



## UNSW Course Outline

# DIET2001 Nutrition for Health Professionals 1 - 2024

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## General Course Information

Course Code : DIET2001

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 will take a holistic view of what it means to be well nourished by exploring specific nutrients and food sources in the context of dietary patterns. It will help you understand the nutritional requirements for adequate human growth, development and physical

and mental wellbeing across the lifespan and with regard to changes in circumstances. You will learn to critique and apply population nutrition guidelines in specific population groups across the life span, assess nutrition labels, critique and debate the merits of various sources of nutrition information and how to apply it to specific individual and population settings in order to promote and maintain good health, and to avoid adverse health outcomes from inappropriate application.

## Course Aims

This course aims to help you build a holistic understanding of the broad frameworks that underpin good human nutrition that support growth, development and wellbeing. You will learn how to integrate concepts of food and dietary patterns while considering specific nutrients for health. This course has been developed to meet the needs of a range of allied health professionals and aims to explain the appropriate scope of practice for each profession and when it is appropriate to refer on to a nutrition specialist for safe and effective patient care.

## 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
CL01 : Explain the basic nutrient requirements for different population groups, and key food sources of each nutrient across the lifespan
CL02 : Explain the process of nutrient absorption after eating
CL03 : Explain how food processing may impact nutrient availability and how this is managed by health professionals and the food supply system
CL04 : Explain the purpose and development of the Australian Dietary Guidelines and Nutrient Reference Values and apply to basic dietary assessment data
CL05 : Demonstrate ability to source and critique evidence-based nutrition information and when providing advice as nutrition professionals
CL06 : Collaborate effectively within a multidisciplinary health care setting and describe the circumstances in which onward referral to nutrition specialists is necessary for safe and effective patient care
CL07 : Apply nutrition tools and skills that are commonly used by allied health practitioners, including label reading and basic nutritional status

Course Learning Outcomes	Assessment Item
CL01 : Explain the basic nutrient requirements for different population groups, and key food sources of each nutrient across the lifespan	<ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Interdisciplinary provision of nutritional care</li> </ul>
CL02 : Explain the process of nutrient absorption after eating	<ul style="list-style-type: none"> <li>• Quizzes</li> </ul>
CL03 : Explain how food processing may impact nutrient availability and how this is managed by health professionals and the food supply system	<ul style="list-style-type: none"> <li>• Quizzes</li> </ul>
CL04 : Explain the purpose and development of the Australian Dietary Guidelines and Nutrient Reference Values and apply to basic dietary assessment data	<ul style="list-style-type: none"> <li>• Nutrition evidence critique</li> <li>• Interdisciplinary provision of nutritional care</li> <li>• Quizzes</li> </ul>
CL05 : Demonstrate ability to source and critique evidence-based nutrition information and when providing advice as nutrition professionals	<ul style="list-style-type: none"> <li>• Reflection on interprofessional practice</li> <li>• Nutrition evidence critique</li> <li>• Interdisciplinary provision of nutritional care</li> </ul>
CL06 : Collaborate effectively within a multidisciplinary health care setting and describe the circumstances in which onward referral to nutrition specialists is necessary for safe and effective patient care	<ul style="list-style-type: none"> <li>• Reflection on interprofessional practice</li> <li>• Interdisciplinary provision of nutritional care</li> </ul>
CL07 : Apply nutrition tools and skills that are commonly used by allied health practitioners, including label reading and basic nutritional status	<ul style="list-style-type: none"> <li>• Reflection on interprofessional practice</li> <li>• Interdisciplinary provision of nutritional care</li> </ul>

## 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
Quizzes Assessment Format: Individual	30%	Start Date: Not Applicable Due Date: Week 3: 26 February - 03 March, Week 10: 15 April - 21 April
Nutrition evidence critique Assessment Format: Individual	30%	Start Date: Not Applicable Due Date: 29/03/2024 05:00 PM
Interdisciplinary provision of nutritional care Assessment Format: Group	25%	Start Date: Not Applicable Due Date: 12/04/2024 05:00 PM
Reflection on interprofessional practice Assessment Format: Individual	15%	Start Date: Not Applicable Due Date: 26/04/2024 05:00 PM

## Assessment Details

### Quizzes

#### Assessment Overview

This assessment consists of two multiple choice quizzes, completed early in the term and at the end of the term. The quizzes aim to assess your understanding of the content and concepts delivered in weeks 1-10.

Individualised feedback is provided at the end of each quiz period.

#### Course Learning Outcomes

- CL01 : Explain the basic nutrient requirements for different population groups, and key food sources of each nutrient across the lifespan
- CL02 : Explain the process of nutrient absorption after eating
- CL03 : Explain how food processing may impact nutrient availability and how this is managed by health professionals and the food supply system
- CL04 : Explain the purpose and development of the Australian Dietary Guidelines and Nutrient Reference Values and apply to basic dietary assessment data

#### Detailed Assessment Description

Quiz 1 of 2 must be completed during week 3.

Quiz 2 of 2 must be completed 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 25 to 30 minutes each

### **Submission notes**

This tasks does not have a short extension option.

### **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

## **Nutrition evidence critique**

### **Assessment Overview**

This is an individual assessment task. You will critique a source of nutrition information freely available to consumers, evaluate its evidence-base, and assess alignment compared to dietary guidelines. You will also reflect on the quality of nutrition-based information available to consumers and provide judgement and justification why you would or would not recommend the content for use in practice.

Feedback is provided within 10 working days.

### **Course Learning Outcomes**

- CL04 : Explain the purpose and development of the Australian Dietary Guidelines and Nutrient Reference Values and apply to basic dietary assessment data
- CL05 : Demonstrate ability to source and critique evidence-based nutrition information and when providing advice as nutrition professionals

### **Detailed Assessment Description**

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

### **Assessment Length**

1800 words

### Submission notes

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

### Assessment information

AI (Artificial Intelligence)

#### **SIMPLE EDITING ASSISTANCE**

For this assessment task, you may use AI-based software to research and prepare prior to writing your assessment. You are permitted to use standard editing and referencing functions in word processing software [e.g. MS Word or Grammarly) this is limited to 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.

## **Interdisciplinary provision of nutritional care**

### Assessment Overview

This assignment is a group assessment task completed near the end of the term. Interdisciplinary groups of pharmacy and dietetic students will work together to prepare a script/run sheet and recorded oral presentation to address nutrition-related scenarios within community pharmacy settings.

Group and individual feedback is provided within 10 working days.

### Course Learning Outcomes

- CL01 : Explain the basic nutrient requirements for different population groups, and key food sources of each nutrient across the lifespan
- CL04 : Explain the purpose and development of the Australian Dietary Guidelines and

Nutrient Reference Values and apply to basic dietary assessment data

- CLO5 : Demonstrate ability to source and critique evidence-based nutrition information and when providing advice as nutrition professionals
- CLO6 : Collaborate effectively within a multidisciplinary health care setting and describe the circumstances in which onward referral to nutrition specialists is necessary for safe and effective patient care
- CLO7 : Apply nutrition tools and skills that are commonly used by allied health practitioners, including label reading and basic nutritional status

#### **Detailed Assessment Description**

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

#### **Assessment Length**

1800 words + 15 min video

#### **Submission notes**

This task does not have a short extension option.

#### **Assessment information**

AI (artificial intelligence)

#### **DRAFTING 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.



# Reflection on interprofessional practice

## Assessment Overview

You will write a reflection based on your experiences working with other future health professionals, viewing other groups presentations, and interdisciplinary learning activities throughout the course. You will consider the different roles of other nutrition professionals in interdisciplinary practice and how working together can improve outcomes.

Feedback is provided within 10 working days.

## Course Learning Outcomes

- CLO5 : Demonstrate ability to source and critique evidence-based nutrition information and when providing advice as nutrition professionals
- CLO6 : Collaborate effectively within a multidisciplinary health care setting and describe the circumstances in which onward referral to nutrition specialists is necessary for safe and effective patient care
- CLO7 : Apply nutrition tools and skills that are commonly used by allied health practitioners, including label reading and basic nutritional status

## Detailed Assessment Description

More details on the assessment are provided on your course Moodle site.

## Assessment Length

1000 words

## Submission notes

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

## Assessment information

AI (Artificial Intelligence)

## SIMPLE EDITING ASSISTANCE

For this assessment task, you may use AI-based software to research and prepare prior to writing your assessment. You are permitted to use standard editing and referencing functions in word processing software [e.g. MS Word or Grammarly) this is limited to 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.

## **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	Nutrition landscape in Australia - Key facts and stats
	Tutorial	Activities: Course intro and basic dietary assessment
Week 2 : 19 February - 25 February	Lecture	Nutrient requirements and dietary guidelines
	Tutorial	Activities: Nutrition guidelines knowledge, food classification and food groups
Week 3 : 26 February - 3 March	Lecture	Food fortification and evidenced-based nutrition
	Tutorial	Activities: Dietary assessment, analysis and evaluation
Week 4 : 4 March - 10 March	Lecture	Lecture (1) Food fortification; Lecture (2) Evidenced-based nutrition
	Tutorial	Activities: Critiquing evidence 1 & nutrition label reading
Week 5 : 11 March - 17 March	Lecture	Lifecycle nutrition: pregnancy & lactation
	Tutorial	Activities: Critiquing Evidence 2; Infant formula and feeding
Week 6 : 18 March - 24 March	Other	Flexibility week - No class scheduled
Week 7 : 25 March - 31 March	Lecture	Lifecycle nutrition: infancy & early childhood
	Tutorial	Activities: Fussy eating, weight issues, intolerances - when to refer on?
Week 8 : 1 April - 7 April	Lecture	Lifecycle nutrition: healthy ageing & nutrition screening for at risk individuals
	Tutorial	Activities: Nutrition screening & supplements
Week 9 : 8 April - 14 April	Lecture	Sports nutrition
	Other	Nutrition practice in allied health tradeshow
Week 10 : 15 April - 21 April	Lecture	Nutrition practice in allied health
	Tutorial	Discipline-specific case studies

## 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

## Prescribed Resources

All resources for this course are found on Moodle.

## Recommended Resources

Tapsell, Linda (ed), *Food, Nutrition and Health* (Oxford University Press, Second edition., 2019).

Other recommended readings for this course are provided on Moodle.

## 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
	Luke Gemming				By appointment, requests via email.	No	Yes
	Sara Grafenauer					No	No
	Jaimee Hughes					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 Plagiarism

### 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](mailto:c.maloney@unsw.edu.au)).