

**PUBH2040: Health Studies 1**

Callaghan  
Semester 1 - 2024



## OVERVIEW

<b>Course Description</b>	This course introduces students to the complex and multi-factorial nature of health and illness, and relevant fields of public health, epidemiology and health promotion. Students will better understand the relationship between health and the social determinants of health, and issues and concepts which are important in the Health component of the new Australian HPE Curriculum. The course addresses public health issues affecting young people with a particular focus on the recognised priority issues of drug use, nutrition, physical activity and childhood obesity.
<b>Academic Progress Requirements</b>	Nil
<b>Contact Hours</b>	<b>Callaghan Lecture</b> Online 2 hour(s) per week(s) for 12 week(s) starting Week 1  <b>Online Activity</b> Online 2 hour(s) per week(s) for 2 week(s)  <b>Self-Directed Learning</b> Online 1 hour(s) per week(s) for 5 week(s)  <b>Tutorial</b> Face to Face On Campus 1 hour(s) per week(s) for 7 week(s)
<b>Unit Weighting</b>	10
<b>Workload</b>	Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

# COURSE OUTLINE

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# CONTACTS

<b>Course Coordinator</b>	<b>Callaghan</b> Dani Lynch-Clyne <a href="mailto:Dani.Lynch-Clyne@newcastle.edu.au">Dani.Lynch-Clyne@newcastle.edu.au</a> Consultation: As Dani is frequently out of the office, it is best to email or phone the School Education Office in the first instance (details provided below). If the School Education Office is unable to assist you, they will let Dani know who will contact you as soon as she can.
<b>Teaching Staff</b>	Other teaching staff will be advised on the course Canvas site.
<b>School Office</b>	<b>School of Medicine and Public Health Education Office</b> <a href="mailto:HBS@newcastle.edu.au">HBS@newcastle.edu.au</a> Tel: 4042 0550  Consultation: As we are the first point of contact for students in a number of courses, it is important to include the course code in the subject line of your email (e.g. PUBH2040 – Callaghan) and your student number in the body of the email.  If you telephone and there is no answer, please leave a message describing the reason for your call, your contact details and the course code.

# SYLLABUS

<b>Course Content</b>	<ol style="list-style-type: none"><li>1. Nutrition, Physical Activity &amp; Obesity.</li><li>2. Drugs &amp; Alcohol.</li></ol>
<b>Course Learning Outcomes</b>	<p><b>On successful completion of this course, students will be able to:</b></p> <ol style="list-style-type: none"><li>1. Understand the philosophy and purpose of education on public health issues affecting young people in schools in Australia;</li><li>2. Describe current prevalence and patterns of behaviours associated with the public health problems of unhealthy diet, insufficient physical activity, obesity, and drug and alcohol misuse among the Australian population;</li><li>3. Recall current nationally agreed Australian dietary and physical activity (movement) guidelines;</li><li>4. Interpret and apply NSW Department of Education policies and practices related to nutrition and physical activity, drugs &amp; alcohol use;</li><li>5. Identify the effects of drug &amp; alcohol use and the application of harm minimisation strategies for different drugs;</li><li>6. Identify and provide appropriate support to school students who are at risk of drug use or drug and alcohol-related harm.</li></ol>

# 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	Nutrition Education Resource	Monday of Week 5 11.59PM on Monday 25 March 2024	Combination	30%	1, 2, 3, 4
2	Online Quiz &#38; Reflective Writing Tasks	End of Week 1 By 11.59PM on Friday 1 March 2024  End of Week 6 By 11.59PM on Friday 5 April 2024  End of Week 8 By 11.59PM on Friday 3 May 2024  End of Week 13 By 11.59PM on Friday 7 June 2024	Individual	30%	2, 3, 4, 5
3	Examination	Online Formal Exam held in the Examination Period  11 June 2024 to 21 June 2024	Individual	40%	1, 2, 3, 4, 5, 6

## 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 Education Resource

<b>Assessment Type</b>	Report
<b>Description</b>	Please refer to the Course Information Guide on Canvas for more information regarding this assessment.
<b>Weighting</b>	30%
<b>Due Date</b>	Monday of Week 4 – 11.59PM on Monday 25 March 2024
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Please refer to the Course Information Guide on Canvas for the Assessment Criteria.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online

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## Assessment 2 - Online Quiz & Reflective Writing Tasks

<b>Assessment Type</b>	Online Learning Activity
<b>Description</b>	Please refer to the Course Information Guide on Canvas for more information regarding this assessment.
<b>Weighting</b>	30%
<b>Due Date</b>	End of Week 1 (By 11.59PM on Friday 1 March 2024) End of Week 6 (By 11.59PM on Friday 5 April 2024) End of Week 8 (By 11.59PM on Friday 3 May 2024) End of Week 13 (By 11.59PM on Friday 7 June 2024)
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Please refer to the Course Information Guide on Canvas for the Assessment Criteria.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online

## Assessment 4 - Examination

<b>Assessment Type</b>	Formal Examination
<b>Description</b>	Please refer to the Course Information Guide on Canvas for more information regarding this assessment.
<b>Weighting</b>	40%
<b>Due Date</b>	Online Formal Exam held in the Examination Period 11 June 2024 to 21 June 2024
<b>Submission Method</b>	Online
<b>Return Method</b>	Not Returned
<b>Feedback Provided</b>	No Feedback

# 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:

- Tutorial (Method of recording: Class list checks)

## Communication Methods

Communication methods used in this course include:

- Face to Face: Communication will be provided via face to face meetings or supervision.
- 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>. Please note Artificial Intelligence (AI) is not to be used to complete assessments in PUBH2040. Use of AI is permitted as outlined here <https://libguides.newcastle.edu.au/AI-tools/uni>.

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**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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