

SUBJECT OUTLINE

SECTION 1 – SUBJECT SUMMARY

Subject code and name	HSW702 Nutrition through the Lifespan		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Dr Rati Jani	Duration	5 weeks
List of courses that will offer this subject	-		
Level	AQF 7 - Bachelor		
Indicate core or elective	<input type="checkbox"/> Core <input checked="" type="checkbox"/> Elective for cross institutional students		
Prerequisites	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours: 40 hours No of personal study hours: 120 hours Total workload hours: 160 hours		
Mode of delivery	<input checked="" type="checkbox"/> Face to face <input type="checkbox"/> E-learning (online) <input checked="" type="checkbox"/> Intensive. Provide details below		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <p>Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.</p>		

SECTION 2 – SUBJECT INFORMATION

2.1 Subject Description

Provide a summary of approximately that gives a concise outline of the subject

This subject takes a lifespan perspective to nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition. You will discuss the many factors that impact on healthy food choices and how foods can be utilised to enhance wellbeing.

2.2 Teaching methods/strategies

Briefly describe below, the teaching methods/strategies (face to face lectures, online tutorial) used in this subject/unit:

- 1 week preliminary reading – students are provided with guided reading materials and familiarise themselves with the subject
- 1 week intensive face-to-face classes (5 days X 8 hrs/day) – students participate in interactive lectures, group work and discussions
- 3 weeks independent learning – students undertake research and complete their assignments, supported by the lecturer and tutor and online resources

2.3 Learning Outcomes

Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)

- 1) Demonstrate an understanding of the issues and complexity of nutrition through the lifespan and the ability to make informed decisions about current and emerging issues in nutrition including its role in health maintenance and promotion
- 2) Locate and review evidence-based information on the nutritional and therapeutic benefits of foods and make specific recommendations for their inclusion in the diet
- 3) Compare and contrast treatments based on ‘food as medicine’ and conventional treatment approaches for common diseases
- 4) Assess information on food quality, food regulation, food production and consumption

2.4 Content and Structure

Provide details in the table below, the subject content and how it is structured, including practical components such as laboratory, studio and work – based placements

Nutrition and health (10 hours)

World view of nutrition, world health trends
Food as medicine and common uses of food for the treatment of health concerns
Phytonutrients and medicinal properties of food
Evaluation of nutritional status of foods
Alcohol and diseases related to alcohol
Tobacco and smoking

Nutrition for life (20 hours)

Pregnancy, infancy and childhood
Adolescent and adulthood
Nutrition and ageing
Energy balance and healthy body weight

Diet, health and eating disorders
 Nutrition and physical activity and sports

Quality of food (10 hours)
 Farming and food production
 Food regulation
 Epidemiology and social factors that affect food choices
 Health promotion and food

2.5 Assessment

Assessment Task			Learning outcomes for subject related to assessment task.(Use number from Learning Outcomes table
Type	When assessed- Year, session and week	Weighting (% of total marks for subject)	
Short presentations on nutritional aspects of particular foods (10 minutes)	Week 2	20%	(2)
Assignment on an aspect of nutrition in human development (1,500 words)	Week 3	30%	(1)
Research project on nutrition and social wellness (2000 words)	Week 5	50%	(3), (4)

2.6 Prescribed and Recommended Readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject

Prescribed texts

There are no prescribed texts.

Students are expected to read relevant journals and magazines. The lecturer will provide guided readings and supplementary references to academic and professional articles of current interest in the study guide.

Recommended references

Bender, DA 2008, *Introduction to nutrition and metabolism*, 4th edn, CRC Press, Boca Raton, Fla.

Braun, L. and Cohen, M. (2007) *Herbs and Natural Supplements: an evidence based guide*, 2nd edn. Elsevier, Australia

Brown, JE 2008, *Nutrition through the life cycle*, 3rd edn, Thomson/Wadsworth, Belmont, Calif.

Edelstein, S and Sharlin, J 2009, *Life cycle nutrition: an evidence-based approach*, Jones and Bartlett Publishers, Sudbury, Mass.

Mann, J and Truswell, AS 2007, *Essentials of human nutrition* 3rd edn, Oxford University Press, Oxford ; New York.

Mathers, JC, Stanner, S, Thompson, R, Buttriss, J and British Nutrition Foundation. 2009, *Healthy ageing : the role of nutrition and lifestyle : the report of a British Nutrition Foundation task force*, Published by Blackwell for the British Nutrition Foundation, Chichester, West Sussex ; Ames, Iowa.

Wahlqvist, ML 2002, *Food and nutrition: Australasia, Asia and the Pacific*, 2nd edn, Allen & Unwin, Crows Nest, N.S.W.

Webb, FS & Whitney, EN 2006, *Nutrition: concepts and controversies*, 10th edn, Thomson/Wadsworth Belmont, CA.

Whitney, EN 2007, *Nutrition for health and health care*, 3rd edn, Thomson/Wadsworth, Australia.

Online resources

World Health Organisation <http://www.who.int/en>

Nutrition Australia <http://www.nutrtaustralia.org>