

# **EXPT1182**

## **Exercise and Nutrition**

**Course Outline**  
**Term 1, 2023**

**School of Health Sciences**  
**Faculty of Medicine & Health**

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## 1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	Nancy van Doorn	n.vandoorn@unsw.edu.au	Days: Tue-Thu	By appointment
Course Convenor	Dr Luke Gemming	l.gemming@unsw.edu.au	Monday, Tuesday	By appointment
Lecturer (Nutrition)	A/Prof Sara Grafenauer	s.grafenauer@unsw.edu.au	Tuesday	By appointment
Tutor	Dr Imtiaz Desai	n/a	n/a	n/a

## 2. Course information

Units of credit: 6 UOC

Pre-requisite(s): None

Teaching times and locations: <https://timetable.unsw.edu.au/2023/EXPT1182.html>

### 2.1 Course summary

This course focuses on the basics of nutrition and exercise for health and wellbeing. In this course you will learn the fundamentals of how to design exercise and physical activity programs and how to use nutrition to enhance exercise and sports performance. You will also develop an understanding of how exercise and nutrition relate to health outcomes, including the role of diet in chronic disease and obesity. You will also be introduced to the performance of basic exercises in our state-of-the-art teaching gym facility.

### 2.2 Course aims

This practical course aims to provide you with an understanding of the basic concepts of exercise and nutrition. It will equip you with the knowledge to apply governing body guidelines about basic exercise and nutrition and introduce you to the most recent evidence-based research in this area. It aims to develop your understanding of the vital role of nutrition and exercise in the maintenance of health and illness.

## 2.3 Course learning outcomes (CLO)

At the successful completion of this course, you will be able to:

1. describe the basic functions of macronutrients and micronutrients including their role in energy balance and health
2. describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise
3. explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity
4. describe the evidence for the efficacy of common nutritional supplements and ergogenic aids and demonstrate awareness of prescribed or illegal supplements common in the sports and exercise industry
5. describe and apply current Australian physical activity and nutrition population level guidelines
6. analyse the basic principles of exercise prescription for a variety of exercise modalities

## 2.4 Relationship between course and program learning outcomes and assessments

Course Learning Outcome (CLO)	LO Statement	Related Tasks & Assessment
CLO 1	describe the basic functions of macronutrients and micronutrients including their role in energy balance and health	Basic Analysis Mini literature review End of Term Exam
CLO 2	describe a basic dietary analysis and discuss the implications with respect to general health, well-being, and performance in sport and exercise	Basic Analysis End of Term Exam
CLO 3	explain the role of diet in the aetiology of chronic conditions and obesity and the metabolic and chronic health consequences of obesity	Case study assessment End of Term Exam
CLO 4	describe the evidence for the efficacy of common nutritional supplements	Mini literature review

	and ergogenic aids and demonstrate awareness of prescribed or illegal supplements common in the sports and exercise industry	End of Term Exam
CLO 5	describe and apply current Australian physical activity and nutrition population level guidelines	Basic Analysis Case study assessment End of Term Exam
CLO 6	analyse the basic principles of exercise prescription for a variety of exercise modalities	Case study assessment End of Term Exam

### 3. Strategies and approaches to learning

#### 3.1 Learning and teaching activities

A blended mode of delivery will be used for this course. Theoretical content will be delivered online and practical skills classes will be delivered in small groups, face - to - face in our state-of-the-art laboratories. This course will consist of approximately 9 hours of asynchronous lectures, 9 hours of tutorials, and 18 hours of practicals (2h class per week), totalling a 36-hour contact time commitment. The remainder of this course will be spent in self-directed activities, engaging in online forums, and in preparation for assessments.

#### 3.2 Expectations of students

Students are reminded that UNSW recommends that a 6 units-of-credit course should involve about 150 hours of study and learning activities. The formal learning activities total approximately 50 hours throughout the term and students are expected (and strongly recommended) to do at least the same number of hours of additional study.

- You will be expected to engage and complete any online content prior to attending tutorials
- You will be expected to attend all face-to-face tutorial classes
- You will be expected to attend all small group face to face practical classes

## 4. Course schedule and structure

<b>Week [Date/Session]</b>	<b>Topic [Module]</b>	<b>Activity [Learning opportunity]</b>	<b>Related CLO</b>
<b>Week 1</b>	Australian food and physical activity guidelines	Interpreting and applying the guidelines	5
<b>Week 2</b>	Micro and macronutrients	Sources and amounts of macro and micronutrients	1
<b>Week 3</b>	Dietary analyses and energy balance	Dietary analysis and interpretation for health and wellbeing	2, 3
<b>Week 4</b>	Nutritional considerations and modifications for sport and exercise	Low energy availability and identifying need for onward referral	2
<b>Week 5</b>	Nutritional supplements and ergogenic aids in the context of exercise and sport	Dietary analysis and recommendations for improving exercise performance and altering body composition	4
<b>Week 6</b>	Flexibility week (no classes or new content delivered)		
<b>Week 7</b>	Principles of exercise prescription	Applying and understanding the FITT principle	6
<b>Week 8</b>	Types and functions of different exercise modalities	Selecting the appropriate exercise modalities for differing goals	6
<b>Week 9</b>	Basics of exercise monitoring and progression	Monitoring and progressing an exercise plan	6
<b>Week 10</b>	Nutrition, physical activity, and lifestyle. Bringing it all together!	Revision	1-6

