UNSW Course Outline

GENS1111 Big Fat Myths - 2024

Published on the 02 Feb 2024

General Course Information

Course Code : GENS1111
Year : 2024
Term : Term 1
Teaching Period : T1
Is a multi-term course? : No
Faculty : Faculty of Science
Academic Unit : School of Biotechnology and Biomolecular Sciences
Delivery Mode : Online
Delivery Format : Standard
Delivery Location : Kensington
Campus : Sydney
Study Level : Undergraduate
Units of Credit : 6

Useful Links

Handbook Class Timetable

Course Details & Outcomes

Course Description

Weight loss fads in the form of diets and exercise regimes (with mostly unrealistic claims) are ubiquitous in modern day life; however, there is surprising ignorance and confusion about how we lose weight, with most people unable to answer the simplest question: when one loses weight, where does the fat go?

This course will lift the veil on weight loss by tracing every atom one eats into and out of the body while investigating the fate of fat during weight loss. There will be a focus on how humans convert food into useful energy, why energy is important, what exactly happens in the body during weight loss and weight gain, and how one can change their lifestyle in subtle ways to live a healthier life.

The course is delivered fully online with asynchronous lectures and a compulsory weekly 2-hour synchronous tutorial. It is aimed at all students who have an interest in learning about the science of diet and exercise. No prior scientific knowledge is needed as the content is delivered for a general audience.

Course Aims

The aim of this course is to introduce students to basic modern biochemistry principles in a simple manner by focusing on how the food we eat is processed inside the body and converted to useful energy. The course aims to teach students the metabolic processes of weight loss and weight gain by exploring how the body stores energy when in excess, leading to weight gain, and how the body uses energy in times of deficiency like exercise, fasting or starvation, leading to weight loss.
The aim of the assessment tasks is to bring attention to the authentic real-life applications of scientific concepts learned in the course to reinforce knowledge.

Relationship to Other Courses

This is the same course as BABS1111.

Course Learning Outcomes

Course Learning Outcomes
CLO1 : Describe and explain metabolism as the conversion of food into useful energy by digestion, absorption and respiration.
CLO2 : Discuss how weight loss, weight gain, exercise, fasting, starvation, and metabolic diseases affect normal metabolic processes.
CLO3 : Critically evaluate popular weight loss methods and claims.
CLO4 : Analyse experimental data and entries from a food and exercise journal to diagnose an individual with a metabolic condition.
CLO5 : Communicate scientific information verbally, visually, and in written form.

Course Learning Outcomes	Assessment Item
CLO1 : Describe and explain metabolism as the conversion of food into useful energy by digestion, absorption and respiration.	• Critique of a Weight Loss Method • Exam • Diagnosis Report
CLO2 : Discuss how weight loss, weight gain, exercise, fasting, starvation, and metabolic diseases affect normal metabolic processes.	• Critique of a Weight Loss Method • Exam • Diagnosis Report
CLO3 : Critically evaluate popular weight loss methods and claims.	• Critique of a Weight Loss Method
CLO4 : Analyse experimental data and entries from a food and exercise journal to diagnose an individual with a metabolic condition.	• Diagnosis Report
CLO5 : Communicate scientific information verbally, visually, and in written form.	• Exam • Critique of a Weight Loss Method • Diagnosis Report

Learning and Teaching Technologies

Moodle - Learning Management System | Microsoft Teams | Echo 360

Learning and Teaching in this course

Course Set up

Most of the course content will be available from the start of the Term on Moodle so you can work at your own pace. However, we recommend that you stick to the suggested schedule to ensure you don’t fall behind and become overwhelmed. Other than learning about the science behind how to live a healthy lifestyle, the course has a big focus on giving you first-hand

experience in essential graduate attributes *via* assessment tasks. The skills you will learn in this course are as follows:

- Data analysis and reflection
- Effective communication
- Collaborative Learning
- Independent and self-directed learning
- Innovative and creative thinking
- Evidence-based critique

To facilitate the learning of these skills you will have a 2-hour tutorial on Wednesday between 10 am - 12 pm. The tutorial will be delivered via Teams. Students will be added to the course Teams site by the start of Week 1. If you don't have access by the start of Week 2, please contact Nirmani.

