GENM0707

Nutrition and health

Course outline
Summer, 2014
Course staff

Lecturer

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Welcome...

...to Nutrition and health!

During this course, you will have the opportunity to learn about human nutrition - including your own - and its relationship to health and disease. Topics covered include: the physiology of digestion, food marketing, eating disorders and obesity.

Reading this course outline thoroughly will provide you with information essential for successful completion of the course.

This is an intensive summer course and it will be all-encompassing and taxing! You will need to dedicate evenings and the weekend between 8th – 15th January 2014 to this course.

Course information

Units of credit
This is a 6-unit General Education intensive Summer Term course.

Prerequisites
There are no prerequisites required to enrol in this course.

Exclusions
GENM0703: Concepts of physical activity, exercise and health.

Course aim
This course aims to help students become familiar with the basic science of human nutrition and enable them to critique the modern nutrition environment.

2013 handbook description

‘Nutrition is relevant to everybody, every day. What you eat and drink and why are questions you may not have contemplated in any depth, but nutrition is key to both your physical and mental health. In exploring the mechanisms and determinants of nutrition behaviours, this course offers an opportunity to understand how your body processes macronutrients and micronutrients and to analyse your own diet.’
Learning outcomes

At the conclusion of this course, students should be able to:

1. Understand and apply the basic science of human nutrition: anatomy, physiology, biochemistry and metabolism;
2. Critique the modern nutrition environment, with a focus on evidence-based aspects of: public health, policy, health promotion, food marketing, social and environmental influences, eating disorders and nutrition-related disease etiology, prevention and treatment;
3. Analyse one’s own dietary behaviours.

Teaching rationale and strategies

Students learn from lectures and readings and from each other in student-led tutorials. They are evaluated according to the extent they go beyond what information and evidence has been provided as well how they critically appraise this on both a personal and group level.

The course is conducted partly via Moodle: https://moodle.telt.unsw.edu.au/login/index.php

Text book

There is no recommended text for this course.

Attendance

Attendance is monitored at the tutorials, and as per university policy a minimum 80% attendance is required (i.e. you can only miss 2 out of the 11 total tutorials, but please note that no absences are allowed in the 3 group presentation tutorials). If you miss a mandatory tutorial or more than 2 tutorials in total, you need to contact Rebecca as soon as possible to discuss your situation and/or provide documentation explaining your absence, such as a medical certificate. Otherwise you may receive an absent fail for the course.
Assessment
There are four components to this course’s assessment:

1. Overnight readings = 10%
2. Project on self nutrition behaviours = 30%
3. Tutorial discussion = 30%
4. Blog assignment = 30%

You need to achieve a combined minimum score of 50% or more in order to pass the subject.

Details of assessments

1. Overnight readings

Students will be required to show evidence of readings by submitting answers to questions about them via Moodle.

Learning outcomes assessed: 1 and 2.

2. Project on self nutrition behaviours

Analysis of student’s own diet, including the whats, hows and whys. Use of food diaries and similar validated tools. This will be completed over a weekend during the week-long course (that will start mid-way through the first week and finish mid-way through the second week).

Learning outcomes assessed: 1-3.

3. Tutorial discussion

In a group of about five students, students will organise a tutorial discussion on the individual, social and environmental determinants of a nutrition-related health issue, e.g. overweight and obesity.

Students will receive a group mark with written feedback for the group as a whole.

Learning outcomes assessed: 1 and 2.
4. Blog assignment

Students will describe and dissect with evidence a common nutrition myth via an online assignment aimed at a health professional audience, e.g. All sugary foods are high in glycemic index. Students will compose this online assignment via the Moodle blogging platform.

This assignment will be due 1 week after completion of the face-to-face part of the course.

Students will receive written feedback.

Learning outcomes assessed: 1 and 2.

Penalties for late submission of assessment tasks

In cases where an extension has not been granted, Rebecca will apply grade deductions at her discretion.

You need to apply for an extension prior to the assessment due date and have a reasonable explanation/evidence for needing an extension.

