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The published on-line version of the Course Profile is the authoritative version and by the publication of the Course Profile on-line the University deems the student has been notified of and read the course requirements.

1. General Course Information

1.1 Course Details

COURSE CODE	2210AHS
COURSE TITLE	Nutrition
ACADEMIC ORGANISATION	SHS School of Health Sciences and Social Work
TRIMESTER	Trimester 1 2023
MODE	Mixed Mode
LEVEL	Undergraduate
LOCATION	Gold Coast, On Campus
CREDIT POINT VALUE	10

Course Description:

This course presents a comprehensive introduction to human nutrition; describing the requirements for macronutrients (carbohydrate, fat, protein, alcohol) and micronutrients (iron, calcium, zinc, thiamine, Vitamin C, folate), their food sources, digestion, absorption, storage, and metabolism. Students will explore energy balance and fad diets, and implications for human health. Students will be introduced to the Australian Guide to Healthy Eating, Nutrient Reference Values and dietary collection methods. Students will gain skills in analysis and interpretation of dietary records, and be able to develop recommendations to meet nutrient requirements. At the completion of this course, students will have knowledge of basic human nutrition, nutrient requirements, nutrient content of foods and the broad role of nutrition in maintaining optimal health.

Assumed Background:

You are expected to have a preliminary understanding of the digestive system, including structure and main roles of digestive organs. If you are new to studying in the area, you will be provided with suggested online material to support your learning.

1.2 Course Introduction

Welcome to 2210AHS Nutrition. This course is an introduction to human nutrition. In this course you will gain knowledge about the energy, macronutrient and micronutrient content of food, as well as individual requirements for consumption. This will enhance your understanding of the role nutrition plays in maintaining optimal health.

Nutrition is an important platform for studying Dietetics, Public Health, Exercise Science, Medicine, Nursing, Health Science, Biomedical Science, Psychology as well as other health disciplines.

Previous Student Feedback

In previous years, this course received extremely positive feedback from students. Course evaluations have consistently indicated that students find the course well organised and enjoy the lecture content, tutorial activities and applied nutrition analysis assignment. Lectures have been converted to online pre-recorded modules to allow students to complete the learning at a time suitable to them. Tutorials are offered as face-to-face, online (live) and video recordings to maximise flexibility. The number of assignment components for this course have been reduced to optimise efficiency with submissions based on previous student feedback.

1.3 Course Staff

Primary Convenor **Dr Chris Irwin**

EMAIL	c.irwin@griffith.edu.au
CAMPUS	Gold Coast Campus
BUILDING	Griffith Health Centre (G40)
ROOM	2.85

1.4 Timetable

Timetables are available on [the Programs and Courses website](#).

NB: Details contained in this section of the course profile and section 4.1 Learning Activities are to be read in conjunction with the official class timetable. The published class timetable which is the authoritative source for timetabling information for all campuses can be located by clicking on the link above.

Additional Timetable Information

You are expected to review all content covered in lectures and tutorials.

Lecture content will be delivered via online pre-recorded videos.

The tutorial sessions are delivered face-to-face and online based on timetabled classes. An online recording of the tutorial will also be made available.

All content covered in lectures/tutorials is examinable.

Tutorials will also cover procedures to optimise assignment work.

1.5 Lecture Capture

It is standard practice at Griffith University that lectures timetabled in lecture capture-enabled venues are recorded and made available to students on the relevant course site, in accordance with the University's [Lecture Capture Policy](#).

The lecture series delivered as part of this course will be recorded and accessible via the Learning@Griffith course site.

1.6 Technical Specifications

Minimum IT requirements for studying online:

- access video and audio recordings
- access digital learning resources
- complete online assessment
- participate in classroom discussion and collaboration via online communication and collaboration tools.

2. Aims, Outcomes & Graduate Attributes

2.1 Course Aims

In this course you will gain knowledge about the energy, macronutrient and micronutrient content of food, as well as individual requirements for consumption. This will enhance your understanding of the role nutrition plays in maintaining optimal health.

