



# ESSC11005 *Health and Sports Nutrition*

## Term 1 - 2021

Profile information current as at 19/04/2024 10:38 am

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 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

Co-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 1 - 2021

- Cairns
- Mackay
- Online
- 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. **Online Quiz(zes)**

Weighting: 20%

3. **Report**

Weighting: 45%

### 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](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Student feedback and staff feedback

**Feedback**

The assessment tasks compliment the unit content very well.

**Recommendation**

The unit coordinator will attempt to maintain a direct link between unit content and assessment tasks.

#### Feedback from Student feedback

**Feedback**

It would be nice to have more discussion around performance enhancing drugs.

**Recommendation**

The unit coordinator will attempt to incorporate slightly more information on the topic of performance enhancing drugs.

#### Feedback from Student feedback

**Feedback**

Lectures were great because of the lecture's stories and incorporation of his research into the class.

**Recommendation**

The unit coordinator will continue to incorporate his research and tell relevant stories to engage students in lecture content.

## 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



### 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%	•	•	•	•						
3 - Report - 45%	•	•	•	•				•		

## 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)
- Microsoft Word
- myfitnesspal application
- Adobe Acrobat Reader (or similar) software for viewing PDF documents
- iOS or Android smartphone or tablet
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials. We will use this software for any relevant meetings

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

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 - 08 Mar 2021

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 - 15 Mar 2021

Module/Topic	Chapter	Events and Submissions/Topic
Macronutrients		

### Week 3 - 22 Mar 2021

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 - 29 Mar 2021

Module/Topic	Chapter	Events and Submissions/Topic
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Australian Dietary Guidelines

Eat for Health Australian Dietary Guidelines (Summary).

Australian Alcohol Guidelines Revised (2021).

**Week 5 - 05 Apr 2021**

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>Methodological framework for the review of nutrient reference values.</p> <p>Access pathways to Queensland Health: Adult inpatient beds for patients with eating disorders.</p>	

**Vacation Week - 12 Apr 2021**

Module/Topic	Chapter	Events and Submissions/Topic
No Lectures		

**Week 6 - 19 Apr 2021**

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>Kearns C, Schmidt L, and Glantz S. Sugar industry and coronary heart disease research a historical analysis of internal industry documents. JAMA Internal Medicine. 176, 11. 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>How the sugar industry shifted blame to fat.</p>	<p><b>Assessment 1 - Three Day Food Diary and Associated Questions</b>            Due: Week 6 Friday (23 Apr 2021) 5:00 pm AEST</p>

**Week 7 - 26 Apr 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Supplements Part 2	<p>Dalbo V, Roberts M, Stout J, and Kerksick 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 May 2021**

Module/Topic	Chapter	Events and Submissions/Topic

Nutrition for Aerobic Performance

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 and Science in Sports and Exercise. 39, 2. 2007.

Florida is drinking Gatorade out of Powerade bottles, so the NCAA doesn't get mad.

Gatorade the idea that launched an industry.

### Week 9 - 10 May 2021

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

### Week 10 - 17 May 2021

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

### Week 11 - 24 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
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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. The Journal of the American Medical Association. 280, 23. 1998.

A woman went brain-dead after trying a soy-sauce cleanse that recommended drinking a liter in a 2-hour period.

### Week 12 - 31 May 2021

Module/Topic	Chapter	Events and Submissions/Topic
Study Week		<b>Quiz</b> Due: Week 12 Wednesday (2 June 2021) 5:00 pm AEST <b>Assessment 2 - Applied Health and Sport Nutrition</b> Due: Week 12 Friday (4 June 2021) 5:00 pm AEST

### Review/Exam Week - 07 Jun 2021

Module/Topic	Chapter	Events and Submissions/Topic
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### Exam Week - 14 Jun 2021

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

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 weekdays and one weekend day. You will submit the results of your three day food diary as part of your assessment. You will then answer a series of questions covered in unit readings and lecture content through weeks 1-5 (inclusive) regarding the results of a three day food diary and your general knowledge of health and sports nutrition. Submit your answers to the assessment questions on the Word document provided to you on Moodle. For all answers that require calculations you must show your calculations. Do not change the provided template (e.g. move or remove the rubrics) and keep all the text provided in the template in black font. Type your answers using red font. Put your name and student number on the top of the first page of your assessment.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Student Academic Integrity Policy and Procedure. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance with the Student Academic Integrity Policy and Procedure 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 when answering questions. 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 applied will be 1 point per question for every 10 words over the maximum word count.

**References:** References are not required. However, if you decide to use unit readings or peer reviewed research to support your answer reference that material using the reference style stated in the unit profile.

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

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

**File Submission:** Upload your file (answers) in a Word document (.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). An acceptable file that is



readable must be submitted. 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 accordance with CQUniversity policy.

**Assessment Due Date**

Week 6 Friday (23 Apr 2021) 5:00 pm AEST

**Return Date to Students**

Week 8 Friday (7 May 2021)

**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 accordance with CQUniversity policy. A detailed marking scheme is available on the Moodle site.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**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 Quiz

**Assessment Type**

Online Quiz(zes)

**Task Description**

This quiz will cover unit content including lectures and readings from weeks 1-11 (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 multiple choice questions. You have 75 minutes to complete the quiz. The quiz will be open during week 5 and will close at the due date. **Note:** No late submissions are allowed for the online quiz without an approved extension. Failure to complete the quiz by the due date without an approved extension will result in a score of a zero.

**Number of Quizzes**

1

**Frequency of Quizzes**

Other

**Assessment Due Date**

Week 12 Wednesday (2 June 2021) 5:00 pm AEST

**Return Date to Students**

Week 12 Wednesday (2 June 2021)

You will receive your score once you complete the quiz. You will be able to see your response and the correct response to all quiz questions once the quiz closes.

**Weighting**

20%

**Assessment Criteria**

Questions will be graded as correct/incorrect via the Moodle online quiz system. All quiz questions are equally weighted.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

## Learning Outcomes Assessed

- Describe general health and sports nutrition concepts

## Graduate Attributes

- Critical Thinking
- Information Literacy
- Information Technology Competence

# 3 Assessment 2 - Applied Health and Sport Nutrition

## Assessment Type

Report

## Task Description

You will answer a series of questions covered in unit readings and lecture content through weeks 1-11 (inclusive). The focus of most questions will require you to apply health and sport nutrition concepts to individuals you are likely to work with as an exercise professional. Submit your answers to the assessment questions on the Word document provided to you on Moodle. Do not change the provided template (e.g. move or remove the rubrics) and keep all the text provided in the template in black font. Type your answers using red font. Put your name and student number on the top of the first page of your assessment.

**Plagiarism:** Please be advised the assessment submission will be checked for plagiarism. You are advised to familiarise yourself with CQUniversity's Academic Integrity Policy and Procedure. Any assessments suspected of plagiarism (or other type of academic misconduct) will be dealt with in accordance with the Academic Integrity Policy and Procedure 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 when answering questions. 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. However, if you decide to use unit readings or peer reviewed research to support your answer reference that material using the reference style stated in the unit profile.

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

**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 accordance with CQUniversity policy.

## Assessment Due Date

Week 12 Friday (4 June 2021) 5:00 pm AEST

## Return Date to Students

Exam Week Friday (18 June 2021)

The grades for this assessment will be withheld until grades are finalized as per CQUniversity Policy.

## 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 accordance with CQUniversity policy. A detailed marking scheme is available on the Moodle site.

## Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

## 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

## 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