Submitting your assignments (Moodle)

1. You are required to submit your assignments electronically via Moodle. This course will use the Turnitin similarity detection software in Moodle. All assignments must be submitted electronically via the Turnitin assignment drop-box, available in the Moodle course site, by the due date.

   (Turnitin is an originality checking and plagiarism prevention tool that enables submitted written assignments to be checked for plagiarism including improper citation or misappropriated content. Each assignment submitted to Turnitin is checked against the submitted assignments of other students as well as the internet and key resources selected by the course convenor. Student assignments submitted to Turnitin will remain in the Turnitin database for an unknown period.)

   If you are unfamiliar with the Turnitin software, a demonstration can be found at https://student.unsw.edu.au/turnitin-support

2. You can view the originality report of your submission and resubmit as often as you wish until the assignment due date. This will help you in self-reviewing and revising your submission until the due date. Please note that draft assignments submitted in this way will be regarded as the final version at the due date if you have not uploaded a subsequent, finalised version (each file uploaded overwrites the previous version). No resubmissions will be allowed after the due date and time of the assignment.
IMPORTANT: The first submission generates an originality report almost immediately. For the second or subsequent submissions there is a 24 hour delay between time of submission and the originality report being available. You will need to allow for 24 hours before your assignment due date and time, if you want to see an originality report before submitting the final version.

3. Only use your student ID to identify yourself in your assignment (DO NOT INCLUDE YOUR NAME). All assignments submitted to the Turnitin database will be used to determine whether other students in your course, and in the future, have plagiarised or inappropriately included work that is not their own. Therefore, personal details (such as your name and/or contact details which can be used to identify you) should be removed from your papers to protect your privacy.

4. You will need to include your student ID, course code, date and assignment title in the header or footer on every page, and in the file name.

5. You are not required to submit a coversheet with your assignment. Instead, there is a checkbox within the Turnitin dropbox that you will need to tick in order to submit your assignment. By ticking the checkbox you are confirming that the work you are submitting is entirely original.

6. After you submit your file, Turnitin will display a digital receipt in your browser window. If you can’t see a receipt it means that you have not successfully submitted your file. A copy of the receipt is also sent to your e-mail address. Save the receipt and the paper ID it contains, as this is proof of a completed submission.

7. More details on assignment submission will be available within your Moodle course site.

8. See School website for more information on Assessment Guidelines www.sphcm.med.unsw.edu.au/current-students/student-resources

Referencing

Details on the preferred method of scientific information referencing will be provided in one of the tutorials. Extra information can be sourced here:

www.sphcm.med.unsw.edu.au/current-students/student-resources

http://www.lc.unsw.edu.au/olib.html#Referencing
Academic honesty and plagiarism

At UNSW plagiarism is a form of academic misconduct and is viewed very seriously. The following notes describe what plagiarism is and where you can obtain additional information about it. It is part of your responsibility as a student of UNSW to ensure that you understand what plagiarism is, so that you avoid it in any of your assignments and other academic work.

What is Plagiarism?

Plagiarism is using the words or ideas of others and presenting them as your own. Plagiarism is a type of intellectual theft. It can take many forms, from deliberate cheating to accidentally copying from a source without proper acknowledgement, that is referencing.

The basic principles are that you should not attempt to pass off the work of another person as your own, and it should be possible for a reader to locate information and ideas you have used by going to the original source material. Acknowledgement should be sufficiently accurate to enable the source to be located quickly and easily. If you are unsure whether, or how, to acknowledge your source material, consult your lecturer or visit The Learning Centre.

UNSW groups plagiarism into the following categories:

- **Copying**: using the same or very similar words to the original text or idea without acknowledging the source or using quotation marks. This also applies to images, art and design projects, as well as presentations where someone presents another person’s ideas or words without credit.

- **Inappropriate paraphrasing**: changing a few words and phrases while mostly retaining the original structure and information without acknowledgement. This also applies in presentations where someone paraphrases another’s ideas or words without credit. It also applies to piecing together quotes and paraphrases into a new whole, without referencing and a student’s own analysis to bring the material together.

- **Duplication**: submitting your own work, in whole or in part, where it has previously been prepared or submitted for another assessment or course at UNSW or another university.