2.2 Learning Outcomes

After successfully completing this course you should be able to:

- 1 Describe the nutrient content and characteristics of various food products and common food sources of macronutrients and micronutrients, including consequences of deficiency and toxicity.
- 2 Describe the process of digestion, absorption and metabolism of macronutrients and micronutrients and factors affecting nutrient requirements for population groups across different life stages.
- 3 Apply knowledge to facilitate optimal food choice and eating behaviours for health.
- 4 Apply an evidence-based approach to understanding nutrition and dietetics issues and practices.

2.3. Graduate Attributes

For further details on the Griffith Graduate please [click here](#)

Griffith University prepares influential graduates to be:

- [Knowledgeable and skilled, with critical judgement](#)
- [Effective communicators and collaborators](#)

- [Innovative, creative and entrepreneurial](#)
- [Socially responsible and engaged in their communities](#)
- [Culturally capable when working with First Australians](#)
- [Effective in culturally diverse and international environments](#)

This table demonstrates where each of the Griffith Graduate Attributes is taught, practised and assessed in this course.

For further details on the Griffith Graduate Attributes please refer to [The Griffith Graduate policy](#).

University wide attributes

GRADUATE ATTRIBUTE	TAUGHT	PRACTISED	ASSESSED
Knowledgeable and skilled, with critical judgement	•	•	•
Effective communicators and collaborators	•	•	•
Innovative, creative and entrepreneurial	•	•	
Socially responsible and engaged in their communities	•	•	

National Competency Standards for Dietitians

GRADUATE ATTRIBUTE	LEARNING OUTCOMES
1. PROFESSIONAL PRACTICE	
1.1. Demonstrates safe practice	3
1.2. Demonstrates ethical and legal practice	3
1.3. Demonstrates leadership	
1.4. Demonstrates management	3
1.5. Demonstrates cultural safety and responsiveness	2, 3
2. EXPERT PRACTICE	
2.1. Adopts an evidence-based approach to dietetic practice	1, 2, 3
2.2. Applies the nutrition care process based on the expectations and priorities of clients	2, 3, 4
2.3. Influences food systems to improve the nutritional status of clients	3, 4
3. RESEARCH PRACTICE	
3.1. Conducts research, evaluation, and quality-management processes	3
4. COLLABORATIVE PRACTICE	
4.1. Communicates appropriately with people from various cultural, socioeconomic, organisational and professional backgrounds	
4.2. Builds capacity of, and collaborates with, others to improve nutrition and health outcomes	
4.3. Collaborates within and across teams effectively	

Additional Course Information on Graduate Attributes

3. Learning Resources

3.1 Required Resources

Details of your Required Learning Resources are available from the [Reading List](#).

3.2 Recommended Resources

Details of your Recommended Learning Resources are available from the [Reading List](#).

3.3 University Learning Resources

The University provides many facilities and support services to assist students in their studies. Links to information about University support resources that are available to students include:

[Readings](#): From the reading list, students can access Required and Recommended Learning Resources through direct links to articles, ebooks, databases, websites, the Library catalogue and digitised readings in one convenient place. Students can also

prioritise their readings, add personal study notes, and export citations.

Learning@Griffith: There is a dedicated page for this course at myGriffith.

[Student Support](#): Provides a range of services to support students throughout their studies including personal support such as Counselling and Health Services; Academic support; and Financial and Welfare support.

[Careers and Employment](#): The team provides Career Wellbeing, Career Planning and Decision Making, Finding Jobs, Skills Identification and Development, Graduate Employment Information, LinkedIn Profile Review, Interview Preparation, Online Psychometric and Aptitude Test Preparation, International Student Support, Disability Disclosure Strategies and Higher Degree Research (HDR) Career Consultations.

[Library](#): The Library provides a wide range of quality client-focused services and programs to students, researchers and staff of the University. The Library works in collaboration with the academic community to achieve academic and research outcomes.

[Student Computing](#): The University provides access to common use computing facilities for educational purposes.

[Griffith Information Technology Code of Practice](#).

[Academic Integrity Tutorial](#): This tutorial helps students to understand what academic integrity is and why it matters. You will be able to identify types of academic misconduct, understand what skills you will need in order to maintain academic integrity, and learn about the processes of referencing styles.

Academic Integrity Declaration

Breaches of academic integrity seriously compromise student learning, as well as the academic quality of the University's programs. All breaches of academic integrity are taken seriously.

