

# SUBJECT OUTLINE



Subject Name:

**Nutrition, Exercise and Lifestyle**

Subject Code:

**MSTN211**

## SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	Bachelor of Complementary Medicine	<b>Total Course Credit Points:</b>	48	<b>Level:</b>	Elective 3 <sup>rd</sup> Year
<b>Duration:</b>	1 Semester				
<b>Subject Coordinator:</b>	Rhianna Bridgett (Melbourne campus)				
<b>Subject is:</b>	Core or Elective as noted	<b>Subject Credit Points:</b>	2		

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>3</b>	<b>2</b>	<b>5</b>

#### Delivery Mode:

Face to Face (On campus)	1 x 2 hour lectures	1 x 1 hour tutorials
e-Learning (Online)	Narrated PowerPoint presentations Tutorials: Asynchronous tutor moderated discussion forum and activities Student handouts, web-based resources	
Blended learning (Online and on campus)	1 x 2 hour lectures on campus	1 x 1 hour tutorials / workshops online
	Full Time	
	Part Time	
<b>Pre-requisites:</b>	BIOH122	
<b>Co-requisites:</b>	Nil	

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject provides students with the underpinning knowledge and practical skills to work safely with and supervise the fitness development of clients in a lifestyle modification program to improve overall health and wellbeing. On completion of this subject, students will be able to advise and educate clients about exercise, nutrition and lifestyle choices to better support their clinical treatments.

### Learning Outcomes

1. Apply critical thinking to relevant exercise planning and programming for individuals.
2. Critically evaluate the use of a broad range of fitness equipment.
3. Differentiate between exercise regimes for fitness industry clients with special requirements.
4. Demonstrate a critical understanding of motivational psychology with respect to fitness clients.
5. Analyse the need for and prepare an individualised long-term training program for a client, including individual nutritional needs.

Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Online Quiz</b> (30 minutes)	1-4	1-8	Week 9	20%
<b>Assignment</b> (1500-2000 words)	1-5	1-13	Week 14	50%
<b>Final Written Exam</b> (90 minutes)	1-5	1-13	Final Examination Period	30%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

1. Baechle, T., & Earle, R. (2008). *Essentials of strength training and conditioning* (4th ed.). Champaign, IL: Human Kinetics.

#### Recommended Readings:

1. Baechle, T., & Earle, R. (2012). *NSCA's essentials of personal training* (2nd ed.). Champaign, IL: Human Kinetics.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) <b>Principles of Exercise</b> <ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• The FITT formula: Frequency, intensity, time, type</li> <li>• Adaptations to exercise: Aerobic and anaerobic conditioning</li> </ul>	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 <ul style="list-style-type: none"> <li>• Determine specific training appropriate for a sport/activity</li> </ul>
2.	<b>Motivation and Goal Setting</b> <ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Motivation principles</li> <li>• Motivation techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Goal setting and goal planning discussion board activity</li> </ul>
3.	<b>Fitness Assessment</b> <ul style="list-style-type: none"> <li>• Test selection</li> <li>• Procedures for testing</li> <li>• Evaluation of tests</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment plan for a sport/activity</li> </ul>
4.	<b>Flexibility Training</b> <ul style="list-style-type: none"> <li>• Components of exercise: warm-up, conditioning, cool-down</li> <li>• Overview of flexibility</li> <li>• Types of stretching</li> <li>• Exercise examples</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Design a stretching program for a sport/activity</li> </ul>
5.	<b>Aerobic Conditioning</b> <ul style="list-style-type: none"> <li>• Factors related to aerobic endurance</li> <li>• Aerobic exercise prescription</li> <li>• Methods of training for aerobic fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Create a basic cardiovascular conditioning program</li> </ul>

	<ul style="list-style-type: none"> <li>Impact of training seasons on program design</li> </ul>	
6.	<b>Resistance Training Programming</b> <ul style="list-style-type: none"> <li>Needs analysis</li> <li>Exercise selection, frequency, order, load, repetitions and volume</li> <li>Rest/recovery</li> </ul>	<ul style="list-style-type: none"> <li>Programming for specific sport/activity</li> </ul>
7.	<b>Resistance Training and Plyometrics</b> <ul style="list-style-type: none"> <li>Resistance training: Grip and other technique fundamentals</li> <li>Plyometrics: Mechanics, physiology, program design</li> </ul>	<ul style="list-style-type: none"> <li>Techniques and progressions for resistance training</li> </ul>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p><b>Semester 2 &amp; Online students</b> - The non-teaching week falls between Weeks 7 and 8</p>		
8.	<b>Exercise Programs for Special Populations</b> <ul style="list-style-type: none"> <li>Exercise for rehabilitation</li> <li>Pre- and post-natal exercise</li> <li>Exercise for older adults</li> </ul>	<ul style="list-style-type: none"> <li>Adapt a program for pregnancy or age</li> </ul>
9.	<b>Periodisation</b> <ul style="list-style-type: none"> <li>Cycles and phases</li> <li>Sports-specific programming</li> </ul> <b>Online Quiz this week</b>	<ul style="list-style-type: none"> <li>Create an example periodisation program</li> </ul>
10.	<b>Macronutrients</b> <ul style="list-style-type: none"> <li>Carbohydrates</li> <li>Fats</li> <li>Protein</li> </ul>	<ul style="list-style-type: none"> <li>Create a daily diet to meet macronutrient requirements</li> </ul>
11.	<b>Weight Management</b> <ul style="list-style-type: none"> <li>Energy requirements and energy balance</li> <li>Basal metabolic rate</li> <li>Weight gain/loss</li> <li>Body mass index</li> </ul>	<ul style="list-style-type: none"> <li>Determine energy requirements</li> </ul>
12.	<b>Micronutrients, fluid and electrolytes</b> <ul style="list-style-type: none"> <li>Vitamins and minerals: overview</li> <li>Water and electrolytes: Fluid balance and fluid replacement</li> <li>Pre- and post-exercise nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Create a daily diet to meet micronutrient requirements</li> </ul>
13.	<b>Maximising Sporting Performance with Supplements</b> <ul style="list-style-type: none"> <li>Dietary supplements</li> <li>Ergogenics</li> </ul>	<ul style="list-style-type: none"> <li>Identify evidence-based products</li> </ul>
14-15.	<b>Non-Teaching Week/Practical Examination Weeks 1 &amp; 2</b> Note that make-up classes may be scheduled in this week <b>Assignment due this week (Week 14)</b>	
16-17.	<b>Final Examination Weeks 1 &amp; 2</b> <b>On campus enrolled students:</b> Refer to the Examination Timetable for your local campus for the exact day and time of exam <b>Online enrolled students:</b> You are required to sit examinations on campus per the <a href="#">Examination Policy - Higher Education</a> . The Examination Weeks for subjects offered online are identified in the Online Calendar	