

# HLTH 2013 NUTRITION AND HEALTH 2

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**Credit Points** 10

**Legacy Code** 300934

**Coordinator** Sunil Panchal ([https://directory.westernsydney.edu.au/search/name/Sunil Panchal/](https://directory.westernsydney.edu.au/search/name/Sunil%20Panchal/))

**Description** This unit explores the basic concepts of human nutrition in relation to various stages of the lifespan from infants to late adulthood. It also explores nutrition in relation to chronic health conditions such as obesity, cardiovascular disease and eating disorders. Students will learn about the development of the Australian Dietary Guidelines and Nutrient Reference Values. Students will also learn to make informed decisions with regard to nutritionally critical moments of the life span, emerging nutrition opinions or contemporary uses of nutrition in physical activity, sports and chronic health conditions.

**School** Science

**Discipline** Nutrition and Dietetics

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 2 subject

**Pre-requisite(s)** HLTH 2012

**Equivalent Subjects** HLTH 2014 - Nutrition and Health 2

**Assumed Knowledge**

An understanding of human nutrition, food and the metabolism of micro- and macro-nutrients and computer literacy.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

| Item                              | Length  | Percent | Threshold | Individual/<br>Group Task |
|-----------------------------------|---|---------|-----------|---------------------------|
| Group assignment and presentation | 4000 words (group), 20 minutes per group presentation | 30      | N         | Group                     |
| Online Quizzes                    | 2 x 20 minutes  | 10      | N         | Individual                |
| Take-home intra-session exam      | 1 week  | 30      | N         | Individual                |
| Literature review                 | 1,500 words   | 30      | N         | Individual                |

Teaching Periods