

SCHOOL OF EXERCISE BIOMEDICAL AND HEALTH SCIENCES

COURSE PLANNER

BACHELOR OF HEALTH SCIENCE: NUTRITION (E70) – 2009

This Course planner provides a step-by-step guide to help you program your future studies. If you encounter any difficulties in using the Course Planner please seek advice from the School Student Support Officer on 6304 5997.

GENERAL INFORMATION

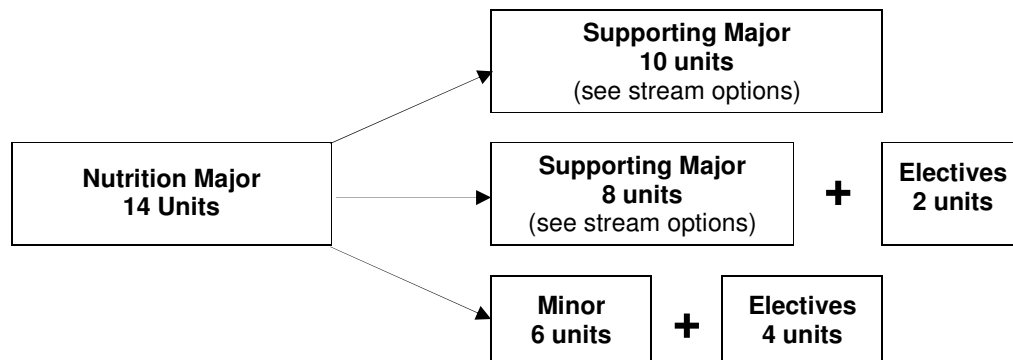
Course Code for Bachelor of Health Science: E70

The degree requires 24 units (**360 Credit Points for graduation**).

Each unit from the Bachelor of Health Science = 15 Credit Points.

Within the 360 Credit Points of the Bachelor of Health Science, there cannot be more than 150 Credit Points obtained from Level I units.

Bachelor of Health Science: Health Promotion students take a 14 unit Major in Nutrition and either a 10 unit Supporting Major (in the specialist streams) OR 8 unit Supporting Major (in the specialist streams) + 2 unit electives OR a 6 unit minor (from the below list or other approved minor) + 4 unit electives.



A **Supporting Major** program of 10 units or 8 units + 2 Electives may be taken. These approved majors include: Addiction Studies, Health Promotion, Biomedical Science, Occupational Safety and Health, Sport Science, Human Biology, Psychology, Youth Work.

OR

A **Minor** program of 6 units & 4 **Electives** may be taken. These approved minors include Addiction Studies, Health Promotion, Biomedical Science, Occupational Safety and Health, Psychology, Sports Science, Human Biology Youth Work, Applied Chemistry.

NOTE: PROGRAMS (SUPPORTING MAJOR OR MINOR) OUTSIDE THESE MUST SEEK APPROVAL FROM COORDINATOR.

Units from outside the School of Exercise, Biomedical and Health Sciences may not hold the same Credit Point weighting.

Course Schedule Planner: The recommended Course Schedule below will assist you. Please note units are only available in the semester indicated below.
Full-time study: 3-4 units per semester or Part-time study 1-2 units per semester

BACHELOR OF HEALTH SCIENCE (NUTRITION) - Full-Time Study Program

Unit Code	Unit Name	Pre-requisites	Campus Availability	Unit Code	Unit Name	Pre-requisites	Campus Availability
YEAR ONE							
Semester 1				Semester 2			
NUT1121	Human Nutrition	NIL	JO	NUT1111	Food and Nutrients	NIL	OL, JO
HST1124	Health Communication	NIL	OL, JO	HST1109	Epidemiology	NIL	OL, JO
	Minor unit				Minor unit		
	Elective unit				Elective Unit		
YEAR TWO							
Semester 1				Semester 2			
HST2122	Health Research Methodology	NIL	OL, JO	MAT1114	Introductory Statistics	NIL	JO
NUT2210	Nutrition in the Life Cycle	NUT1121	JO	NUT2220	Nutritional Assessment	NUT1121	JO
NUT3231 OR NUT3215	Food Habits and Trends Exercise Nutrition	NUT1121 or NUT1202	JO JO	NUT3221 OR NUT3241	Community Nutrition Controversies in Nutrition	NUT1121 NUT1121	JO JO
	Minor unit				Minor unit		
YEAR THREE							
Semester 1				Semester 2			
HST3501	Health Research Project	HST2122	OL, JO	NUT1202	Introductory Sports Nutrition	NUT1121 OR SPS1101	JO
NUT3231 OR NUT3215	Food Habits and Trends Exercise Nutrition	NUT1121 NUT1121 OR NUT1202	JO JO	NUT3221 OR NUT3241	Community Nutrition Controversies in Nutrition	NUT1121 NUT1121	JO JO
	Minor unit				Minor unit		
	Elective unit				Elective unit		

