School of Environmental and Life Sciences

FSHN3060: Nutrition for the life cycle

Online

Semester 1 - 2024

COURSE OUTLINE

OVERVIEW

Course Description

Provides a detailed view of the nutritional foundations necessary for human growth, development, reproduction, health and well-being in each stage of the human life cycle. The life stages covered are preconception, pregnancy and lactation, infancy, childhood, adolescence, adulthood, and old age. Recommendations and consequences for health and disease will be addressed for each life cycle stage.

Academic Progress Requirements

Nil

Assumed Knowledge

BIOL2011 Fundamentals of Biology and Biochemistry or; FSHN2020 Macronutrients, FSHN2030 Micronutrients or; HLSC2240 Nutrition in childhood, BIOL1001 molecules, cells and organisms or; FSHN1030 Introduction to the nutritional, physical and psychological aspects of wellness, EXSS2080 Growth, development and ageing; or HUBS2107 Mammalian growth and development

Contact Hours

Online
Lecture
Online
24 hour(s) per term starting Week 1

Online Activity
Self-Directed
24 hour(s) per term starting Week 1

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.

CONTACTS

Course Coordinator

Online
Dr. Taiwo Akanbi
Taiwo.akanbi@newcastle.edu.au
Consultation: By Appointment

Teaching Staff

Miss Grace Austin
Grace.Austin@newcastle.edu.au
Consultation: By Appointment

School Office

School of Environmental and Life Sciences
Room C228 Chemistry Building
Callaghan
CESE-SELS@newcastle.edu.au
(02) 4921 5080
9am-5pm (Mon-Fri)

SYLLABUS

Course Content

Module 1: Maternal and infant nutrition

- Pre-conception – maternal weight, malnutrition and fertility, the role of supplementation and fortification
- Pregnancy – energy and nutrient needs, food safety, the role of nutrition in the developmental origins of disease
- Lactation and infancy – maternal energy and nutrient needs, infant energy and nutrient needs, the nutrition of breastfeeding and infant formula, introducing other foods

Module 2: Child and adolescent nutrition

- Energy and nutrient needs in growth and development, diseases of deficiency and excess, adverse reactions and allergies, food choices and habits

Module 3: Nutrition in adulthood

- Energy and nutrient needs, food choices and dietary habits, the role of nutrition in adulthood in the prevention and development of chronic disease, healthy ageing

Module 4: Nutrition and the Elderly

- Energy and Nutrient Needs of Older Adults, nutrition and longevity, Nutrition and the Development and Progression of Degenerative Diseases, Nutrient-Drug Interactions

Course Learning Outcomes

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

1. Relate foods and nutrients to the biological requirements of humans at different stages of the life cycle
2. Generate resources to summarise and communicate nutritional information compiled from official recommendations and scientific sources
3. Explain, compare and contrast the nutritional requirements of humans during different stages of the life cycle
4. Relate the nutrition-related concerns specific to each stage of the human life cycle to consequences for health and disease
5. Explain and reflect upon the consequences of physical, biochemical, physiological, social and psychological factors impacting nutritional intake and status during each stage of the human life cycle

Course Materials

Recommended Text:

Sharlin J, Edelstein S. Essentials of life cycle nutrition. This text is available online, for free, via the course readings link on Canvas

