



# SUBJECT OUTLINE

Subject Name:

**Dietary Planning Across the Lifespan**

Subject Code:

**NMDD2**

## SECTION 1 – GENERAL INFORMATION

Award/s:

Undergraduate Certificate in Building Health through Nutrition

Total Course Credit Points:

12

Level:

1<sup>st</sup> Year

Duration:

1 Semester

Subject is:

Core

Subject Credit Points:

2

### Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

5

Delivery Mode\*:

☐ On campus

☒ Online / Digital

☐ Blended

☐ Intensive

Weekly Session^ Format/s - 1 session per week:

☒ Livestream lectures:

☐ 2 hours

☒ 3 hours

1 x 3 hour lecture per week

\*All modes are supported by the online learning management system which will include subject documents such as handouts, readings, assessment guides and elearning support modules.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

**Note:** As they are aware, international students on a Student Visa (500) must attend livestream classes on their local campus, using the Digital Learning space/s provided.

Study Pattern:

☒ Full Time

☐ Part Time

Pre-requisites:

Meet entry requirements for course with a background in allied health field

Co-requisites:

Nil

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject introduces the skills for assessing clients' diets and determining appropriate plans for modifying diet and food choices in individuals. Building on knowledge from previous nutritional medicine and bioscience subjects, students explore nutritional assessment tools such as anthropometric measurements and dietary analysis software, and learn principles for working with clients to assist them with implementing changes to their diets. The changing nutritional needs across the human lifespan are examined with reference to common conditions.



## Learning Outcomes

1. Describe, generate and interpret dietary, biochemical and anthropometric data which inform dietary planning and nutritional management of individuals across the lifespan.
2. Evaluate data for client cases to determine contributing factors and specific needs according to the life stage.
3. Identify and appraise appropriate evidence-based dietary planning and nutrition resources to inform clinical practice in population groups.
4. Communicate life stage nutritional requirements, risks, strategies and recommendations in audience appropriate language.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Fact Sheet and Therapeutic Meal Plan</b> (1000 words equivalent)	1,3,4	1-7	Week 7	40%
<b>Final Written Exam</b> (1.5 hours)	1-4	1-13	Final Examination Period	60%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

### Prescribed Readings:

1. Brown, J. E. (2020). *Nutrition through the lifecycle* (7th ed.). Cengage Learning. [ebook available]

### Recommended Readings:

1. Appleton, A., & Vanbergen, O. (2013). *Metabolism and nutrition* (4th ed.). Elsevier. [ebook available]
2. Katz, D. L., Friedman, R. S. C., & Lucan, S. C. (2014). *Nutrition in clinical practice: A comprehensive, evidence-based manual for the practitioner* (3rd ed.). Lippincott Williams & Wilkins. [ebook available]
3. Kopelman, P. G., Caterson, I. D., & Dietz, W. H. (Eds.). (2010). *Clinical obesity in adults and children* (3rd ed.). Wiley-Blackwell. [ebook available]
4. Langley-Evans, S. (2015). *Nutrition health and disease: A lifespan approach*. John Wiley & Sons. [ebook available]
5. Raymond, J.L. & Morrow, K. (2021). *Krause and Mahans food and the nutrition care process* (15th ed.). Elsevier.
6. Ross, A. C., Caballero, B., Cousins, R. J., Tucker, K. L., & Ziegler, T. R. (2014). *Modern nutrition in health and disease* (11th ed.). Wolters Kluwer/Lippincott Williams & Wilkins. [ebook available]



7. Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A. (2016). *Understanding nutrition* (Australia and New Zealand ed., 3rd ed.). Cengage Learning.

