HLTH 3001 APPLIED NUTRITION

Credit Points 10

Legacy Code 300908

Coordinator Li Li (https://directory.westernsydney.edu.au/search/name/Li Li/)

Description This subject builds on basic concepts in human nutrition and facilitates the study of nutrition needs across the lifecycle and for specific lifestyle and nutrition related diseases. This study will incorporate how to assess nutritional status (incorporating anthropometric, biochemical, clinical, dietary and physical activity assessment) of individuals and groups, understand the strengths and limitations of various methods, how to manipulate diets to ensure nutritional sufficiency and how to provide nutrition education regarding lifestyle related diseases and sports nutrition.

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/) page.

Level Undergraduate Level 3 subject

Equivalent Subjects HLTH 3002 - Applied Nutrition

Restrictions

Successful completion of 120 credit points

Assumed Knowledge

An understanding of human nutrition, food, the metabolism of micro- and macro-nutrients, nutritional needs in various contexts, the relationship between dietary intake and disease/health, and computer literacy.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Describe, apply, and interpret results from, tools and methodologies (including anthropometric, biochemical, clinical and dietary) for assessing the nutritional status and level of physical activity of individuals and groups for various purposes
2. Explain the strengths, limitations (including measurement errors), validity and reliability of various nutritional status assessment techniques
3. Utilise nutritional analysis software to organise and present dietary data
4. Provide recommendations for meeting nutritional requirements for the prevention / treatment of lifestyle related chronic disease and for sports nutrition
5. Articulate food laws relating to the nutrition labelling of foods
6. Apply teaching and learning skills or styles for effective nutrition counselling and education

Subject Content

1. Assessment of nutritional status
2. Anthropometric, biochemical, clinical and dietary assessment methods
3. Introductory methods to measure energy expenditure and physical activity levels
4. Use of nutritional analysis software
5. Application of reference values to findings from nutritional assessment methods
6. Manipulating existing diets
7. Provision of nutrition education for the prevention / treatment of lifestyle related chronic disease and for sports nutrition

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	Mandatory
Report	3,000 words	40	N	Individual	N
Practical	15 - 30 minutes	10	N	Individual	N
Presentation	Presentation 15 minutes, Reflection report 500 words	20	N	Group/ Individual	N
Quiz	30 minutes each	30	N	Individual	N

Prescribed Texts

- Ross, A., Caballero, B., & Cousins, R. J. (2014). Modern nutrition in health and disease (11th ed.). Wolters Kluwer Health.
- Charney, P. (2016). Nutrition assessment. Momentum press.
- Daradkeh, G., & Guizani, N. (2016). Handbook for nutritional assessment through life cycle. Nova Science
- Gibson, RS 2005, Principles of nutritional assessment, 2nd edn, Oxford University Press, 2005, Oxford, New York.

Teaching Periods

Spring (2025)

Hawkesbury

On-site

Subject Contact Li Li (https://directory.westernsydney.edu.au/search/name/Li Li/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH3001_25-SPR_HW_1#subjects)