

# HLTH 2013 NUTRITION AND HEALTH 2

**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 subject 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** Food Science and Biotechnology

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

Check your fees 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.

Type	Length	Percent	Threshold	Individual/ 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