UNSW Course Outline

EXPT1182 Exercise and Nutrition - 2024

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General Course Information

Course Code : EXPT1182
Year : 2024
Term : Term 1
Teaching Period : T1
Is a multi-term course? : No
Faculty : Faculty of Medicine and Health
Academic Unit : School of Health Sciences
Delivery Mode : In Person
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

This course focuses on the basics of nutrition and exercise for health and wellbeing. In this course you will learn the fundamentals of how to design exercise and physical activity programs and how to use nutrition to enhance exercise and sports performance. You will also develop an

understanding of how exercise and nutrition relate to health outcomes, including the role of diet in chronic disease and obesity. You will also be introduced to the performance of basic exercises in our state-of-the-art teaching gym facility.

Course Aims

This practical course aims to provide you with an understanding of the basic concepts of exercise and nutrition. It will equip you with the knowledge to apply governing body guidelines about basic exercise and nutrition and introduce you to the most recent evidence-based research in this area. It aims to develop your understanding of the vital role of nutrition and exercise in the maintenance of health and illness.

Relationship to Other Courses

Assistance with progression checking:

If you are unsure how this course fits within your program, you can seek guidance on optimising your program structure from staff at the Nucleus Student Hub.

Progression plans for UNSW Medicine and Health programs can be found on the UNSW Medicine & Health website.

Course Learning Outcomes

Course Learning Outcomes
CLO1 : Describe the basic functions of macronutrients and micronutrients including their role in energy balance and health
CLO2 : Describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise
CLO3 : Explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity
CLO4 : Describe the evidence for the efficacy of common nutritional supplements and ergogenic aids and demonstrate awareness of prescribed or illegal supplements common in the sports and exercise industry
CLO5 : Describe and apply current Australian physical activity and nutrition population level guidelines
CLO6 : Analyse the basic principles of exercise prescription for a variety of exercise modalities

Course Learning Outcomes	Assessment Item
CLO1 : Describe the basic functions of macronutrients and micronutrients including their role in energy balance and health	• Basic diet and physical activity analysis • Quizzes
CLO2 : Describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise	• Basic diet and physical activity analysis • Quizzes
CLO3 : Explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity	• Case study assessment • Quizzes
CLO4 : Describe the evidence for the efficacy of common nutritional supplements and ergogenic aids and demonstrate awareness of prescribed or illegal supplements common in the sports and exercise industry	• Quizzes
CLO5 : Describe and apply current Australian physical activity and nutrition population level guidelines	• Case study assessment • Basic diet and physical activity analysis • Quizzes
CLO6 : Analyse the basic principles of exercise prescription for a variety of exercise modalities	• Case study assessment • Quizzes

Learning and Teaching Technologies

Moodle - Learning Management System

Learning and Teaching in this course

All course materials and course announcements are provided on the course learning management system, Moodle (or Open Access).

Assessments

Assessment Structure

Assessment Item	Weight	Relevant Dates
Basic diet and physical activity analysis Assessment Format: Individual	25%	Due Date: 08/03/2024 05:00 PM
Quizzes Assessment Format: Individual	35%	Due Date: Week 3: 26 February - 03 March, Week 7: 25 March - 31 March, Week 10: 15 April - 21 April
Case study assessment Assessment Format: Individual	40%	Start Date: Not Applicable Due Date: 14/04/2024 05:00 PM

Assessment Details

Basic diet and physical activity analysis

Assessment Overview

This is an individual task completed early in the term. You will record your own dietary intake and physical activity to conduct a basic dietary and physical activity analysis. Using your findings, you will provide recommendations on how your diet and physical activity could be improved to meet national guidelines. To learn from your peers, you will anonymously review and provide peer feedback on other students dietary and physical analyses.

You will receive feedback within 10 working days.

