to analyse questions and provide answers from this material.
Description	2-hour multiple choice online exam.
Weighting	40%
Length	2 hours
Due Date	Exam will be held at 6:00PM (AEDT) on Thursday, 15th February 2024.
Submission Method	Online
Assessment Criteria	The final exam will cover all the material covered during the semester, including the material already assessed in online quizzes.
Return Method	Not Returned
Feedback Provided	No Feedback

Assessment 3 - Quiz - On-line

Assessment Type	Quiz
Purpose	To provide the opportunity for students to keep up with their learning throughout the course and to be provided with regular feedback on their learning.
Description	Online multiple choice quizzes.
Weighting	30%
Due Date	Weeks 1, 2, 3 and 4. Each quiz will be available for a limited time only and students will be advised when each quiz will be available.
Submission Method	Online
Assessment Criteria	Marks will be awarded for choosing the best answer from multiple choice questions based on the material covered.
Return Method	Online
Feedback Provided	Online - The online system will provide feedback as soon as the quizzes have closed.

Assessment 4 - Essays / Written Assignments

Assessment Type	Written Assignment
Description	A short, written report on a topic relevant to the material covered in the course.
Weighting	15%
Due Date	11:59PM (AEDT) on Friday, 9th February, 2024
Submission Method	Online
Assessment Criteria	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.
Return Method	Online
Feedback Provided	Online - General feedback to the cohort will be provided - not individual.

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).

WH&S Requirements

This course is run online. Students are to ensure that they have a comfortable working environment, with their computer set up to prevent eye strain and muscle strain.

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/respect-at-uni/policies-and-procedures>

that support a safe and respectful environment at the University.

Other Information

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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