

NUDI1000: Nutrition 1

Callaghan

Semester 1 - 2024



OVERVIEW

Course Description Introduces nutrition and dietetics and education students to the study of nutrition; including nutrients, requirements, food sources and food selection guides. It covers aspects of the Australian Food and Nutrition System (production, distribution, consumption, and food regulation). It also introduces health outcomes and the interpretation of national data related to nutritional conditions, and the research and educational tools used by nutrition professionals.

Academic Progress Requirements Nil

Requisites This course is only available to students enrolled in the programs:

- [12339] Bachelor of Nutrition and Dietetics (Honours)
- [12373] Bachelor of Teaching (Technology)(Honours)
- [40107] Bachelor of Education (Secondary)
- [40108] Bachelor of Education (Secondary)(Honours)

Contact Hours
Callaghan Lecture
Face to Face On Campus
2 hour(s) per week(s) for 13 week(s) starting Week 1

Tutorial
Face to Face On Campus
2 hour(s) per week(s) for 11 week(s) starting Week 2

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 **Callaghan**
Dr Amanda Patterson
Amanda.Patterson@newcastle.edu.au
(02) 4921 6420
Consultation: Before and after classes or email for a time.

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

School Office **School of Health Sciences**
Room 302, ICT Building
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SYLLABUS

Course Content

1. The food supply - its control and measurement.
2. The distribution of food, including difficulties in isolated areas.
3. Consumption of food, how to assess dietary intake and different patterns of consumption including the role of nutrition in patterns of disease.
4. Nutrients, their source, functions and requirements and the needs of special groups.
5. Nutrition education - food selection guides used in Australia and internationally, dietary guidelines.
6. Contemporary and emerging issues in nutrition.

Course Learning Outcomes

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

1. Describe the psychosocial, cultural, political and economic factors influencing food and food use, food habits, diet and lifestyle - food availability and consumption; the role, functions and sources of nutrients; the food selection guides and the dietary guidelines
2. Apply current knowledge of the theory of human nutrition and dietetics and related practice, including Nutrient Reference Values and dietary sources and functions of nutrients
3. Critically appraise issues in nutrition & dietetics
4. Demonstrate practical skills in dietary assessment and analysis techniques

Course Materials *Recommended Text*

Wahlqvist ML. and Gallegos D. Food and Nutrition: Sustainable Food and Health Systems; Australia and New Zealand 4th Ed, 2020. Allen and Unwin, Crows Nest NSW

COURSE REQUIREMENTS

Attendance Requirements:

- All students completing a 1000 level course must participate in 80% of the tutorials for this course.
- If you do not attend 80% of tutorial classes, you will not pass this course.
- You will be required to log your attendance at tutorials using the attendance App and this will be monitored by the Course Co-ordinator.

ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below. To be successful in the course you must receive a minimum mark of 50% of the total weighted assessment marks.

Students requiring an **extension** for an assignment should check the policy for Extension of Time for Assessment Items and submit an Adverse Circumstances Application.

Students with a **Reasonable Adjustment Plan** produced with the AccessAbility unit should send a copy to the Course Co-ordinator before any assessment tasks are due.

Turnitin is a text matching program that checks for Plagiarism. Assignments submitted through the Canvas site will be checked via Turnitin and will receive a Similarity Index. Any issues with **originality or referencing** will need to be discussed with the Course Co-ordinator and you may be referred to the Student Academic Conduct Officer for the School of Health Sciences.

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 Matrix:

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Assignment	Week 10 11.59pm Wed 15 th May 2024	Individual	30%	3, 4
2	Mid semester test	Week 6 Online; Fri 5 th April 2024	Individual	20%	1, 2
3	Formal Exam	Formal Exam Period	Individual	50%	1, 2, 3, 4

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 – Assignment

Assessment Type Purpose

Written Assignment

To obtain experience evaluating and synthesising information in the nutrition field; and to demonstrate practical dietary assessment and analysis skills.

Description Weighting

1000-1200 word individual assignment

30%

Due Date	Week 10 - 11.59pm Wednesday 15 th May 2024
Submission Method	Electronic submission through Canvas. Marks will be deducted for late submissions according to the University policy.
Assessment Criteria	Rubric will be provided on Canvas
Return Method	Online
Feedback Provided	Assignment marks will be posted on Canvas as soon as they are available and you will be able to access the completed assignment rubric here. This will provide you with feedback about what you scored for each section. General comments and feedback for the class will be compiled by markers and provided via Canvas.
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment.

Assessment 2 - Mid semester test

Assessment Type	In Term Test
Purpose	To demonstrate achievement of course learning objectives.
Description	Multiple Choice Test assessing content from Weeks 1-5
Weighting	20%
Due Date	Week 6 – Fri 5 th April 2024 (opening time to be confirmed)
Submission Method	Online
Assessment Criteria	N/A
Return Method	This is a non-returnable assessment
Feedback Provided	Marks will be posted on Canvas. Course Co-ordinator will provide feedback on MCQ questions answered poorly by cohort in a subsequent class
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment

Assessment 3 - Formal Exam

Assessment Type	Formal Examination
Purpose	To demonstrate achievement of course objectives
Description	2 hour exam paper including Multiple Choice and Short Answer Questions
Weighting	50%
Due Date	Formal Exam Period
Submission Method	N/A This is a face to face invigilated exam
Assessment Criteria	N/A
Return Method	This is a non-returnable assessment item
Feedback Provided	Individual Exam marks will not be provided, but students will have access to the other assessment item grades on Canvas. Students will receive overall grade for the course from the University through their student portal.
Opportunity to Reattempt	Students WILL NOT be given the opportunity to reattempt this assessment.

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	Satisfactory standard indicating an adequate knowledge and

	(P)	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 during face to face classes.

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.

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