UNSW Course Outline

DIET2002 Nutrition for Health Professionals 2 - 2024

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General Course Information

Course Code : DIET2002
Year : 2024
Term : Term 2
Teaching Period : T2
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 explores how diet, physical activity and body composition is measured and assessed, and develops the concepts taught in DIET2001 Nutrition for Health Professionals 1. You will learn to identify which assessment tools are suitable for different settings, how to apply

them, the potential sources of error, how these impact on validity and usefulness, and how some errors may be corrected or minimised. You will learn how to critique the methods, understand how and why they are applied in practice and in research, and how to make recommendations that are sustainable and feasible for the client.

Course Aims

This course aims to help build your knowledge and skills about appropriate methods for collecting, analysing and interpreting data from dietary intake and physical activity assessments of individuals and populations. A variety of dietary, physical activity, anthropometric and biochemical assessment will be explored and critiqued. By understanding the benefits and drawbacks of individual, household and population-level data sources, you will be able to interpret dietary data and understand how different data sources can be used in practice and research.

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 a variety of dietary data and physical activity collection methods for individuals, households and populations, and explain the strengths and weaknesses of each method
CLO2 : Critique the application of individual, household and population-level dietary data available in Australia and understand the limitations in practice and research contexts
CLO3 : Evaluate the application and limitations of food composition databases for a range of population groups
CLO4 : Demonstrate basic skills in measurement and assessment of diet, physical activity and body composition
CLO5 : Demonstrate use of dietary data analysis software for in-depth dietary analysis
CLO6 : Compare individual dietary data to reference standards, using quantitative and qualitative methods

Course Learning Outcomes	Assessment Item
CLO1 : Describe a variety of dietary data and physical activity collection methods for individuals, households and populations, and explain the strengths and weaknesses of each method	• Quiz
CLO2 : Critique the application of individual, household and population-level dietary data available in Australia and understand the limitations in practice and research contexts	• Measurement of energy intake and expenditure in nutrition assessment • Quiz
CLO3 : Evaluate the application and limitations of food composition databases for a range of population groups	• Dietary assessment and analysis
CLO4 : Demonstrate basic skills in measurement and assessment of diet, physical activity and body composition	• Dietary assessment and analysis • Measurement of energy intake and expenditure in nutrition assessment
CLO5 : Demonstrate use of dietary data analysis software for in-depth dietary analysis	• Dietary assessment and analysis
CLO6 : Compare individual dietary data to reference standards, using quantitative and qualitative methods	• Measurement of energy intake and expenditure in nutrition assessment • Dietary assessment and analysis

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).

By accessing and using the ICT resources provided by UNSW, you are agreeing to abide by the 'Acceptable Use of UNSW ICT Resources' policy particularly on respect for intellectual property and copyright, legal and ethical use of ICT resources and security and privacy.

Assessments

Assessment Structure

Assessment Item	Weight	Relevant Dates
Quiz Assessment Format: Individual	15%	Start Date: Not Applicable Due Date: 11/06/2024 04:00 PM
Dietary assessment and analysis Assessment Format: Individual Short Extension: Yes (2 days)	50%	Start Date: 27/05/2024 12:00 AM Due Date: 28/06/2024 05:00 PM
Measurement of energy intake and expenditure in nutrition assessment Assessment Format: Individual Short Extension: Yes (2 days)	35%	Start Date: 27/05/2024 12:00 AM Due Date: 02/08/2024 05:00 PM

Assessment Details

Quiz

Assessment Overview

This assessment consists of a multiple choice quiz completed early in the term. The quiz aims to assess your understanding of the content and concepts delivered in weeks 1 to 3.

Individualised feedback will be provided at the end of each quiz period.

Course Learning Outcomes

- CLO1 : Describe a variety of dietary data and physical activity collection methods for individuals, households and populations, and explain the strengths and weaknesses of each method
- CLO2 : Critique the application of individual, household and population-level dietary data available in Australia and understand the limitations in practice and research contexts

Detailed Assessment Description

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

Assessment Length

Approx 30 minutes

Submission notes

Refer to Moodle for submission information.

Assessment information

NO ASSISTANCE using AI (Artificial Intelligence)

Invigilated assessment: 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

This is not a Turnitin assignment

Dietary assessment and analysis

Assessment Overview

This is an individual assessment task due in the middle of the term. You will be expected to record the dietary intake and physical activity of a chosen case study and complete a detailed nutrition assessment using nutrient analysis software FoodWorksTM. You will compare your findings to nutrient recommendations, dietary guidelines, and the Australian populations dietary intake. Using your findings, you will make recommendations for the case study to improve their dietary intake.