Expectations

- All the important information related to the course and announcements will be communicated via Moodle announcements. Therefore you must check announcements every day.
- If you have course-related questions, you are encouraged to use the course discussion forum on the course's Moodle page. If more help is needed, you may send inquiries to the course coordinator (b.wijenayakeg@unsw.edu.au) or requests for appointments from your UNSW email. When sending an email to the course coordinator, you must state your name, student number, and the course you are enrolled in.
- If you are struggling with an assessment or can't complete a task on time, contact Nirmani immediately via the course email so we can come up with a solution. If you are a first-year student it is normal to feel a little overwhelmed, so please reach out at any time. The same goes for all year levels.
- Microsoft Teams will be used to deliver tutorials and collaborative activities via breakout rooms. When students are working in groups in breakout rooms you are expected to turn on your camera and speak. Always be respectful to each other during LIVE and group sessions, take the time to get to know each other, and use this opportunity to make some new friends.

Assessments

Assessment Structure

Assessment Item	Weight	Relevant Dates
Critique of a Weight Loss Method Assessment Format: Individual	40%	Start Date: Start in Week 2 Due Date: 15/03/2024 11:59 PM
Exam Assessment Format: Individual	20%	Due Date: 10/04/2024 10:00 AM
Diagnosis Report Assessment Format: Individual	40%	Start Date: Can start after Week 5 Due Date: 19/04/2024 11:59 PM

Assessment Details

Critique of a Weight Loss Method

Assessment Overview

Amy is trying to lose weight and has decided on a weight loss method found on the web. She is unsure about the safety of the method and has asked you for help in deciding if she should go ahead with the method. You are required to produce a 10-minute video for Amy explaining how the weight loss method works, the scientific merit behind the weight loss method, studies done on the method, and your recommendations for Amy.

The video will be due in Week 5 of the Term.

This assessment task teaches you the importance of critically evaluating diet and exercise methods found on the web to determine if there is any scientific merit to these based on your understanding of the science behind weight loss.

A marking criterion will be used to mark this assessment. Written feedback will also be provided via Moodle.

Course Learning Outcomes

- CLO1 : Describe and explain metabolism as the conversion of food into useful energy by digestion, absorption and respiration.
- CLO2 : Discuss how weight loss, weight gain, exercise, fasting, starvation, and metabolic diseases affect normal metabolic processes.
- CLO3 : Critically evaluate popular weight loss methods and claims.
- CLO5 : Communicate scientific information verbally, visually, and in written form.

Assessment Length

The video must not be longer than 10 minutes.

Submission notes

Assessment 1 is due on Friday 15th of March.

Assessment information

More detailed instructions on the assessment task can be found on Moodle.
This Assessment is submitted in two different areas. The video link is submitted separately from the transcript. The transcript will be submitted via Turnitin and be used to check for plagiarism only. It is not marked otherwise.

Assignment submission Turnitin type

This assignment is submitted through Turnitin and students do not see Turnitin similarity reports.

Hurdle rules

You must attempt this assessment to pass the course.

Exam

Assessment Overview

In this exam, you will answer multiple choice, short answer and calculation questions. The questions will cover all the lessons, compulsory tutorial material and weekly readings. Practice questions with feedback are provided at the end of weekly lessons and exam feedback will be provided after the exam via Moodle and a live tutorial.
The exam will be held in Week 9 of the Term.

Course Learning Outcomes

- CLO1 : Describe and explain metabolism as the conversion of food into useful energy by digestion, absorption and respiration.
- CLO2 : Discuss how weight loss, weight gain, exercise, fasting, starvation, and metabolic diseases affect normal metabolic processes.
- CLO5 : Communicate scientific information verbally, visually, and in written form.

Assessment Length

The long response should be about 1 page in length.

Submission notes

The Exam will be conducted using Inspera during the Week 9 Tutorial.

Assessment information

More instructions on the assessment task can be found on Moodle.

Assignment submission Turnitin type

Not Applicable

Hurdle rules

You must attempt the exam to pass the course.

Diagnosis Report

Assessment Overview

Alice has been feeling unwell for a while and her doctor suspects she may be suffering from a metabolic condition. You are required to analyse data to determine if Alice has this metabolic disease. You will be given results from Alice's glucose tolerance test and a 3-day food and exercise journal. You will analyse the data provided and write a diagnosis report based on your findings to diagnose Alice with the condition.

The diagnosis report will be due in Week 10 of Term.