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	26 Feb	Module 1 - Maternal and infant nutrition	1.1 Preconception 1.2 Maternal needs during Pregnancy	None this week
2	4 Mar	Module 1 - Maternal and infant nutrition	1.3 Dietary impacts on the foetus in gestation 1.4 Lactation & formula feeding	None this week
3	11 Mar	Module 1 - Maternal and infant nutrition	1.5 Introducing Solids 1.6 Public Health Communication	None this week
4	18 Mar	Module 2 - Child & adolescent nutrition	2.1 Energy & nutrient needs in growth & development 2.2 Diseases of energy & excess	None this week
5	25 Mar	Module 2 - Child & adolescent nutrition	2.3 Adverse reactions & allergies 2.4 Food choices & habits in children & teens	Assignment 1 due this week (Friday, 29/03/24 @ 10pm)
6	1 Apr	Module 3 - Adult Nutrition	3.1 Energy & Nutrient needs in adulthood 3.2 Prevention & development of chronic disease	None this week
7	8 Apr	Module 3 - Adult Nutrition	3.3 Healthy Eating 3.4 Dietary Habits	None this week
Mid-Semester Recess				
Mid-Semester Recess				
8	29 Apr	Module 3 - Adult Nutrition	3.5 Food choice & food in society	None this week
9	6 May	Module 4 - Nutrition for the Elderly	4.1 Energy & nutrient needs of older adults	Assignment 2 due this week (Friday, 10/05/24 @ 10pm)
10	13 May	Module 4 - Nutrition for the Elderly	4.2 Nutrition & Longevity	None this week
11	20 May	Module 4 - Nutrition for the Elderly	4.3 Drug Nutrient interactions in ageing	None this week
12	27 May	Fitting it all together	Transitions through the life cycle	None this week
13	3 Jun	Consultations	Free for consultations	Assignment 3 due this week (Friday, 07/06/24 @ 10pm)
Examination Period				
Examination Period				

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	Nutrition information resource	Friday, 29/03/24 at 10pm	Individual	25%	1, 2
2	Written Assessment	Friday, 10/05/24 at 10pm	Individual	35%	1, 2, 3, 4, 5
3	Written Assessment	Friday, 07/06/24 at 10pm	Individual	40%	1, 2, 3, 4, 5
4	Formative Assessment		Individual	Formative	1, 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 - Nutrition information resource

Assessment Type Project
Purpose To design an information resource to communicate key food and nutrition recommendations relating to maternal or infant nutrition.
Description Students will design an information resource to communicate the key food and nutrition recommendations for a periconceptional or early life stage (pre-conception, during pregnancy, lactation, infancy, childhood). This resource could be an infographic, a flyer, a pamphlet, podcast, video or any other suitable medium for communication. Marks will be awarded for content depth and accuracy, presentation, length/volume, clarity, engagement and documentation.
Weighting 25%
Length Varies by resource type - see rubric.
Due Date Friday, 29/03/24 at 10pm
Submission Method Online
Assessment Criteria A marking rubric will be provided on Canvas in week 1 of semester.
Return Method Online
Feedback Provided Online - Within 3 weeks of due date via Canvas. Marking rubrics and feedback sheets will be returned.

Assessment 2 - Written Assessment

Assessment Type Report
Purpose To test individual student's understanding of the relationship between foods, nutrients and the biological requirements of humans at different stages of the life cycle
Description Students will create a summary document of selected nutrients and describe and explain 1) how and why the requirements for each nutrient vary at each human life stage 2) the consequences of sub-optimal intake 3) the physical, biochemical, physiological, social and psychological factors that may influence intake at each life stage.
Weighting 35%
Length 8 pages
Due Date Friday, 10/05/24 at 10pm
Submission Method Online
Assessment Criteria A marking rubric will be provided on Canvas in week 1 of semester.
Return Method Online
Feedback Provided Online - Within 3 weeks of due date via Canvas. Marking rubrics and feedback sheets will be returned.

Assessment 3 - Written Assessment

Assessment Type Written Assignment
Purpose To test individual student's ability to generate resources to summarise and communicate nutritional information compiled from official recommendations and scientific sources.
Description Students will evaluate the suitability of different diets provided for the different

	human life stages.
Weighting	40%
Length	9 pages
Due Date	Friday, 07/06/24 at 10pm
Submission Method	Online
Assessment Criteria	A marking rubric will be provided on Canvas in week 1 of semester.
Return Method	Online
Feedback Provided	Online - Within 3 weeks of due date via Canvas. Marking rubrics and feedback sheets will be returned.

Assessment 4 - Formative Assessment

Assessment Type	Quiz
Purpose	To provide feedback on key learning throughout the semester
Description	Quizzes will be available with online content. Weighting This is a formative assessment and will not contribute to your final grade.
Weighting	
Due Date	
Submission Method	Online
Assessment Criteria	
Return Method	Online
Feedback Provided	Online - Online - Immediately following submission via Canvas. Answers will be marked correct or incorrect with the opportunity to reattempt.

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: NA)

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.

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.