Individual feedback is provided within 10 working days.

Course Learning Outcomes

- CLO3 : Evaluate the application and limitations of food composition databases for a range of population groups
- CLO4 : Demonstrate basic skills in measurement and assessment of diet, physical activity and body composition
- CLO5 : Demonstrate use of dietary data analysis software for in-depth dietary analysis
- CLO6 : Compare individual dietary data to reference standards, using quantitative and qualitative methods

Detailed Assessment Description

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

Assessment Length

See Moodle

Submission notes

A short extension of 2 days is available for this task.

Assessment information

SIMPLE EDITING ASSISTANCE using AI (Artificial Intelligence)

For this assessment task, you may use AI-based software to research and prepare prior to completing your assessment. You are permitted to use standard editing and referencing functions in word processing software, e.g. this includes spelling and grammar checking and reference citation generation in the creation of your submission. You must not use any functions that generate or paraphrase passages of text, whether based on your own work or not.

Please note that your submission will be passed through an AI-generated text detection tool. If your marker has concerns that your answer contains passages of AI-generated text you may be asked to explain your work. 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.

Measurement of energy intake and expenditure in nutrition assessment

Assessment Overview

This is an individual assessment task due near the end of the term. In this task you will use and compare the individual (Case study) and class dietary intake and physical activity data collected in assessment 2 (Dietary assessment and analysis). You will be required to evaluate the quality of the data with a focus on common reporting biases in dietary assessment and physical activity using academic literature to support your findings.

Individual feedback is provided within 10 working days.

Course Learning Outcomes

- CLO2 : Critique the application of individual, household and population-level dietary data available in Australia and understand the limitations in practice and research contexts
- CLO4 : Demonstrate basic skills in measurement and assessment of diet, physical activity and body composition
- CLO6 : Compare individual dietary data to reference standards, using quantitative and qualitative methods

Detailed Assessment Description

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

Assessment Length

See Moodle

Submission notes

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

Assessment information

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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.

Course Schedule

Teaching Week/Module	Activity Type	Content
Week 1 : 27 May - 2 June	Lecture	a. Methods of dietary asssessment I b. Associated reading material
	Workshop	Part A: Dietary assessment methods Part B: Ready reckoners I
Week 2 : 3 June - 9 June	Lecture	a. Methods of dietary assessment II b. Associated reading material
	Workshop	Ready reckoners II
Week 3 : 10 June - 16 June	Lecture	a. Analysing dietary information using nutrient analysis software b. Associated reading material
	Workshop	FoodWorks workshop
	Assessment	In class multiple choice quiz
Week 4 : 17 June - 23 June	Lecture	a. Evaluation of dietary intake data and common statistics b. Associated reading material
	Workshop	Reports, statistics and data analysis
Week 5 : 24 June - 30 June	Lecture	Assessment of dietary patterns & diet quality
	Workshop	Unpacking the Truth: Challenges and Pitfalls in Nutrition Data
Week 6 : 1 July - 7 July	Activity	Flexibility Week - No class
Week 7 : 8 July - 14 July	Lecture	a. Resting metabolic rate and impacts on energy expenditure b. Over and under consumption & weight maintenance
	Tutorial	Tutorial: Dietary assessment and ready reckoner practical activity
	Tut-Lab	Energy expenditure lab I: Resting energy expenditure
Week 8 : 15 July - 21 July	Lecture	Estimating energy expenditure & physcial activity
	Tut-Lab	Energy expenditure lab II: Increased energy requirements, expenditure & physical activity tracking
Week 9 : 22 July - 28 July	Lecture	Lecture: Body measurements, anthropometry and body composition
	Workshop	Workshop: Energy expenditure tutorial (if required)
	Tut-Lab	Body composition lab
Week 10 : 29 July - 4 August	Lecture	Lecture: Bringing it all together as dietitians
	Workshop	Class debates - To weigh or not to weigh?; To track or not to track?

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.

Additional Costs

Students will be required to provide a lab coat.

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	Luke Gemming					No	Yes

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

Special Consideration

In cases where illness, misadventure or other circumstances beyond your control will prevent you from submitting your assessment by the due date and you require an extension, you need to formally apply for Special Consideration through myUNSW.

UNSW has a **Fit to Sit/Submit rule**, which means that by sitting or submitting an assessment on the scheduled assessment date, you are declaring that you are fit to do so and cannot later apply for Special Consideration.

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

Examinations

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

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 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)