Course Learning Outcomes

- CLO1 : Describe the basic functions of macronutrients and micronutrients including their role in energy balance and health
- CLO2 : Describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise
- CLO5 : Describe and apply current Australian physical activity and nutrition population level guidelines

Detailed Assessment Description

Detailed information about this assessment will be provided on the course Moodle page.

Assessment Length

1000 words

Submission notes

A short extension of two days is available for this assessment task

Assessment information

AI (artificial intelligence)

Planning Assistance

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial drafts.

However, you must develop or edit those ideas to such a significant extent that what is submitted is your own work, i.e., what is generated by the software should not be a part of your final submission. It is a good idea to keep copies of your initial drafts to show your lecturer if there is any uncertainty about the originality of your work. Please note that your submission will be passed through an AI-text detection tool. If your marker has concerns that your answer contains passages of AI-generated text that have not been sufficiently modified you may be asked to explain your work, but we recognise that you are permitted to use AI generated text as a starting point and some traces may remain. If you are unable to satisfactorily demonstrate your understanding of your submission you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Assignment submission Turnitin type

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

Quizzes

Assessment Overview

These three quizzes will be completed in term. The quizzes will be early, middle and end of the term. These quizzes aim to assess your understanding of the concepts and content regarding nutrition and physical activity.

Immediate individualised feedback is provided at the end of each quiz.

Course Learning Outcomes

- CLO1 : Describe the basic functions of macronutrients and micronutrients including their role in energy balance and health
- CLO2 : Describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise
- CLO3 : Explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity
- CLO4 : Describe the evidence for the efficacy of common nutritional supplements and ergogenic aids and demonstrate awareness of prescribed or illegal supplements common in the sports and exercise industry
- CLO5 : Describe and apply current Australian physical activity and nutrition population level guidelines
- CLO6 : Analyse the basic principles of exercise prescription for a variety of exercise modalities

Detailed Assessment Description

Quiz 1 of 3 during week 3

Quiz 2 of 3 during week 7

Quiz 3 of 3 during week 10

More details on the specific date, times and content assessed in the quizzes is provided on your course Moodle site.

Assessment Length

Approx 20 to 25 minutes each.

Submission notes

No short extension is available for this assessment task.

Assessment information

AI (artificial intelligence)

NO ASSISTANCE

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and
exclusion.

Assignment submission Turnitin type

Not Applicable

Case study assessment

Assessment Overview

This is an individual assessment completed near the end of the term. You will analyse a case-study assessing diet and physical activity and provide recommendations to meet national guidelines at a more detailed level. You will also include a basic exercise prescription.

You will be provided feedback within 10 business days.

Course Learning Outcomes

- CLO3 : Explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity
- CLO5 : Describe and apply current Australian physical activity and nutrition population level guidelines
- CLO6 : Analyse the basic principles of exercise prescription for a variety of exercise modalities

Detailed Assessment Description

Detailed information about this assessment will be provided on the course Moodle page.

Assessment Length

2000 words plus tables and figures

Submission notes

A short extension of two days is available for this assessment task

Assessment information

AI (artificial intelligence)

Planning Assistance

As this assessment task involves some planning or creative processes, you are permitted to use software to generate initial drafts.

However, you must develop or edit those ideas to such a significant extent that what is submitted is your own work, i.e., what is generated by the software should not be a part of your final submission. It is a good idea to keep copies of your initial drafts to show your lecturer if there is any uncertainty about the originality of your work. Please note that your submission will

be passed through an AI-text detection tool. If your marker has concerns that your answer contains passages of AI-generated text that have not been sufficiently modified you may be asked to explain your work, but we recognise that you are permitted to use AI generated text as a starting point and some traces may remain. If you are unable to satisfactorily demonstrate your understanding of your submission you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Assignment submission Turnitin type

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

General Assessment Information

Detailed instructions regarding assessments for this course are provided on the course Moodle page (or Open Learning).

