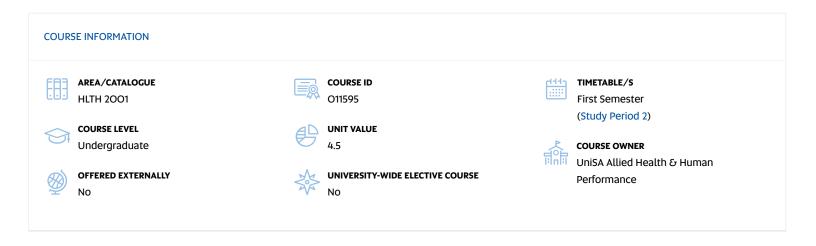


COURSE LEVEL Undergraduate YEA

YEAR 2021



### **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

Courses - Human Nutrition - Study at UniSA

Subject Area & Catalogue Number	Biology B
Common to all relevant programs	BIOL 1049
Subject Area & Catalogue Number	Human Physiology 100
Common to all relevant programs	BIOL 1051
Subject Area & Catalogue Number	Physiology Essentials 100

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%

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Courses - Human Nutrition - Study at UniSA

Duration

5 minutes

### Fees

### EFTSL\*: O.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 83O2 2376 Enquiry: unisa.edu.au/enquiry

### International students

Phone: +61 8 9627 4854 Enquiry: unisa.edu.au/international/enquiry

For further information please visit unisa.edu.au/study Information correct at the time of publication. CRICOS provider number OO121B.



University of South Australia