

SUBJECT OUTLINE FOR CROSS-INSTITUTIONAL STUDIES

Subject code and name	HSW702 Nutrition through the Lifespan		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Dr Rati Jani	Duration	5 weeks
Level	AQF 7 - Bachelor		
Prerequisites	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours:	40 hours	
	No of personal study hours:	120 hours	
	Total workload hours:	160 hours	
Mode of delivery	<input checked="" type="checkbox"/> Face to face <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <ul style="list-style-type: none"> - Week 1 is preliminary reading. - Week 2 is face-to-face intensive learning for 5 days, Monday to Friday on campus at NTI. - Weeks 3 – 5 are self-study and preparation of assignments supported by the subject lecturer through email and consultation as required and access to online teaching resources. <p>Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.</p>		

2.1 Subject Description

This subject takes a lifespan perspective to nutrition, diet and exercise, addressing nutritional requirements fundamental to human growth through the lifespan, drawing on different health and science disciplines to provide a basis for understanding nutrition. The subject will examine the many factors that impact on healthy food choices and how foods can be utilized to enhance wellbeing.

2.2 Learning Outcomes

- 1) Demonstrate an understanding of the issues and complexity of nutrition through the lifespan and the ability to make informed decisions about current and emerging issues in nutrition including its role in health maintenance and promotion
- 2) Locate and review evidence-based information on the nutritional and therapeutic benefits of foods and make specific recommendations for their inclusion in the diet
- 3) Compare and contrast treatments based on 'food as medicine' and conventional treatment approaches for common diseases
- 4) Assess information on food quality, food regulation, food production and consumption

2.3 Subject topics

- 1) **Nutrition and health**
 - World view of nutrition and world health trends
 - Food as medicine and common uses of food for the treatment of health concerns
 - Phytonutrients and medicinal properties of food
 - Evaluation of nutritional status of foods
 - Alcohol and diseases related to alcohol
 - Tobacco and smoking
- 2) **Nutrition for life**
 - Pregnancy, infancy and childhood
 - Adolescence and adulthood
 - Nutrition and ageing
 - Energy balance and healthy body weight
 - Diet, health and eating disorders
 - Nutrition, physical activity and sports
- 3) **Quality of food**
 - Farming and food production
 - Food regulation
 - Epidemiology and social factors that affect food choices
 - Health promotion and food

2.4 Assessment

Assessment tasks			
Type	Due	Weighting	Learning outcomes
1) Short presentations on nutritional aspects of particular foods (10 minutes)	Week 2	20%	2
2) Assignment on an aspect of nutrition in human development (1,500 words)	Week 3	30%	1
3) Research project on nutrition and social wellness	Week 5	50%	3,4