This assessment is designed to show you the real-life application of biochemistry; how the foundational biochemistry you have learned can be applied in a clinical setting for diagnosis purposes.

A marking criterion will be used to mark this assessment. Written feedback will also be provided via Moodle.

Course Learning Outcomes

- CLO1 : Describe and explain metabolism as the conversion of food into useful energy by digestion, absorption and respiration.
- CLO2 : Discuss how weight loss, weight gain, exercise, fasting, starvation, and metabolic diseases affect normal metabolic processes.
- CLO4 : Analyse experimental data and entries from a food and exercise journal to diagnose an individual with a metabolic condition.
- CLO5 : Communicate scientific information verbally, visually, and in written form.

Assessment Length

3 pages in length excluding images/diagrams/graphs and references.

Submission notes

Assessment 2: Task 2 is due on Friday 19th of April.

Assessment information

More instructions on the assessment task can be found on Moodle.

It is best to submit the diagnosis report as a PDF file. You do not need to submit any of the Excel documents.

Assignment submission Turnitin type

This assignment is submitted through Turnitin and students do not see Turnitin similarity reports.

Hurdle rules

You must attempt this assessment to pass the course.

General Assessment Information

To help you complete these assessments successfully, we have a few general resources that you should complete at the start of the Term.

- **General Resource 1:** Plagiarism Lesson
  We take plagiarism very seriously in this course. All the work you submit in this course must be completed individually and be written in your own words. This lesson explains how to paraphrase and summarise information properly to avoid plagiarism.

- **General Resource 2:** Vancouver Referencing
  This course requires you to use Vancouver referencing for all the assessments. This lesson is a step-by-step guide on how to write in-text references and reference lists in Vancouver style.

- **General Resource 3:** How to Locate Scientific Studies in Databases
  You will be using scientific journal articles as evidence to support claims made in assessments. This lesson will teach you how to use scientific databases to find relevant studies.

Grading Basis

Standard

Requirements to pass course

You must complete ALL the assessable components seen above to pass the course. There are three major individual assessments in this course. If you fail more than one assessment task in the course, you will receive an unsatisfactory fail grade.

Instructions for Assessments are available well in advance. You should plan to complete them well before the deadlines. Note that a **5% penalty per day** will be applied if you do not submit the Assessments on time or provide a satisfactory explanation. Any assessments handed in more than 5 days late will not be marked. Please note that no consideration will be granted if you ask for special consideration for Assessments 1 and 2 the day before it is due. If you are struggling

with the assessment, unsure how to start, or need help, you can contact Nirmani any time to seek help. Please do this in advance (at least 4 days before the due date) so we can arrange to help you.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 12 February - 18 February	Tutorial	Wednesday 10-12 LIVE Course Introduction
	Lecture	Lecture 1 and 2 Due Date: End of Week 1
Week 2 : 19 February - 25 February	Tutorial	Wednesday 10-12
	Lecture	Lectures 3 and 4 Due Date: End of Week 2
Week 3 : 26 February - 3 March	Tutorial	Wednesday 10-12
	Lecture	Lectures 5 and 6 Due Date: End of Week 3
Week 4 : 4 March - 10 March	Tutorial	Wednesday 10-12
	Lecture	Lectures 7 and 8 Due Date: End of Week 4
Week 5 : 11 March - 17 March	Tutorial	Wednesday 10-12
	Lecture	Lectures 9 and 10 Due Date: End of Week 5
	Assessment	Critique of a Weight Loss Method: Assessment 1 is due on Friday.
Week 6 : 18 March - 24 March	Other	Flexibility Week
Week 7 : 25 March - 31 March	Tutorial	Wednesday 10-12
	Lecture	Lectures 11 and 12 Due Date: End of Week 7
Week 8 : 1 April - 7 April	Tutorial	Wednesday 10-12
	Lecture	Lectures 13 and 14 Due Date: End of Week 8
Week 9 : 8 April - 14 April	Lecture	Lectures 15 and 16 Due Date: End of Week 9
	Assessment	Exam: The Exam will be conducted using Inspera during the Week 9 Tutorial. It must be submitted before the tutorial ends.
Week 10 : 15 April - 21 April	Tutorial	Wednesday 10-12
	Assessment	Diagnosis Report: Assessment 2: Task 2 is due on Friday.

