

# HLTH 7010 NUTRITION PROMOTION

Credit Points 10

Legacy Code 301185

**Coordinator** Arua Kalu ([https://directory.westernsydney.edu.au/search/name/Arua Kalu/](https://directory.westernsydney.edu.au/search/name/Arua%20Kalu/))

**Description** This subject aims to introduce students to the principles and practices of nutrition and health promotion, for use in primary and secondary prevention. Students will learn and critically appraise all aspects of the program planning cycle, from needs assessment to evaluation. Students will develop their capabilities to design initiatives that are responsive to, and contribute to, the community and public health nutrition evidence base. Students will acquire knowledge related to communication, food and social marketing, nutrition education, and nutrition and behaviour change theories; and learn how to translate this into effective nutrition promotion initiatives that aim to influence food choice, intake, supply and/or access. Lastly, students will learn to work in, and/or manage, multi-disciplinary teams and work with key stakeholders. Negotiation and influencing skills, together with capacity building skills, to guide and upskill individuals and groups, will be developed for the purpose of improving the nutritional status of groups.

**School** Science

**Discipline** Nutrition and Dietetics

**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** Postgraduate Coursework Level 7 subject

## Restrictions

Must be enrolled in a postgraduate program.

## Assumed Knowledge

Undergraduate knowledge of human nutrition, including nutrition science, life cycle nutrition, and the relationship between diet and disease.

## Learning Outcomes

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

1. Apply behaviour change theories to promote nutrition for individuals and populations.
2. Critique nutrition promotion initiatives, and food and social marketing techniques, in Australia and globally, that aim to influence food choice, intake, supply and/or access.
3. Apply program planning skills, models and principles to develop nutrition promotion programs addressing community and public health nutrition priorities.
4. Apply suitable frameworks and education skills to engage communities and build capacity for individuals and groups.
5. Demonstrate professional skills required to conduct successful nutrition promotion practices, such as interpersonal and counselling skills, negotiation and influencing skills, project management, and the ability to develop and maintain effective

working relationships within multi-disciplinary teams and with key stakeholders.

6. Communicate professionally and effectively in verbal and written formats in a culturally sensitive manner.

## Subject Content

1. Theories and evidence relevant to nutrition promotion, including:
  - i. Behaviour change theories
  - ii. Social and food marketing techniques
  - iii. Other theories and evidence related to the drivers of food choice
  - iv. Communication styles and modes
  - v. Nutrition education
2. The principles, models, and practices for planning successful programs, services and/or strategies:
  - i. Key stages, for example, conducting a needs assessment, designing and planning a program/strategy/intervention/service, identifying implementation challenges and solutions, and conducting process and outcome evaluation
  - ii. Logistical considerations
  - iii. Negotiating, influencing, and developing/maintaining effective working relationships with(in), multi-disciplinary teams and key stakeholders
  - iv. Capacity building
3. The design of effective nutrition promotion programs and strategies that aim to influence food choice, intake, supply and/or access, and are responsive to, and/or contribute to, the community and public health nutrition evidence base.

## 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
Quiz	2 hours	30	N	Individual	N
Report	Proposal: 100 words +/- 10%, Draft: 300 words +/- 10%, Final Report: 3000 words +/- 10%	50	N	Individual	N
Presentation	20 minutes	20	N	Individual	N

Teaching Periods

## Spring (2025)

### Hawkesbury

#### On-site

**Subject Contact** Arua Kalu ([https://directory.westernsydney.edu.au/search/name/Arua Kalu/](https://directory.westernsydney.edu.au/search/name/Arua%20Kalu/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH7010\\_25-SPR\\_HW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH7010_25-SPR_HW_1#subjects))