- **Collusion**: working with others but passing off the work as a person’s individual work. Collusion also includes providing your work to another student before an assignment is due, or for the purpose of them plagiarising at any time, paying another person to perform an academic task, stealing or acquiring another person’s academic work and copying it, offering to complete another person’s work or seeking payment for completing academic work.

The School recognises and encourages the need of external students to have contact with each other and where possible collaborate in their studies. However, there have been instances where students have copied each other’s material and
submitted it as their own – this is an example of collusion. Lecturers are alert to this practice. You should not work with any other student to answer assignment questions and submit the same or very similar work as someone else unless it is a group assignment. Also, it is not acceptable to submit an assignment which has been submitted by a student in a previous year or submit an assignment which is substantially similar to one you have submitted for another course.

*These categories are adapted from by Oxford Brookes University (UK) Plagiarism Information Skills, Oxford Brookes University Library Skills Resource www.brookes.ac.uk/library/skill/plagiarism.html

**Where can I find more information?**

In many cases, plagiarism can be the result of inexperience or poor academic skills, rather than the deliberate intention to deceive. The University has adopted an educative approach to plagiarism and developed a range of resources to support students, which are outlined below.

The University has also developed a clear set of procedures for managing serious and repeat instances of plagiarism. These require a set of formal processes be undertaken to investigate students’ academic standards. A range of penalties can be applied by the University if a student is found to have plagiarised.

1. UNSW's Plagiarism & Academic Integrity Website

This site aims to address three issues that often result in plagiarism: unfamiliarity with the concept of plagiarism, knowing how it occurs, and developing the necessary academic skills to avoid plagiarism. As a student, you will be able to use this collection of resources (worked examples, activities and links) to improve your all-round academic literacy and, consequently, reduce the possibilities for plagiarism. More information is available at: www.lc.unsw.edu.au/plagiarism. UNSW has also produced a booklet to assist you with essential information for avoiding plagiarism: https://my.unsw.edu.au/student/academiclife/Plagiarism.pdf

2. The Learning Centre

The Learning Centre provides a range of programs and resources for students including website materials, workshops, individual tuition and online tutorials to aid students in:

- correct referencing practices and citation practices;
- paraphrasing, summarising, essay writing, and time management;
- appropriate use of, and attribution for, a range of materials including text, images, formulae and concepts.

Individual assistance is available on request from The Learning Centre (www.lc.unsw.edu.au).

Students are also reminded that careful time management is an important part of study and one of the identified causes of plagiarism is poor time management. Students should allow sufficient time for research, drafting, and the proper referencing of sources in preparing all assessment items.

3. The Elise Study Skills tutorial

ELISE (Enabling Library and Information Skills for Everyone) is an online tutorial to help you understand how to find and use information for your assignments or
research. It will help you to search databases, identify good quality information and write assignments. It will also help you understand plagiarism and how to avoid it.

The Elise Study Skills tutorial (subjectguides.library.unsw.edu.au/elise) is highly recommended to (mainly postgraduate) students in their first semester of study. On completion, students will be able to:

- Understand the need for citing information and be able to use appropriate referencing styles
- Conform with conventions and requirements relating to the access and use of information
- Understand and abide by copyright laws

4. Turnitin

Turnitin is an originality checking and plagiarism prevention tool that enables submitted written assignments to be checked for plagiarism including improper citation or misappropriated content. Each assignment submitted to Turnitin is checked against the submitted assignments of other students as well as the Internet and key resources (including library databases, text book publishers, digital reference collections, subscription-based publications, homework helper sites and books) as selected by the course convenor.

Some courses may require all students in that course to submit their work into Turnitin when they submit their work. However, academics can also use it to check an individual student’s assignment when they are marking it. You can find out more about Turnitin here: https://student.unsw.edu.au/moodle.

Addressing plagiarism and academic misconduct

As a student you need to be aware that any allegation of plagiarism needs to be investigated by the School and that if the allegation is proven, the student is placed on the UNSW Student Plagiarism and Misconduct Register.