Exam Period: 28 April – 11 May

Supplementary Exam Period: Mon 22 May – Fri 26 May

## 5. Assessment

### 5.1 Assessment tasks

Assessment task	Length	Weight (%)	Due date and time Friday 5pm
<b>Assessment 1: Basic analysis</b>			Week 3 (pre-census)
A) Dietary analysis	500 words	10	
B) Physical activity analysis	500 words	10	Week 5
<b>Assessment 2: Mini literature review – dietary supplements</b>	1000 words	20	Week 7
<b>Assessment 3: Case study assessment</b> (Dietary analysis, PA analysis, and a basic exercise prescription)	1000 words plus tables/figures	30	Week 9
<b>Assessment 4: End of term Exam</b>	MCQ and short answer	30	Exam period

#### Assessment 1: Basic analysis (20%)

##### A) Dietary analysis (10%) - 500 words

In this task you will conduct a basic dietary analysis on 3 days of foods and drinks you consume (include 1 weekend day). You will need to present demographic information, and the breakdown of food groups using the template supplied and make reference to how this compares with the Australian Guide to Healthy Eating (AGHE). You will provide recommendations regarding how the diet could be improved to more closely align with the food guidelines. Individual written feedback will be provided prior to census date.

##### B) Physical activity analysis (10%) – 500 words

In this task you will conduct a basic physical activity analysis on a case study provided. You will need to identify the volume and type of activity performed and discuss how this does or does not align with the physical activity recommendations. You will provide recommendations regarding how to improve the individual's physical activity to further improve health outcomes. A template for this assessment will be provided. Individual written feedback will be provided within 10 days of the due date.

## **Assessment 2: Mini literature review (20%) – 1000 words**

In this assessment you will select one of the common supplements used for 'exercise and health' purposes. A list of appropriate supplements to choose from will be provided. You will explore high quality evidence regarding the safety and efficacy of the chosen supplement and document this in a table supplied. You will be expected to source and cite multiple sources of appropriate evidence. You will add an introductory paragraph and a closing paragraph providing suggestions for future research. This assessment will introduce you to academic scientific writing and will provide you with feedback in order to improve this vital skill. Students will receive feedback within 10 days of the due date.

## **Assessment 3: Case study assessment (30%) – 1000 words**

This assessment brings together both the nutrition and the physical activity analysis skills. You will analyse an individual's current physical activity and nutritional intake. You will then interpret these analyses with respect to the Australian Guide to Healthy Eating and Australian Physical Activity Guidelines and then identify areas for improvement. In addition, you will write a basic exercise prescription for this client in order to improve their health and wellbeing. A template will be provided for the dietary and exercise data collection and prescription. Students will receive feedback within 10 days of the due date.

## **Assessment 4: End of term exam (30%)**

The end of term exam will cover all content over the course of the term and will be conducted in the exam period. The exam will consist of both multi-choice questions, and short answer questions. A cohort wide general feedback summary will be posted on Moodle at the end of the term.

### **Further information**

UNSW grading system: <https://student.unsw.edu.au/grades>

UNSW assessment policy: <https://student.unsw.edu.au/assessment>

## **5.2 Assessment criteria and standards**

Please see the course Moodle page for marking rubric and assessment criteria for the assignments.



## 5.3 Submission of assessment tasks

### Late Submission

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 day (including Saturday, Sunday and public holidays). For example, if an assessment task is worth 30 marks, then 1.5 marks will be lost per day (5% of 30) for each day it is late. So, if the grade earned is 24/30 and the task is two days late the student receives a grade of 24 – 3 marks = 21 marks.

Students must attempt all assignments. Late submissions will be penalized at 5% per day capped at five days (120 hours). Submissions received after 5 days will receive zero marks but may be given feedback.

### Special Consideration

If you experience a short-term event beyond your control (exceptional circumstances) that impacts your performance in a particular assessment task, you can apply for Special Considerations.

You must apply for Special Consideration **before** the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must **apply within 3 working days** of the assessment, or the period covered by your supporting documentation.

More information can be found on the [Special Consideration website](#).

## 5.4. Feedback on assessment

Students will receive written feedback on assessments within 10 days of the assessment date. When written assignments are submitted, feedback will be provided in order to improve the learning outcomes associated with the particular assessment.

## 6. Academic integrity, referencing and plagiarism

**Referencing** is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

**Please use APA referencing style for this course.**

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

***Academic integrity** is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.<sup>1</sup> At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.*

*Further information about academic integrity and **plagiarism** can be located at:*

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<sup>1</sup> International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

- The Current Students site <https://student.unsw.edu.au/plagiarism>, and
- The ELISE training site [About ELISE - ELISE | Informing your studies tutorial - Subject guides at UNSW Library](#)

The Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

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## 7. Readings and resources

Food, Nutrition & Health – 2nd ed Linda Tapsell ISBN 9780190304867

## 8. Administrative matters

Student enquiries should be submitted via student portal <https://portal.insight.unsw.edu.au/web-forms/>

## 9. Additional support for students

- The Current Students Gateway: <https://student.unsw.edu.au/>
- Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>
- Student Wellbeing and Health <https://www.student.unsw.edu.au/wellbeing>
- UNSW IT Service Centre: <https://www.myit.unsw.edu.au/services/students>
- UNSW Student Life Hub: <https://student.unsw.edu.au/hub#main-content>
- Student Support and Development: <https://student.unsw.edu.au/support>
- IT, eLearning and Apps: <https://student.unsw.edu.au/elearning>
- Student Support and Success Advisors: <https://student.unsw.edu.au/advisors>
- Equitable Learning Services (Formerly Disability Support Unit): <https://student.unsw.edu.au/els>
- Transitioning to Online Learning <https://www.covid19studyonline.unsw.edu.au/>
- Guide to Online Study <https://student.unsw.edu.au/online-study>