By enrolling in this course and submitting assessment, I agree that:

- I have read the [Institutional Framework for Promoting Academic Integrity among Students](#) and the [Student Academic Misconduct Policy](#).
- Except where indicated through references/citations, all assessment submitted will be my own work, based on my personal study and/or research.
- I will not collude with another student or person in the production of assessment in this course unless group work and collaboration is an expectation of the assessment item.
- No assessment item has been submitted for assessment in any other course at Griffith, or at any other University or at any other time in the same course without the permission of the relevant Course Convenor.
- I will not copy in part or in whole or otherwise plagiarise the work of other students and/or other persons.
- I will not make any of my assessment in this course available to another student, without the permission of the Course Convenor.
- In the case of online quizzes and examinations, I will only access the materials permitted in the exam instructions and limit my internet usage to what is needed to take the exam.

I accept that should I be found to be in breach of the non-disclosure provision identified above, action will be taken under the [Student Academic Misconduct Policy](#). Penalties may include failing the course or exclusion from the University.

I also **acknowledge** and agree that the course convenor may:

- Give access to assessment to another Griffith staff member for the purpose of marking.
- Submit assessment items to a text-matching service. This web-based service will retain a copy of any assessment item for checking the work of other students but will not reproduce it in any form.
- Use assessment items for the purposes of moderation, or as exemplars, according to University policies.

3.5 Other Learning Resources & Information

Other recommended learning resources will be made available during the trimester.

4. Teaching & Learning Activities

4.1 Learning Activities

DATE	LECTURE	TUTORIAL
6 Mar - 12 Mar	Course Introduction & Evidenced-Based Nutrition Learning Outcomes: 3, 4	No Tutorial
13 Mar - 19 Mar	Australian Dietary Guidelines & NRVs Learning Outcomes: 1, 2	Methods of Monitoring Dietary Intake Learning Outcomes: 3, 4
20 Mar - 26 Mar	Carbohydrates Learning Outcomes: 1, 2, 4	Analysing Dietary Intake for Food Groups Learning Outcomes: 1, 2, 3, 4
27 Mar - 2 Apr	Fats/Lipids Learning Outcomes: 1, 2, 4	Analysing Dietary Intake for Energy and Nutrients Learning Outcomes: 1, 2, 3, 4
10 Apr - 16 Apr	Protein Learning Outcomes: 1, 2, 4	Assignment Part A Details Learning Outcomes: 1, 2, 3, 4
17 Apr - 23 Apr	Alcohol Learning Outcomes: 1, 2, 4	Assignment Part B Details Learning Outcomes: 1, 2, 3, 4
24 Apr - 30 Apr	Online Mid-Trimester Exam Learning Outcomes: 1, 2, 3, 4	No Tutorial

DATE	LECTURE	TUTORIAL
1 May - 7 May	Water Soluble Vitamins Learning Outcomes: 1, 2, 4	Assignment Part C Details Learning Outcomes: 1, 2, 3, 4
8 May - 14 May	Fat Soluble Vitamins Learning Outcomes: 1, 2, 4	Assignment Support Learning Outcomes: 1, 2, 3, 4
15 May - 21 May	Minerals Learning Outcomes: 1, 2, 4	Nutrition Case Studies & Calculations Learning Outcomes: 1, 2, 3, 4
22 May - 28 May	Nutrient Interactions & Diet Patterns Learning Outcomes: 1, 2, 4	Nutrition Case Studies & Calculations Learning Outcomes: 1, 2, 3, 4
29 May - 4 Jun	Lifecycle Nutrition Learning Outcomes: 1, 2, 4	No Tutorial

4.2 Other Teaching and Learning Activities Information

Students are welcome to attend the live online tutorial (Tues 4-6 pm) or review the recording of the tutorial should they be unable to attend their scheduled face to face tutorial session. Students who opt for the live online session can log-in via Microsoft Teams. A Microsoft Teams link will be made available on the course Learning@Griffith site.

Links will be made available to all recordings for those who require Closed Captions. Please click on the link, and when the video opens, click on 'CC' on the bottom right-hand corner of the video. This should be approximately 90% accurate. Should you encounter any issues, please advise the course convenor.