Attendance Requirements

Tutorials

This course has a LIVE online tutorial on most Wednesdays from 10-12 pm. **In Week 9 you will be completing an assessment task during the tutorial and therefore attendance in that week is compulsory.** In the other weeks, we will be using the tutorials for revision, discussions and feedback activities. Attendance is highly recommended in these weeks as most of these activities are interactive and help you perform much better in assessment tasks.

Exam

The Exam will be conducted during tutorial time in Week 9. As mentioned above you are expected to complete the exam during this time. If you are unwell on the day of the exam or cannot do the exam for a reason out of your control, you need to contact Nirmani within 2 days

after the exam with evidence for your absence. If you can provide supporting documentation for your absence, an alternate supplementary assessment will be provided the week after the original exam. If you are feeling unwell or are unfit to attempt the exam, **DO NOT** attempt the exam. Instead, contact Nirmani within two days of the exam with proper documentation. You will then be given the chance to attempt a supplementary exam. Under UNSW's Fit to Sit policy, you will not be allowed a supplementary exam if you already attempted the exam.

General Schedule Information

While you may use AI software such as ChatGPT for clarification and learning, you may not use it to complete any of the assessment tasks in the course. Everything you submit must be in your own words. Any assessments submitted using AI or are plagairised will receive zero.

Course Resources

Prescribed Resources

There are no required textbooks for this course. All resources are online and provided in the online lessons or as web links on Moodle.

Recommended Resources

A useful resource for this course is the book, *Big Fat Myths* by Ruben Meerman, which the course was inspired by.

Staff Details

Position	Name	Email	Location	Phone	Availability	Equitable Learning Services Contact	Primary Contact
Convenor	Nirmani Wijenayake		Room 220A, Biological Sciences Building (D26)	+61 2 9065 1163	By appointment	Yes	Yes

Other Useful Information

Academic Information

Upon your enrolment at UNSW, you share responsibility with us for maintaining a safe, harmonious and tolerant University environment.

You are required to:

- Comply with the University's conditions of enrolment.
- Act responsibly, ethically, safely and with integrity.
- Observe standards of equity and respect in dealing with every member of the UNSW community.
- Engage in lawful behaviour.
- Use and care for University resources in a responsible and appropriate manner.
- Maintain the University's reputation and good standing.

For more information, visit the UNSW Student Code of Conduct Website.

Academic Honesty and Plagarism

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.
Further information about referencing styles can be located at https://student.unsw.edu.au/referencing

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage. At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.
Further information about academic integrity, plagiarism and the use of AI in assessments can be located at:

- The Current Students site,
- The ELISE training site, and
- The Use of AI for assessments site.

The Student Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: https://student.unsw.edu.au/conduct

Submission of Assessment Tasks

Penalty for Late Submissions

UNSW has a standard late submission penalty of:

- 5% per day,
- for all assessments where a penalty applies,
- capped at five days (120 hours) from the assessment deadline, after which a student cannot

submit an assessment, and
- no permitted variation.

Any variations to the above will be explicitly stated in the Course Outline for a given course or assessment task.

Students are expected to manage their time to meet deadlines and to request extensions as early as possible before the deadline.

Special Consideration

If circumstances prevent you from attending/completing an assessment task, you must officially apply for special consideration, usually within 3 days of the sitting date/due date. You can apply by logging onto myUNSW and following the link in the My Student Profile Tab. Medical documentation or other documentation explaining your absence must be submitted with your application. Once your application has been assessed, you will be contacted via your student email address to be advised of the official outcome and any actions that need to be taken from there. For more information about special consideration, please visit: https://student.unsw.edu.au/special-consideration

Important note: UNSW has a "fit to sit/submit" rule, which means that if you sit an exam or submit a piece of assessment, you are declaring yourself fit to do so and cannot later apply for Special Consideration. This is to ensure that if you feel unwell or are faced with significant circumstances beyond your control that affect your ability to study, you do not sit an examination or submit an assessment that does not reflect your best performance. Instead, you should apply for Special Consideration as soon as you realise you are not well enough or are otherwise unable to sit or submit an assessment.

Faculty-specific Information

Additional support for students

- The Current Students Gateway
- Student Support
- Academic Skills and Support
- Student Wellbeing, Health and Safety
- Equitable Learning Services
- UNSW IT Service Centre
- Science EDI Student Initiatives, Offerings and Guidelines