



# ESSC11005 *Health and Sports Nutrition*

## Term 2 - 2018

Profile information current as at 17/05/2024 12:43 pm

All details in this unit profile for ESSC11005 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

### General Information

#### Overview

This unit will provide you with information on the role of nutrition for general health as well as for optimising exercise and sports performance. You will learn how to measure dietary intake and how to evaluate a diet based on current guidelines. You will also learn about ethical use of nutritional supplements and ergogenic aids as well as their role in optimising exercise and sports performance. Upon completion of this unit, you will also be able to use current guidelines to provide appropriate nutrition and dietary recommendations to improve health, change body composition, and optimise exercise and sports performance.

#### Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

#### Pre-requisites or Co-requisites

Pre-requisite: ESSC11001

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

#### Offerings For Term 2 - 2018

- Cairns
- Distance
- Mackay
- Rockhampton

#### Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

#### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Report**

Weighting: 35%

#### 2. **Report**

Weighting: 45%

#### 3. **Online Quiz(zes)**

Weighting: 20%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Unit Learning Outcomes

**On successful completion of this unit, you will be able to:**

1. Describe general health and sports nutrition concepts
2. Perform dietary analysis, interpret the results, and make recommendations to improve health outcomes
3. Justify and communicate nutritional advice for general health, and exercise and sports performance.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes

 N/A Level	 Introductory Level	 Intermediate Level	 Graduate Level	 Professional Level	 Advanced Level
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### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Quiz(zes) - 20%	•		
2 - Report - 35%		•	
3 - Report - 45%	•		•

### Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication		•	•
2 - Problem Solving			•
3 - Critical Thinking	•	•	•
4 - Information Literacy		•	
5 - Team Work			
6 - Information Technology Competence		•	•
7 - Cross Cultural Competence			
8 - Ethical practice		•	
9 - Social Innovation			
10 - Aboriginal and Torres Strait Islander Cultures			

### Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 20%			•	•		•				
2 - Report - 35%	•	•	•	•						

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
<b>3 - Report - 45%</b>	•	•	•	•						

## Textbooks and Resources

### Textbooks

**There are no required textbooks.**

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- myfitnesspal application

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Vincent Dalbo** Unit Coordinator  
[v.dalbo@cqu.edu.au](mailto:v.dalbo@cqu.edu.au)

## Schedule

### Week 1 - 09 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Energy Balance	Head, G. Cardiovascular and metabolic consequences of obesity. <i>Frontiers in Physiology</i> , 6, 32. 2015.	

### Week 2 - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Macronutrients		

### Week 3 - 23 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Vitamins and Minerals	National Institutes of Health Office of Dietary Supplements. Fact Sheet for Health Professionals: Multivitamin/Mineral Supplements.	

### Week 4 - 30 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 5 - 06 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Food Labels, Dietary Intake and Behaviors	<p>Dalbo V, Hiskins M, Teramoto M, Kingsley M, Young K, and Scanlan A. Residents of Central Queensland, Australia are aware of healthy eating practices but consume unhealthy diets. Sports. 5, 4. 2017.</p> <p>Access pathways to Queensland Health Adult inpatient beds for patients with eating disorders.</p>	

**Vacation Week - 13 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 6 - 20 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Supplements Part 1	<p>Pencharz P, Elango R, and Wolfe R. Recent developments in understanding protein needs - How much and what kind should we eat? Applied Physiology Nutrition and Metabolism. 41, 5. 2016.</p> <p>The Perth dog that is probably smarter than you.</p> <p>Coca-Cola funds scientists who shift blame for obesity away from bad diets.</p>	<p><b>Assessment 1 - Three Day Food Diary and Associated Questions</b> Due: Week 6 Friday (24 Aug 2018) 10:00 pm AEST</p>

**Week 7 - 27 Aug 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Supplements Part 2	<p>Dalbo V, Roberts M, Stout J, and Kerkick C. Putting to rest the myth of creatine supplementation leading to muscle cramps and dehydration. British Journal of Sports Medicine. 42, 7. 2008.</p>	

**Week 8 - 03 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition for Aerobic Performance	<p>Sawka M, Burke L, Eichner E, Maughan R, Montain S, and Stachenfeld N. American College of Sports Medicine position stand. Exercise and fluid replacement. Medicine, Science, Sports, and Exercise. 39, 2. 2007.</p> <p>Florida is drinking Gatorade out of Powerade bottles, so the NCAA doesn't get mad.</p> <p>Gatorade the idea that launched an industry.</p>	