5. Assessment Plan

5.1 Assessment Summary

This is a summary of the assessment in the course. For detailed information on each assessment, see [5.2 Assessment Detail](#) below.

ASSESSMENT TASK	DUE DATE	WEIGHTING	MARKED OUT OF	LEARNING OUTCOMES	MAXIMUM EXTENSION PERIOD
<i>Assignment - Written Assignment</i> Dietary Analysis Assignment	16 Apr 23 17:00 - 14 May 23 17:00 Parts A-C are due on different dates of the trimester - refer to assignment description on Canvas	30%	50 marks	1, 2, 3, 4	
<i>Test or quiz</i> Mid-Trimester Exam	26 Apr 23 09:00 - 26 Apr 23 10:00 60 minutes duration	20%	50 marks	1, 2, 3, 4	
<i>Exam - selected response</i> End-Trimester Exam	Examination Period	50%	100 marks (Must achieve a min of 50 out of 100)	1, 2, 3, 4	

5.2 Assessment Detail

Title: Dietary Analysis Assignment

Type: Assignment - Written Assignment

Learning Outcomes Assessed: 1, 2, 3, 4

Due Date:

16 Apr 23 17:00 - 14 May 23 17:00 Parts A-C are due on different dates of the trimester - refer to assignment description on Canvas

Weight: 30%

Marked out of: 50

Task Description:

This task is an individual student assessment item. There are three separate parts to this assignment:

Part A: Data collection of usual dietary intake - Due 5 pm, 16th April.

Part B: Food group, nutrient and cost analysis of usual dietary intake - Due 5 pm, 23rd April.

Part C: Written assignment component to describe and evaluate the impact and importance of suggested dietary modifications - Due 5 pm, 14th May.

Further details for each part of the assignment, including the marking criteria, can be found on the course *Canvas* page.

Criteria & Marking:

The marking criteria for each part of the assignment can be found on the course *Canvas* page.

Submission: Via the 'Assignments' tool in Learning@Griffith. Other. Students are required to submit all parts of this assignment through Learning@Griffith.

This assessment item:

- is a school based activity

- is an individual activity
 - does not include a self assessment activity
 - does not have a resubmission provision
-

Title: Mid-Trimester Exam

Type: Test or quiz

Learning Outcomes Assessed: 1, 2, 3, 4

Due Date:

26 Apr 23 09:00 - 26 Apr 23 10:00 60 minutes duration

Weight: 20%

Marked out of: 50

Task Description:

A 60-minute mid-trimester exam will be held in Week 7. The exam will cover content from Weeks 1-6 and will include multiple choice questions. Further details are available on the course *Canvas* page.

Criteria & Marking:

The exam consists of 50 questions, each worth 1 mark. The exam will be completed online. Duration one hour.

Submission: Via the 'Assignments' tool in Learning@Griffith. This is an online exam.

This assessment item:

- is a school based activity
 - is an individual activity
 - does not include a self assessment activity
 - does not have a re-attempt provision
-

Title: End-Trimester Exam

Type: Exam - selected response

Learning Outcomes Assessed: 1, 2, 3, 4

Due Date:

Examination Period

Weight: 50%

Marked out of: 100

Perusal: 10 minutes

Duration: 120 minutes

Exam Type: Open Book

Exam Format: Online (Non-ProctorU)

Task Description:

The final exam will be held during the central examination period. The exam will be 2 hours in duration and will consist of multiple-choice questions.

Criteria & Marking:

This assessment item is a MUST PASS assessment component. Students must achieve at least 50% in the final examination to pass the course. The exam consists of 100 questions, each worth 1 mark. The exam will be completed online via a link that will be made available on the course *Canvas* page. A student who achieves less than 50% on the exam but has an overall course grade of 3 or better will be offered a supplementary end-trimester exam.

This assessment item:

- is a centrally organised activity
 - is an individual activity
 - does not include a self assessment activity
 - contains a mandatory pass component
-

5.3 Late Submission

For all courses (other than Honours Dissertation Courses): Refer to the [Assessment Procedure for Students](#).

For all Honours Dissertation courses: Enrolment in an Honours degree shall be cancelled and the candidature terminated if the candidate fails to lodge their Honours dissertation by the prescribed date including any approved extensions.