Recommended Minors:

Addiction Studies	Human Biology
Health Promotion	Biological Sciences
Occupational Safety and Health	Psychology
Sports Science	Applied Chemistry

Recommended Electives:

SCC1123 Chemistry for the Life Sciences (or SCC1111)
 SCC1226 Introduction to Organic Chemistry & Biochemistry
 Public Health or Nutrition units

JO = on-campus OL = on-line

BACHELOR OF HEALTH SCIENCE: NUTRITION – Unit Description

MAT1114 – Introductory Statistics

This unit deals with the methods and skills of organising, summarising and presenting numerical data. The concepts of estimation and hypothesis testing are studied, with the emphasis on analysing real data. Calculators and the computer packages EXCEL and MINITAB are used throughout the unit.

HST1109 – Epidemiology

This unit provides an introduction to the epidemiological concepts necessary for studying the distribution and determinants of disease in human populations.

HST1124 - Health Communication

This unit is an introduction to communication strategies essential to working in the health professions. It examines written, verbal and group communication strategies in various settings.

HST2122 – Health Research Methodology

In this unit the emphasis is on the development of quantitative and qualitative research skills which have direct relevance to community health issues. It will equip students with the ability to apply a range of practical research methodologies to health programs and the capacity to critically evaluate health projects.

HST3501 – Health Research Project

Prerequisite :

HST1120 Introduction to Health Promotion

This unit is designed to consolidate research skills through the production of an independent research report. Specifically students will pursue in depth an area of interest in health science by conducting a health research project.

NUT1111 – Food and Nutrients

The unit is designed to enable students to develop an understanding of the modern Western diet within the context of the Australian food supply. The major food commodities which are consumed in an urban environment are investigated for their physical, chemical, organoleptic and nutritional qualities.

NUT1121 – Human Nutrition

This unit sets a foundation for the study of food and its components. Each of the known nutrients and its biological pathways in digestion and absorption is examined. Food energy and energy expenditure are foci for the study of individual dietary patterns and the application of a nutrient analysis software package. Group intakes of nutrients are analysed in relation to Recommended Dietary Intakes, Dietary Guidelines and the major Food Selection Guidance systems used in Australia.

NUT1202 – Introductory Sports Nutrition

Prerequisites :

NUT1121 Human Nutrition or SPS1101 Foundations of Sports Science

This unit investigates the ways in which diet influences athletic performance and the mechanisms by which nutrients are used in the body. The biochemical processes in which the nutrients participate during low and high intensity, acute and chronic exercise are explored. The specific dietary requirements of athletes are examined and the value of nutritional ergogenic aids is assessed. Methods for designing and assessing tailored eating plans for athletes are included.

NUT2210 – Nutrition in the Life Cycle

Prerequisite :

NUT1121 Human Nutrition

This unit examines the nutrient needs of individuals for each of the major stages of the life cycle. Through a practical application of the recommended dietary intakes, diets are planned for each stage and the particular nutritional problems common to each stage, are explored.

NUT2220 – Nutritional Assessment

Prerequisite :

NUT1121 Human Nutrition

In this unit students have the opportunity to examine a variety of approaches to the measurement of nutritional status in individuals and populations. Practical skills related to anthropometric nutrition data collection are developed and established biochemical tests are examined. The design and use of diet histories, records, checklists and frequencies are evaluated.

NUT3215 – Exercise Nutrition

Prerequisites :

NUT1121 Human Nutrition or NUT1202 Introductory Sports Nutrition

This unit examines current nutrition theories and research in relation to exercise, fitness and sporting endeavours. The metabolic pathways of the energy yielding nutrients and their manipulation through dietary intake are explored together with emerging concepts of human bioenergetics. The physiological and pharmacological actions of nutrients and nutrient-like supplements are examined under the rubric of evidence-based outcomes in exercise and sport.

NUT3221 – Community Nutrition

Prerequisite :

NUT1121 Human Nutrition

This unit examines current community nutrition advice, materials and programs. The major models of nutrition promotion are used to evaluate examples of multi-media, point-of-purchase and objective-based community nutrition programs. The relationships between dietary advice and practice.

NUT3231 – Food Habits and Trends

Prerequisite :

NUT1121 Human Nutrition

The unit examines human patterns of food choice, acceptance and consumption as expressions of biological, economic, socio-cultural, and psychological forces. Issues which pertain to food provision and selection - in both developed and developing countries - are examined in relation to individual and national health outcomes.

NUT3241 – Controversies in Nutrition

Prerequisite :

NUT1121 Human Nutrition

The unit explores current controversies in the field of nutrition. At a macro level, the pathways of food regulation, production and manipulation in a modern environment are studied. At an individual level, traditional and alternative approaches to health maximisation through the use of food as a preventative and therapeutic agent are examined.