Subject Content		
Week	Lectures	Personal Study Activities
1.	<p><b>Introduction</b> (Subject Outline / Learning Outcomes / Assessment / Teaching Resources)</p> <p><b>Introduction to Dietary Planning Nutritional Screening and Assessment</b></p> <ul style="list-style-type: none"> <li>Foundations and considerations of a healthy diet</li> <li>The role of dietary guidelines and nutrient reference values (NRVs)</li> <li>Energy balance equations</li> <li>Dietary analysis principles</li> <li>Assessment of nutritional status</li> </ul>	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> <li>eLearning support module</li> <li>Review understanding of theoretical aspects</li> <li>Practical application of knowledge through case scenarios and student discussion</li> </ul>
2.	<p><b>Anthropometric Assessment</b></p> <ul style="list-style-type: none"> <li>Body mass index (BMI), waist circumference, bioelectrical impedance analysis</li> <li>Interpretation of body composition in relation to dietary planning</li> <li>Lean muscle mass as a predictor of catabolic and anabolic states, nutritional implications and management</li> </ul>	<ul style="list-style-type: none"> <li>eLearning support module</li> <li>Review understanding of theoretical aspects</li> <li>Practical application of knowledge through case scenarios and student discussion</li> </ul>
3.	<p><b>Dietary Assessment</b></p> <ul style="list-style-type: none"> <li>Food intake recording</li> <li>Nutritional assessment software and Apps</li> <li>Goal setting and client motivation</li> <li>Obstacles and strategies for implementing food choice changes</li> </ul>	<ul style="list-style-type: none"> <li>eLearning support module</li> <li>Review understanding of theoretical aspects</li> <li>Practical application of knowledge through case scenarios and student discussion</li> </ul>
4.	<p><b>Fertility and Pre-conception</b></p> <ul style="list-style-type: none"> <li>Fertility rates, trends and influences</li> <li>Contributing factors to infertility</li> <li>Dietary and nutritional recommendations for pre-conception</li> </ul>	<ul style="list-style-type: none"> <li>eLearning support module</li> <li>Review understanding of theoretical aspects</li> <li>Practical application of knowledge through case scenarios and student discussion</li> </ul>
5.	<p><b>Pregnancy and Lactation</b></p>	<ul style="list-style-type: none"> <li>eLearning support module</li> <li>Review understanding of theoretical aspects</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Nutrition and dietary planning in pregnancy and lactation</li> <li>➤ Healthy gestational weight gain</li> <li>➤ Food safety in pregnancy</li> <li>➤ Dietary management of                             <ul style="list-style-type: none"> <li>⌚ Pre-eclampsia</li> <li>⌚ Gestational diabetes</li> <li>⌚ Anaemia in pregnancy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
6.	<b>Infancy</b> <ul style="list-style-type: none"> <li>➤ Nutritional requirements in infancy</li> <li>➤ Breastfeeding</li> <li>➤ Bottle feeding</li> <li>➤ Introduction of solid foods</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
7.	<b>Childhood</b> <ul style="list-style-type: none"> <li>➤ Nutritional requirements in childhood</li> <li>➤ Factors influencing food intake</li> <li>➤ Fussy eaters</li> <li>➤ Childhood obesity</li> <li>➤ Meal planning for young children</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> – This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2 &amp; Online students</b> – The non-teaching week falls between Weeks 7 and 8		
8.	<b>Adolescence</b> <ul style="list-style-type: none"> <li>➤ Nutritional requirements and dietary planning in adolescence</li> <li>➤ Key indicators of nutrition risk in adolescence</li> <li>➤ Food behaviours/ habits and influences</li> <li>➤ Common nutritional deficiencies</li> <li>➤ Eating disorders</li> <li>➤ Energy drinks and alcohol</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> <li>➤</li> </ul>
9.	<b>Adulthood - Part 1</b> <ul style="list-style-type: none"> <li>➤ Dietary strategies for chronic disease prevention:                             <ul style="list-style-type: none"> <li>⌚ Cardiovascular disease (CVD)</li> <li>⌚ Cancer</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>



	<ul style="list-style-type: none"> <li>⌚ Dementias</li> <li>⌚ Diabetes Type 2</li> <li>⌚ Osteoporosis</li> <li>➤ Screening for disease risk factors</li> <li>➤ Common dietary inadequacies and excesses</li> </ul>	
10.	<b>Adulthood - Part 2: Weight Management</b> <ul style="list-style-type: none"> <li>➤ Metabolic factors associated with overweight and obesity</li> <li>⌚ Genetic and environmental factors</li> <li>⌚ Adipocyte biology</li> <li>⌚ Appetite regulation</li> <li>⌚ Weight management strategies</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
11.	<b>Adulthood - Part 3: Therapeutic Dietary approaches</b> <ul style="list-style-type: none"> <li>➤ Therapeutic dietary approaches including: <ul style="list-style-type: none"> <li>⌚ Mediterranean diet</li> <li>⌚ DASH diet</li> <li>⌚ Low advanced glycation end-products (AGE) diet</li> <li>⌚ Ketogenic diets</li> <li>⌚ Therapeutic fasting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
12.	<b>Dietary Recommendations for Exercise and Sport</b> <ul style="list-style-type: none"> <li>➤ Fuelling recommendations for pre, during and post exercise</li> <li>➤ Hydration and electrolyte requirements</li> <li>➤ Common sport related nutritional deficiencies</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>
13.	<b>Older Adults</b> <ul style="list-style-type: none"> <li>➤ Nutritional requirements and dietary plans for active ageing</li> <li>➤ Nutritional impacts associated with polypharmacy</li> <li>➤ Physiological change and the effect on digestion and assimilation of nutrients</li> <li>➤ Health assessment of older adults</li> </ul>	<ul style="list-style-type: none"> <li>➤ eLearning support module</li> <li>➤ Review understanding of theoretical aspects</li> <li>➤ Practical application of knowledge through case scenarios and student discussion</li> </ul>



	<p>➤ Dietary interventions for the management of catabolic states</p>	
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week</p>	
16.	<p><b>Final Examination Week 1</b> Students are required to sit examinations using the <i>Respondus Lockdown Browser</i> software per the <i>Examination Policy – Higher Education</i>. Refer to the LMS for exam opening and closing times.</p>	
17.	<p><b>Final Examination Week 2</b> Students are required to sit examinations using the <i>Respondus Lockdown Browser</i> software per the <i>Examination Policy – Higher Education</i>. Refer to the LMS for exam opening and closing times.</p>	