**Week 9 - 10 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition for Anaerobic Performance		

**Week 10 - 17 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
	Brady Quinn: HGH use could be causing NFL's rash of injuries in 2015.	
	Earnest Graham thinks 30 percent of all NFL players are using HGH.	
	HGH use 'rampant' in NFL, according to report.	
	Former NFL RB Eddie George: PEDs 'very rampant' in NFL today.	
	The list of drugs that have been linked to Essendon since the start of the investigation.	
	Inside the Soviet Union's secrete 1983 doping plan: Start injecting athletes, dominate the Olympics.	
Performance Enhancing Drugs (PEDs)	Jon Jones: The UFC knew Vitor Belfort was on steroids for UFC 152.	
	Nate Diaz accuses Conor McGregor, 'the whole UFC' of being on steroids.	
	Victor Conte: Jon Jones' low testosterone levels before UFC 182 'highly suspicious'	
	Crazy stat shows just how common doping was in cycling when Lance Armstrong was winning the Tour de France.	
	Russian curler who tested positive for PEDs at Winter Olympics is returning his bronze medal.	

**Week 11 - 24 Sep 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Fad Diets	Ornish D, Scherwitz L, Billings J, Brown S, Gould K, Merritt T, Sparler S, Armstrong W, Ports T, Kirkeeide R, Hogeboom C, and Brand R. Intensive lifestyle changes for reversal of coronary heart disease. JAMA. 280, 23. 1998.	

**Week 12 - 01 Oct 2018**

Module/Topic	Chapter	Events and Submissions/Topic
Study Week		<b>Assessment 2 - Applied Health and Sport Nutrition</b> Due: Week 12 Friday (5 Oct 2018) 10:00 pm AEST <b>Quiz</b> Due: Week 12 Tuesday (2 Oct 2018) 10:00 pm AEST

## Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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## Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 Assessment 1 - Three Day Food Diary and Associated Questions

#### Assessment Type

Report

#### Task Description

**Instructions:** Complete a three day dietary analysis using the myfitnesspal application (app). The myfitnesspal app can be downloaded for free in the App Store (Apple) or Google Play Store (Android). After downloading the app on your phone you can access the app online via a web browser. Your three day food diary must consist of two week days and one weekend day. Submit the results of your three day food diary and answer the questions below. For all answers that require calculations you must show your calculations.

Answer the following questions:

1. Insert a screenshot of each day of your three day food diary or create a PDF of your three day food diary using the printable diary function and submit with your assessment (10 points).
2. Calculate your basal metabolic rate (5 points) (show your calculation) and your estimated total daily energy expenditure (5 points) (show your calculation).
3. What was your average daily consumption of energy (kcal), protein (g), carbohydrate (g), and fat (g) (8 points) (show your calculations)? What percentage of your (three day average) kcals came from protein, fat, saturated fat, and carbohydrate (8 points) (show your calculations)?
4. According to your estimated total daily energy expenditure (calculated in question 2) and the results from your three day food diary, are you on pace to gain weight, lose weight, or stay approximately the same weight? In 100 words, explain your answer (10 points).
5. List one thing you can do to improve your diet. In 100 words, explain your answer (10 points).
6. In 150 words, describe the role of nutrition in the cause of obesity (10 points).
7. List three commonly associated chronic health conditions that are associated with obesity (3 points).
8. List the macronutrients, write a food each macronutrient is commonly found in, and write one function of each macronutrient (9 points).
9. List the five minerals you have to be most concerned about replacing due to being lost in sweat (5 points).
10. Would your diet be considered healthy according to the Australian Dietary Guidelines? In 200 words, explain your answer (10 points).

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** The word count is specific to each question. In-text citations (optional) are included in the word count. The reference list is the list of references that were used in the text. The reference list is not included in the word count. Penalties will apply for each question in which the word limit is exceeded. The penalty assessed will be 1 point per question for every 10 words over the maximum word count.

**References:** References are not required as you should be able to answer all questions from the lecture notes, class discussions, and unit readings. If you wish to include references, use the reference style stated in the unit profile. If you decide to include references, do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

**Cover Page:** Please include a cover page containing the assignment title, due date, your name, and student number.

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file (answers) in a Word format (.doc or .docx). If you opt to submit a PDF of your three day food diary you will submit your food diary as an additional file in PDF format (.pdf). The instructor must receive an acceptable file that is readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

**Assessment Due Date**

Week 6 Friday (24 Aug 2018) 10:00 pm AEST

**Return Date to Students**

Week 8 Friday (7 Sept 2018)

**Weighting**

35%

**Assessment Criteria**

Points will be awarded on your ability to successfully complete a three day food diary and your ability to comprehensively answer the questions related to the assessment. Points will not be allocated to sections that are plagiarised in line with CQUniversity Policy. A detailed marking scheme is available on the Moodle site.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Perform dietary analysis, interpret the results, and make recommendations to improve health outcomes