5.4 Other Assessment Information

Supplementary Assessment is available in this course.

Supplementary assessment may be awarded if you have submitted all the assessment requirements of the course, and you have received a grade of 3 or have achieved an overall percentage equivalent to the grade of 3 or higher, but you have not achieved a pass or the required minimum mark in one or more mandatory pass components of the course.

You are allowed one attempt at a supplementary assessment item per course per trimester. If you gain a pass mark for your supplementary assessment item, you will be awarded a grade of 4.

Where you do not achieve a pass mark for the supplementary assessment item, the original grade of 3 for the course will remain, except for courses using the Medical School grading basis where a non-graded fail (NGF) is awarded.

Please see the [Assessment Procedure for Students](#) for more information.

Final Grades

A student's final grade for this course will be based on the aggregation and weighting of marks across assessment, any mandatory pass components and grade cut-offs. Grade cut-offs can vary, so you will need to wait for the official release of grades to be sure of your grade for this course.

- This course is a graded course (i.e 7, 6, 5, 4, 3, 2, 1).
- This course contains mandatory pass components.

Mandatory pass component

To be eligible to pass this course, students must:

1. achieve an overall pass mark for this course
2. submit the assessment task: End-Trimester Exam
3. achieve a minimum percentage mark of 50% [min 50 out of 100 for 'End-Trimester Exam']

6. Policies & Guidelines

This section contains the details of and links to the most relevant policies and course guidelines. For further details on University Policies please visit the [Policy Library](#)

6.1 Assessment Related Policies and Guidelines

University Policies & Guidelines

The University's policies can be found in the [Griffith Policy Library](#).

Specific assessment policies include:

- [Assessment Policy](#)
- [Assessment Procedure for Students](#)

SHS School of Health Sciences and Social Work

Assessment Guidelines

The American Psychological Association Referencing Style (7th Edition) [APA 7] is the preferred standard for this course.

6.2 Other Policies and Guidelines

University Policies and Guidelines

Students are responsible for ensuring that they have read all sections of the Course Profile for the course/s in which they are enrolled in any enrolment period. The published online version of the Course Profile is the authoritative version and by the publication of the Course Profile online, the University deems the student has been notified of and read the course requirements. Variations to the Course Profile during the trimester of offer are not permitted except in exceptional circumstances and will be advised in writing to all enrolled students and via the Learning@Griffith website. Additional information regarding the content of this course may be published on the [Learning@Griffith](#) website.

Copyright matters

Copyright applies to all teaching materials and materials generated by students which substantially relate to Griffith University courses. *Students are warned against selling Griffith University teaching materials and their student notes online through commercial websites during and after their studies.* You will almost certainly be in breach of copyright law and Griffith's IT Code of Practice if you post these materials on the internet and commercial websites. Please refer to the [Copyright Guide for Students](#) for further information.

Health and Safety

Griffith University is committed to providing a safe work and study environment. However, all students, staff and visitors have an obligation to ensure the safety of themselves and those whose safety may be affected by their actions. Staff in control of learning activities will ensure as far as reasonably practical, that those activities are safe and that all safety obligations are being met. Students are required to comply with all safety instructions and are requested to report safety concerns to the University.

General health and safety information is available on the [Health, Safety and Wellbeing](#) website.

Other Key Student-Related Policies

All University policy documents are accessible to students via the [Griffith Policy Library](#). Links to key policy documents, in addition to those listed in 6.1 above, are included below for easy reference:

- [Student Communications Policy](#)
- [Health, Safety and Wellbeing Policy](#)
- [Student Administration Policy](#)
- [Student Charter](#)
- [Student Review and Appeals Policy](#)
- [Student Review and Appeals Procedures](#)
- [Student Complaints Policy](#)
- [Students with Disabilities Policy](#)

Other Course Guidelines

No further guidelines are recommended.

Learning Summary

Below is a table showing the relationship between the learning outcomes for this course, the learning activities used to develop each outcome and the assessment task used to assess each outcome.

Learning Outcomes

After successfully completing this course you should be able to:

- 1 Describe the nutrient content and characteristics of various food products and common food sources of macronutrients and micronutrients, including consequences of deficiency and toxicity.
- 2 Describe the process of digestion, absorption and metabolism of macronutrients and micronutrients and factors affecting nutrient requirements for population groups across different life stages.
- 3 Apply knowledge to facilitate optimal food choice and eating behaviours for health.
- 4 Apply an evidence-based approach to understanding nutrition and dietetics issues and practices.

Assessment & Learning Activities

LEARNING ACTIVITIES	LEARNING OUTCOMES			
	1	2	3	4
No Tutorial (Tutorial)				
Course Introduction & Evidenced-Based Nutrition (Lecture)			●	●
Australian Dietary Guidelines & NRVs (Lecture)	●	●		
Methods of Monitoring Dietary Intake (Tutorial)			●	●
Carbohydrates (Lecture)	●	●		●
Analysing Dietary Intake for Food Groups (Tutorial)	●	●	●	●
Fats/Lipids (Lecture)	●	●		●
Analysing Dietary Intake for Energy and Nutrients (Tutorial)	●	●	●	●
Protein (Lecture)	●	●		●
Assignment Part A Details (Tutorial)	●	●	●	●
Alcohol (Lecture)	●	●		●
Assignment Part B Details (Tutorial)	●	●	●	●
No Tutorial (Tutorial)				
Online Mid-Trimester Exam (Lecture)	●	●	●	●
Water Soluble Vitamins (Lecture)	●	●		●
Assignment Part C Details (Tutorial)	●	●	●	●
Assignment Support (Tutorial)	●	●	●	●
Fat Soluble Vitamins (Lecture)	●	●		●
Minerals (Lecture)	●	●		●

LEARNING ACTIVITIES	LEARNING OUTCOMES			
	1	2	3	4
Nutrition Case Studies & Calculations (Tutorial)	●	●	●	●
Nutrient Interactions & Diet Patterns (Lecture)	●	●		●
Nutrition Case Studies & Calculations (Tutorial)	●	●	●	●
No Tutorial (Tutorial)				
Lifecycle Nutrition (Lecture)	●	●		●
ASSESSMENT TASKS				
Dietary Analysis Assignment	●	●	●	●
Mid-Trimester Exam	●	●	●	●
End-Trimester Exam	●	●	●	●

Graduate Attributes

For further details on the Griffith Graduate please [click here](#)

Griffith University prepares influential graduates to be:

- [Knowledgeable and skilled, with critical judgement](#)
- [Effective communicators and collaborators](#)
- [Innovative, creative and entrepreneurial](#)
- [Socially responsible and engaged in their communities](#)
- [Culturally capable when working with First Australians](#)
- [Effective in culturally diverse and international environments](#)

This table demonstrates where each of the Griffith Graduate Attributes is taught, practised and assessed in this course.

University wide attributes

GRADUATE ATTRIBUTE	TAUGHT	PRACTISED	ASSESSED
Knowledgeable and skilled, with critical judgement	•	•	•
Effective communicators and collaborators	•	•	•
Innovative, creative and entrepreneurial	•	•	
Socially responsible and engaged in their communities	•	•	
Culturally capable when working with First Australians			
Effective in culturally diverse and international environments			

National Competency Standards for Dietitians

GRADUATE ATTRIBUTES	LEARNING OUTCOMES			
	1	2	3	4
1 PROFESSIONAL PRACTICE				
1.1. Demonstrates safe practice			●	
1.2. Demonstrates ethical and legal practice			●	
1.3. Demonstrates leadership				
1.4. Demonstrates management			●	
1.5. Demonstrates cultural safety and responsiveness		●	●	
2 EXPERT PRACTICE				

2.1. Adopts an evidence-based approach to dietetic practice	●	●	●	
2.2. Applies the nutrition care process based on the expectations and priorities of clients		●	●	●
2.3. Influences food systems to improve the nutritional status of clients			●	●

3 RESEARCH PRACTICE

3.1. Conducts research, evaluation, and quality-management processes			●	
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4 COLLABORATIVE PRACTICE

4.1. Communicates appropriately with people from various cultural, socioeconomic, organisational and professional backgrounds				
4.2. Builds capacity of, and collaborates with, others to improve nutrition and health outcomes				
4.3. Collaborates within and across teams effectively				