

HLTH 2013 NUTRITION AND HEALTH 2

Credit Points 10

Legacy Code 300934

Coordinator Sunil Panchal (<https://directory.westernsydney.edu.au/search/name/Sunil Panchal/>)

Description This subject explores the basic concepts of human nutrition in relation to various stages of the lifespan from infants to late adulthood. It also explores nutrition in relation to chronic health conditions such as obesity, cardiovascular disease and eating disorders. Students will learn about the development of the Australian Dietary Guidelines and Nutrient Reference Values. Students will also learn to make informed decisions with regard to nutritionally critical moments of the life span, emerging nutrition opinions or contemporary uses of nutrition in physical activity, sports and chronic health conditions.

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 2 subject

Pre-requisite(s) HLTH 2012

Equivalent Subjects HLTH 2014 - Nutrition and Health 2

Assumed Knowledge

An understanding of human nutrition, food and the metabolism of micro- and macro-nutrients and computer literacy.

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
Group assignment	4000 words and presentation	30 (group), 20 minutes per group presentation	N	Group	
Online Quizzes	2 x 20 minutes	10	N	Individual	
Take-home intra-session exam	1 week	30	N	Individual	
Literature review	1,500 words	30	N	Individual	