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

## 2 Assessment 2 - Applied Health and Sport Nutrition

**Assessment Type**

Report

**Task Description**

**Instructions:** Submit your answers to the questions below.

1. A) Name an activity in which creatine can be used as a performance enhancing supplement (5 points). B) At what dose is creatine supplementation effective (5 points)? C) Describe how creatine supplementation works (5 points). In 200 words, explain your answers.
2. A) Describe why it is important to interpret what you read in peer reviewed research, focus your discussion on sport supplements. Think about industry funded research (10 points). B) Discuss why consumers should be wary of purchasing a supplement containing a propriety blend (5 points). In 400 words, describe your answers.
3. Homer joined a gym in an attempt to improve his health. During his first visit to the gym Homer befriended Rainier Wolfcastle, a 35 year old male who has been consistently resistance training since he was 15 years of age. Rainier has never been injured and eats a typical Australian diet. However, after 12 weeks Homer noticed Rainier added 10 kg to his bench press and 30 kg to his squat. When Homer asked Rainier how he got such great results, Rainier responded, "I just train hard and eat heaps of protein." What is the most likely cause of Rainier's increase in strength? In 100 words explain your answer (10 points).
4. Lisa is an eight year old girl who plays recreational touch football. Practices and games typically last 45-60 minutes. What beverage should Lisa be consuming during practice and games? In 80 words describe your answer (10 points).
5. Moe anticipates the United States is going to start having sensible gun laws and as a result he will no longer to be able to pull out his shot gun when trouble occurs in his bar. Consequently, Moe has started going to the gym with the aim of adding muscle. Moe is a 55 year old male who weighs 70 kg. He asks you for nutritional advice regarding protein consumption. How much protein would you suggest he consume per day to meet his goal? In 150 words explain your answer (10 points).
6. A) How does the master cleanse diet, discussed in class, differ from intermittent fasting (6 points)? B) In regard to the master cleanse diet, list one negative physiological effect (2 points), and C) one negative psychological



effect of the diet (2 points). In 150 words explain your answers.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Misconduct Procedures as identified in the unit profile. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance to the Academic Misconduct Procedures with subsequent penalties applied.

**Word Count:** The word count is specific to each question. In-text citations (optional) are included in the word count. The reference list is the list of references that were used in the text. The reference list is not included in the word count. Penalties will apply for each question in which the word limit is exceeded. The penalty assessed will be 1 point per question for every 10 words over the maximum word count.

**References:** References are not required as you should be able to answer all questions from the lecture notes, class discussions, and unit readings. If you wish to include references, use the reference style stated in the unit profile. If you decide to include references, do not reference lecture slides.

**Extensions:** Extensions will only be granted in accordance with CQUniversity policy. Extensions must be submitted through the Moodle site.

**Cover Page:** Please include a cover page containing the assignment title, due date, your name, and student number.

**Late Submissions:** Any assessments submitted late will incur penalties in accordance with CQUniversity policy.

**File Submission:** Upload your file (answers) in a Word format (.doc or .docx). The instructor must receive an acceptable file that is readable. If an unacceptable/corrupt file is submitted, your assessment will be considered late until an acceptable file is submitted. Late penalties will be incurred in line with CQUniversity policy.

**Assessment Due Date**

Week 12 Friday (5 Oct 2018) 10:00 pm AEST

**Return Date to Students**

Exam Week Friday (19 Oct 2018)

**Weighting**

45%

**Assessment Criteria**

Points will be awarded on your ability to comprehensively answer the questions related to the assessment. Points will not be allocated to sections that are plagiarised in line with CQUniversity Policy. A detailed marking scheme is available on the Moodle site.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Describe general health and sports nutrition concepts
- Justify and communicate nutritional advice for general health, and exercise and sports performance.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

### 3 Quiz

**Assessment Type**

Online Quiz(zes)

**Task Description**

This quiz will cover unit readings and unit content covered during weeks one to eleven (inclusive). It is your responsibility to log onto Moodle and complete the quiz within the given time period. The quiz must be completed in a

single session. The quiz is composed of 50 questions. You have 75 minutes to complete the quiz.

**Number of Quizzes**

1

**Frequency of Quizzes**

Other

**Assessment Due Date**

Week 12 Tuesday (2 Oct 2018) 10:00 pm AEST

**Return Date to Students**

Exam Week Tuesday (16 Oct 2018)

**Weighting**

20%

**Assessment Criteria**

Quiz questions will assess your understanding of content covered in weeks one to eleven (inclusive). Answers will be correct or incorrect and tabulated by the Moodle Online Quiz System.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Describe general health and sports nutrition concepts

**Graduate Attributes**

- Critical Thinking
- Information Literacy
- Information Technology Competence

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



#### Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



#### Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



#### Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem