











# Human Nutrition

COURSE LEVEL Undergraduate

YEAR 2021

## COURSE INFORMATION

 <b>AREA/CATALOGUE</b> HLTH 2001	 <b>COURSE ID</b> O11595	 <b>TIMETABLE/S</b> First Semester (Study Period 2)
 <b>COURSE LEVEL</b> Undergraduate	 <b>UNIT VALUE</b> 4.5	 <b>COURSE OWNER</b> UniSA Allied Health & Human Performance
 <b>OFFERED EXTERNALLY</b> No	 <b>UNIVERSITY-WIDE ELECTIVE COURSE</b> No	

## Course aim

Develop an understanding of the relationship between diet, nutrition, exercise and health and on completion be able to provide general advice to apparently healthy clients.

## Course content

Nutrient sufficiency and human needs (planning a healthy diet; nutritional status; macronutrients – their food sources, fate and use in the body; dietary fibre and health; micronutrients – human needs and dietary sources). Energy concepts (energy balance; weight control; obesity and methods of weight loss diets). Nutrition and lifestyle (nutritional issues in lifestyle diseases; diabetes, heart disease and cancer; designer foods – functional foods, healthy fats, genetically engineered foods; food safety).

## Textbook(s)

Whitney, E N, Rolfes, S R, Crowe, T, Cameron-Smith, D & Walsh, A 2019, *Understanding Nutrition - Australian and New Zealand Edition*, 4th edn, Thomson-Wadsworth, Melbourne, Australia

## Prerequisite(s)

### Subject Area & Catalogue Number

### Course Name

Common to all relevant programs

BIOL 1012



Subject Area & Catalogue Number	<a href="#">Biology B</a>
Common to all relevant programs	BIOL 1049
Subject Area & Catalogue Number	<a href="#">Human Physiology 100</a>
Common to all relevant programs	BIOL 1051
Subject Area & Catalogue Number	<a href="#">Physiology Essentials 100</a>

Students are only required to have one of the above courses for their prerequisite.

## Corequisite(s)

Nil

## Teaching method

INTERNAL, CITY EAST	
Component	Lecture
Duration	2 hours x 13 weeks
Component	Workshop
Duration	2 hours x 11 weeks

*Note: These components may or may not be scheduled in every study period. Please refer to the timetable for further details.*

## Assessment

INTERNAL, CITY EAST	
Task	Report
Length	1500 words
Weighting	40%
Duration	-
Task	Test
Length	3 x 25 mins
Weighting	45%
Duration	-
Task	Presentation
Length	-
Weighting	15%



Duration

5 minutes

## Fees

EFTSL\*: 0.125

### Commonwealth Supported program (Band 2)

To determine the fee for this course as part of a Commonwealth Supported program, go to:

[How to determine your Commonwealth Supported course fee. \(Opens new window\)](#)

### Fee-paying program for domestic and international students

International students and students undertaking this course as part of a postgraduate fee paying program must refer to the relevant program home page to determine the cost for undertaking this course.

### Non-award enrolment

Non-award tuition fees are set by the university. To determine the cost of this course, go to:

[How to determine the relevant non award tuition fee. \(Opens new window\)](#)

Not all courses are available on all of the above bases, and students must check to ensure that they are permitted to enrol in a particular course.

*\* Equivalent Full Time Study Load. Please note: all EFTSL values are published and calculated at ten decimal places. Values are displayed to three decimal places for ease of interpretation.*

## Course Coordinators



**Prof Alison Coates** >

UniSA Allied Health & Human Performance



## Contact us

### Australian students

**Phone:** +61 8 8302 2376

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### International students

**Phone:** +61 8 9627 4854

**Enquiry:** [unisa.edu.au/international/enquiry](https://unisa.edu.au/international/enquiry)

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For further information please visit [unisa.edu.au/study](https://unisa.edu.au/study)

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