

NATS 2040 PHYSICAL ACTIVITY, NUTRITION AND HEALTH

Credit Points 10

Legacy Code 401411

Coordinator Emma George ([https://directory.westernsydney.edu.au/search/name/Emma George/](https://directory.westernsydney.edu.au/search/name/Emma%20George/))

Description From 2020 this subject replaces 400892 - Physical Activity, Nutrition and Health. This subject examines the interdependence between physical activity, nutrition and health and the role of key lifestyle behaviours in improving health outcomes, longevity, and quality of life. Throughout this theoretical and practical subject, students explore personal and socio-cultural health issues, and identify how these health issues can be addressed in a proactive, holistic, and sustainable manner at an individual and population level.

School Health Sciences

Discipline Medical Science

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 2 subject

Equivalent Subjects HLTH 1007 - Nutrition Physical Activity Mental Health HLTH 2019 - Physical Activity Nutrition and Health

Restrictions

Students must be enrolled in program 4659 - Bachelor of Health Science (Personal Development, Health and Physical Education), 4742 - Bachelor of Health Science (Health and Physical Education)- Pathway to Teaching (Secondary), 4747 - Bachelor of Health Science (Health and Physical Education), 4791 Bachelor of Health and Physical Education (Pathway to Teaching Secondary), 4792 Bachelor of Health and Physical Education, 1939 Bachelor of Education (Secondary) or 6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education)

Learning Outcomes

After successful completion of this subject, students will be able to:

1. Describe the nature, and justify the choice of Australia's health priorities in relation to nutrition, physical activity and health.
2. Create, discuss and analyse scenarios that illustrate how physical activity and dietary choices are influenced by cultural and social values.
3. Evaluate personal actions and support strategies in response to personal health challenges.
4. Evaluate the nature of the relationship between physical activity, nutrition and health from a socio-cultural perspective.
5. Examine and reflect on the social inequities impacting on physical activity, nutrition and health across the lifespan.
6. Analyse, evaluate and implement the latest research evidence and guidelines within and between physical activity, nutrition and health.

Subject Content

1. Australian national health priorities and policies
2. National physical activity, sedentary behaviour and nutrition guidelines
3. Promoting lifelong physical activity and positive health behaviours
4. Socio-cultural issues, current research and relationships between physical activity, nutrition and health
5. Strategies to promote lifelong healthy attitudes and practices

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
End-of-session Exam	60 minutes each	25	N	Individual	N
Essay	1,000 words	35	N	Individual	N
Presentation	10 minutes	40	N	Individual	N

Prescribed Texts

There are no prescribed texts.

Teaching Periods

Spring (2025) Penrith (Kingswood)

On-site

Subject Contact Sarah Kennedy ([https://directory.westernsydney.edu.au/search/name/Sarah Kennedy/](https://directory.westernsydney.edu.au/search/name/Sarah%20Kennedy/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NATS2040_25-SPR_KW_1#subjects)