For student information on results, grades, and guides to assessment see: https://student.unsw.edu.au/assessment

Grading Basis

Standard

Requirements to pass course

In order to pass this course students must:

- Achieve a composite grade of at least 50 out of 100
- Meet any additional requirements specified in the assessment details section and on Moodle.
- Meet class attendance requirements, as specified in the “Attendance Requirements” section of the “Course Schedule.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 12 February - 18 February	Lecture	Australian food guidelines and physical activity guidelines
	Tutorial	Activities: Understanding and applying the dietary guidelines ; applying physical activity guidelines
Week 2 : 19 February - 25 February	Lecture	Macro and micronutrients
	Tutorial	Activities: Sources and quantity of macro and micronutrients
Week 3 : 26 February - 3 March	Lecture	Dietary analysis and energy balance
	Tutorial	Activities: Dietary and PA analysis and interpretation for health and wellbeing
Week 4 : 4 March - 10 March	Lecture	Nutritional considerations and modifications for sport and exercise
	Tutorial	Activities: Dietary analysis and recommendations for improving exercise performance and altering body composition
Week 5 : 11 March - 17 March	Lecture	Nutritional supplements and ergogenic aids in the context of exercise and sport
	Tut-Lab	Activities: Energy metabolism, energy expenditure, and weight maintenance
Week 6 : 18 March - 24 March	Other	Flexibility week. No content scheduled
Week 7 : 25 March - 31 March	Lecture	Principles of exercise prescription
	Tut-Lab	Activities: Applying and understanding the FITT principle
Week 8 : 1 April - 7 April	Lecture	Types and functions of different exercise modalities
	Tut-Lab	Activities: Selecting the appropriate exercise modalities for differing goals
Week 9 : 8 April - 14 April	Lecture	Basics of exercise monitoring and progression
	Tut-Lab	Activities: Monitoring and progressing an exercise plan
Week 10 : 15 April - 21 April	Lecture	Nutrition, physical activity, and lifestyle. Bringing it all together!
	Tut-Lab	Activities: Make up session

Attendance Requirements

Students are expected to attend all scheduled clinical, laboratory and tutorial classes. An Unsatisfactory Fail (UF) may be recorded as the final grade for the course if students fail to meet the minimum requirement of 80% attendance for clinical, laboratory and tutorial classes (unless otherwise specified on Moodle). Course attendance expectations are determined by the requirements of the program accrediting body. Where a student is unable to attend, they are advised to inform the course convenor as soon as possible but no later than 3 days after the scheduled class and, where possible, provide written documentation (e.g. medical certificate) to support their absence.

General Schedule Information

The times and locations of classes can be found on myUNSW under Class Timetable.

The expected engagement for all UNSW 6UOC courses is 150 hours per term. This includes lectures, tutorials, readings, and completion of assessments and exam preparation (if relevant).

Course Resources

Recommended Resources

Recommended resources for this course are provided on the course Moodle page.

Course Evaluation and Development

Student feedback is taken seriously, and continual improvements are made to the course based, in part, on such feedback.

We use student feedback from myExperience surveys to develop and make improvements to the course each year. We do this by identifying areas of the course that require development from both the rating responses and written comments. Please spare a few minutes to complete the myExperience surveys for this course posted at the top of the Moodle page at the end of term.

Staff Details

Position	Name	Email	Location	Phone	Availability	Equitable Learning Services Contact	Primary Contact
Convenor	Nancy Van Doorn		Level 2 Wallace Wurth		Tue, Wed, Thu	No	Yes
	Luke Gemming				Tues, Wed, Thurs	No	No
Lecturer	Sara Grafenauer					No	No
	Jaimee Hughes					No	No
Tutor	Elissa Price					No	No
	Jade O'Brien-Smith					No	No

Other Useful Information

Academic Information

As a student of UNSW Medicine & Health you are expected to familiarise yourself with the contents of this course outline and the UNSW Student Code and policies and procedures related to your studies.

Student Code of Conduct

Throughout your time studying at UNSW Medicine & Health, you share a responsibility with us for maintaining a safe, harmonious and tolerant University environment. This includes within the

courses you undertake during your degree and your interactions with the UNSW community, both on campus and online.

The UNSW Student Code of Conduct website provides a framework for the standard of conduct expected of UNSW students with respect to both academic integrity and your responsibility as a UNSW citizen.

Where the University believes a student may have breached the code, the University may take disciplinary action in accordance with the Student Misconduct Procedure.

The Student Conduct and Integrity Office provides further resources to assist you to understand your conduct obligations as a student at UNSW.

Academic Honesty and Plagarism

Academic integrity

UNSW has an ongoing commitment to fostering a culture of learning informed by academic integrity. All UNSW staff and students have a responsibility to adhere to the principle of academic integrity, and ethical scholarship of learning is fundamental to your success at UNSW Medicine & Health.

Plagiarism, contract cheating, and inappropriate use of generative AI undermine academic integrity and are not tolerated at UNSW. For more information see the Academic Integrity and Plagiarism toolkit.

In addition to the information you are required to review in your ELISE training, UNSW Medicine & Health strongly recommends that you complete the Working with Academic Integrity module before submitting your first assessment task.

Referencing

Referencing is a way of acknowledging the sources of information that you use to research your assignments. Preferred referencing styles vary among UNSW Medicine & Health disciplines, so check your course Learning Management System (e.g. Moodle or Open Learning) page for information on preferred referencing styles.

For further information on referencing support and styles, see the Current Student Referencing page.

Academic misconduct and plagiarism

At UNSW, academic misconduct is managed in accordance with the Student Misconduct Procedure. Allegations of plagiarism are generally handled according to the UNSW Plagiarism Management Procedure. Plagiarism is defined in the UNSW Plagiarism Policy and is not tolerated at UNSW.

Use of Generative AI and other tools in your assessment

UNSW has provided guiding statements for the use of Generative AI in assessments. This will differ, depending on the individual assessment task, your course requirements, and the course stage within your program.

Your course convenor will outline if and how you can use Generative AI in each your assessment tasks. Options for the use of generative AI include: (1) no assistance; (2) simple editing assistance; (3) planning assistance; and (4) full assistance with attribution.

You may be required to submit the original generative AI responses, or drafts of your original work. Inappropriate use of generative AI is considered academic misconduct.

See your course Moodle (or Open Learning) page for the full instructions for individual assessment tasks for your course.

Submission of Assessment Tasks

Short extensions and special consideration

Short extension

Commencing in Term 1, 2024, UNSW has introduced a short extension procedure for submission of assessment tasks. Not all tasks are eligible, and eligible tasks have a predetermined extension length. UNSW Medicine and Health have set School-level extension lengths for eligible assessment tasks. See your course assessment descriptions for more information.

Students must check the availability of a short extension in the individual assessment task information for their courses.

Short extensions do not require supporting documentation. They must be submitted before the assessment task deadline. No late applications will be accepted.

Late penalties apply to submission of assessment tasks without approved extension.

Special consideration

In cases where short term events beyond your control affect your performance in a specific assessment task you may formally apply for Special Consideration through myUNSW.

UNSW has a **Fit to Sit rule**, which means that by sitting an examination on the scheduled date, you are declaring that you are fit to do so and cannot later apply for Special Consideration. Examinations include centrally timetabled examinations and scheduled, timed examinations and tests managed by your School.

Important information relating to Short Extension and Special Consideration is available here, including eligibility for Special Consideration, circumstances where students with Equitable Learning Plans can apply for Short Extensions and Special Consideration, and the appeals process.

Examinations

Information about the conduct of examinations in your course is provided on your course Moodle page.

