

HLTH 3019 NUTRITION, HEALTH AND DISEASE

Credit Points 10

Legacy Code 301457

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

Description In this subject you will explore 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. You will learn about the development of the Australian Dietary Guidelines and Nutrient Reference Values. You 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 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/) page.

Level Undergraduate Level 3 subject

Equivalent Subjects HLTH 2014 - Nutrition and Health 2 HLTH 2013 - Nutrition and Health 2

Restrictions

Successful completion of 120 credit points

Assumed Knowledge

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

Learning Outcomes

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

1. Explain the principles of epidemiology and health trends within Australia and worldwide
2. Explain how the Australian Dietary Guidelines and Nutrient Reference Values are determined and used to assess nutritional adequacy at both an individual and population level
3. Evaluate the impact of nutrition on health across the life span
4. Synthesise scholarly evidence on topics related to nutrition and health
5. Critically analyse the role of nutrition in relation to a range of chronic health conditions
6. Critically analyse the role of nutrition in relation to physical activity, sports nutrition issues, diet choices such as veganism and vegetarianism, and controversial fad diets

Subject Content

1. Principles of nutritional epidemiology
2. Health trends in Australia and worldwide
3. Concept, formulation and uses of the Australian Dietary Guidelines, Australian Guide to Healthy Eating, and Nutrient Reference Values (NRV)

4. Methods for assessing body composition and diet.
5. Nutritional requirements and food habits throughout key stages of the lifespan.
6. Relationship between nutrition and chronic metabolic and related diseases.
7. Relationship between nutrition and physical activity and sports nutrition issues.
8. Controversial issues in nutrition such as fad diets, and emerging opinions and misinformation.

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	4 x 20 minutes	20	N	Individual	N
Literature Review	1,200 words	35	N	Individual	N
Critical Review	4,000 words	30	N	Group	N
Presentatio	5 minutes	15	N	Individual	N

Prescribed Texts

- Bender, DA. Introduction to Nutrition and Metabolism, 5th ed. CRC Press, Taylor & Francis Group.
- Mann, J & Truswell, AS 2012, Essentials of human nutrition, 4th edn, Oxford University Press, Oxford.

Teaching Periods

Spring (2025)

Hawkesbury

Hybrid

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

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH3019_25-SPR_HW_3#subjects)