Plagiarism varies in its extent and seriousness and procedures are in place that deal with plagiarism through education and referral to the Learning Centre to more formal reprimands and penalties depending on the seriousness of the plagiarism and previous history of the student. Penalties for students found guilty of repeated plagiarism can include a reduction in marks, failing a course, or for more serious matters, suspension or exclusion from the University.

For more information on academic misconduct you can refer to: www.gs.unsw.edu.au/policy/documents/studentmisconductprocedures.pdf

Additional support to students

The Learning Centre has a number of handouts to assist you in preparing for presentations and exams, including those titled: ‘Seminar presentations’, ‘Speaking to an audience’ and ‘Multiple choice exams’. See here for more information: http://www.lc.unsw.edu.au/
## Timetable for Summer, 2014

**Wednesday 8th – Friday 10th and Monday 13th - Wednesday 15th January 2014**
10am – 5pm daily

<table>
<thead>
<tr>
<th>January date</th>
<th>Assessments</th>
<th>Time for whole day</th>
<th>LECTURE (L)</th>
<th>TUTORIAL (T)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td>Biomedical theatre E</td>
<td>Mathews room 104 or 107</td>
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<tr>
<td>8th</td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L1: Introduction to nutrition</td>
<td>T1: Introduction to the course, including assessments</td>
</tr>
<tr>
<td></td>
<td>1Evidence of overnight reading night prior</td>
<td>(lunch 12pm-1pm)</td>
<td>L2: Food and nutrient structure</td>
<td>Lifestyle and body assessment methods</td>
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<tr>
<td></td>
<td>2Start food diary for project</td>
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<tr>
<td><strong>Thursday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L3: Digestion</td>
<td>T2: Methods in science and scientific evidence</td>
</tr>
<tr>
<td>9th</td>
<td>1Evidence of overnight reading night prior</td>
<td></td>
<td>L4: Metabolism</td>
<td></td>
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<tr>
<td></td>
<td>2Start food diary for project</td>
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<tr>
<td><strong>Friday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L5: Public health: food and nutrient patterns</td>
<td>T3: Nutrition in Sydney</td>
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<tr>
<td>10th</td>
<td>1Evidence of overnight reading night prior</td>
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<td>L6: Special diets</td>
<td></td>
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<td></td>
<td>2Project on self nutrition behaviours to be completed</td>
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<tr>
<td><strong>Saturday-Sunday</strong></td>
<td>1Evidence of overnight reading night prior</td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L7: Nutrition and health</td>
<td>T4: Tutorial discussion preparation</td>
</tr>
<tr>
<td>11th-12th</td>
<td>2Project on self nutrition behaviours to be completed</td>
<td></td>
<td>L8: Nutrition and chronic disease</td>
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<td></td>
<td>3Tutorial discussions</td>
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<tr>
<td><strong>Monday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L9: Eating disorders</td>
<td>T5: Nutrition and mental health</td>
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<tr>
<td>13th</td>
<td>1Evidence of overnight reading night prior</td>
<td></td>
<td>L10: Nutrition and exercise</td>
<td></td>
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<td></td>
<td>2Project on self nutrition behaviours due 09:00am</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L11: Nutrition, corporations and the media</td>
<td>T6: Tutorial discussions and wrap-up</td>
</tr>
<tr>
<td>14th</td>
<td>1Evidence of overnight reading night prior</td>
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<td>L12: Wider public health</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L11: Nutrition, corporations and the media</td>
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<tr>
<td>15th</td>
<td>1Evidence of overnight reading night prior</td>
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<td>L12: Wider public health</td>
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<tr>
<td></td>
<td>2Tutorial discussions</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td>10am-5pm (lunch 12pm-1pm)</td>
<td>L11: Nutrition, corporations and the media</td>
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<tr>
<td>22nd</td>
<td>4Blog assignment due 11:59pm</td>
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<td>L12: Wider public health</td>
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</tbody>
</table>

1. Assessment item 1: 5 overnight readings, each worth 2%, combined worth 10% of total course grade.
2. Assessment item 2: project on self nutrition behaviours, worth 30% of total course grade.
3. Assessment item 3: tutorial discussion, worth 30% of total course grade.
4. Assessment item 4: blog assignment, worth 30% of total course grade.