Timed online assessment tasks

If you experience a technical or connection problem during a timed online assessment, such as a timed quiz, you can apply for Special Consideration. To be eligible to apply you need to contact the Course Convenor and advise them of the issue immediately. You will need to submit an application for Special Consideration immediately, and upload screenshots, error messages or other evidence of the technical issue as supporting documentation. Additional information can be found on: https://student.unsw.edu.au/special-consideration

Other assessment tasks

Late submission of assessment tasks

UNSW has standard late submission penalties as outlined in the UNSW Assessment Implementation Procedure, with no permitted variation. All late assignments (unless extension or exemption previously agreed) will be penalised by 5% of the maximum mark per calendar day (including Saturday, Sunday and public holidays).

Late submissions penalties are capped at five calendar days (120 hours). This means that a student is not permitted to submit an assessment more than 5 calendar days (120 hours) after the due date for that assessment (unless extension or exemption previously agreed).

Failure to complete an assessment task

You are expected to complete all assessment tasks for your courses. In some courses, there will be a minimum pass mark required on a specific assessment task (a “hurdle task”) due to the need to assure clinical competency.

Where a hurdle task is applicable, additional information is provided in the assessment information on your course Moodle page.

Feedback on assessments

Feedback on your performance in assessment tasks will be provided to you in a timely manner. For assessment tasks completed within the teaching period of a course, other than a final assessment, feedback will be provided within 10 working days of submission, under normal circumstances.

Feedback on continuous assessment tasks (e.g. laboratory and studio-based, workplace-based, weekly quizzes) will be provided prior to the midpoint of the course.

Any variation from the above information that is specific to an assessment task will be clearly indicated in the course and assessment information provided to you on your course Moodle (or Open Learning) page.

Faculty-specific Information

Additional support for students

The university offers a wide range of support services that are available for students. Here are some links for you to explore.

- The Current Students Gateway: https://student.unsw.edu.au
- Academic Skills and Support: https://student.unsw.edu.au/academic-skills
- Student support: https://www.student.unsw.edu.au/support

- Student Wellbeing, Health and Safety: https://student.unsw.edu.au/wellbeing

Mind Smart Guides are a series of mental health self-help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at university and at work.

- Mind Smart Guides: https://student.unsw.edu.au/mindsmart
- Equitable Learning Services: https://student.unsw.edu.au/els
- Guide to studying online: https://www.student.unsw.edu.au/online-study

Most courses in UNSW Medicine & Health use Moodle as your Learning Management System. Guidance for using UNSW Moodle can be found on the Current Student page. Difficulties with Moodle should be logged with the IT Service Centre.

- Moodle Support: https://student.unsw.edu.au/moodle-support

The IT Service Desk is your central point of contact for assistance and support with remote and on-campus study.

- UNSW IT Service Centre: https://www.myit.unsw.edu.au/services/students

Course evaluation and development

At UNSW Medicine & Health, students take an active role in designing their courses and their overall student experience. We regularly seek feedback from students, and continuous improvements are made based on your input. Towards the end of the term, you will be asked to participate in the myExperience survey, which serves as a source of evaluative feedback from students. Your input to this quality enhancement process is valuable in helping us meet your learning needs and deliver an effective and enriching learning experience. Student responses are carefully considered, and the action taken to enhance educational quality is documented in the myFeedback Matters section of your Moodle (or Open Learning) course page.

School Contact Information

School guidelines on contacting staff:

Course questions

All questions related to course content should be posted on Moodle (or Open Learning) or as directed by your Course Convenor.

In cases where email communication with course convenors is necessary, we kindly request the following:

- Use your official email address for any correspondence with teaching staff.
- We expect a high standard of communication. All communication should avoid using short-hand or texting language.
- Include your full name, student ID, and your course code and name in all communication.

Our course convenors are expected to respond to emails during standard working hours of Monday to Friday, 9am-5pm.

Administrative questions

If you have an administrative question about your program of study at the School please submit your enquiry online at UNSW Ask Us.

Complaints and appeals

Student complaints and appeals: https://student.unsw.edu.au/complaints

If you have any grievances about your studies, we invite you to address these initially to the Course Convenor. If the response does not meet your expectations, you may then contact the School Grievance Officer, Dr Chris Maloney (c.maloney@unsw.edu.au).