



# NUTR12002 *Nutrition in Practice*

## Term 2 - 2019

Profile information current as at 29/04/2024 10:18 pm

All details in this unit profile for NUTR12002 have been officially approved by CQU University 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 is an advanced unit in nutritional practice which builds on prior learning in the areas of nutrition, biochemistry and physiology. On completion of the unit you should have an understanding of nutritional assessment, understanding of lifespan nutrition, and the relationship between nutrition and disease across stages of the lifespan.

#### Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

#### Pre-requisites or Co-requisites

Prerequisite: NUTR19001 Nutrition OR NUTR12001 Human Nutrition OR BMSC11006 Food, Nutrition and Health

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 - 2019

- 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. **Written Assessment**

Weighting: 30%

#### 2. **Online Test**

Weighting: 30%

#### 3. **Examination**

Weighting: 40%

### 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 formal evaluations

##### Feedback

Students continue to express appreciation for Learning and Assessment Guides provided in this unit.

##### Recommendation

Learning and Assessment Guides will continue to be included as key resources for student learning.

#### Feedback from Student formal evaluation

##### Feedback

Students enjoyed being able to participate in and/or watch recorded weekly tutorials that provided opportunity for informal discussion and exploration of learning activities.

##### Recommendation

Weekly tutorials will continue to be offered to support student learning.

#### Feedback from Student formal evaluation

##### Feedback

More explanation of literature review assessment task

##### Recommendation

Literature review will be more fully explained and a tutorial session developed.

## Unit Learning Outcomes

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

1. Relate how food and nutrition factors impact human health and disease across all stages of the lifespan
2. Identify and explain appropriate methods of assessing nutritional status of different population groups
3. Discuss nutrient requirements and factors which impact requirements during each stage of the lifespan
4. Research and critically review evidence for the role of food and nutrition in human health.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Written Assessment - 30%				•
2 - Online Test - 30%	•	•	•	
3 - Examination - 40%		•	•	

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
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 - Written Assessment - 30%	•	•	•	•		•				
2 - Online Test - 30%	•	•	•	•			•			
3 - Examination - 40%	•	•	•	•		•	•			

## Textbooks and Resources

### Textbooks

NUTR12002

#### Prescribed

**Food and Nutrition Throughout Life : A Comprehensive Overview of Food and Nutrition in all Stages of Life** (2015)

Authors: Croxford , Sharon

Allen and Unwin

Crows Nest , NSW , Australia

ISBN: 9781743316757

Binding: Paperback

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

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

## Referencing Style

**All submissions for this unit must use the referencing styles below:**

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

For further information, see the Assessment Tasks.

## Teaching Contacts

**Kelly McGrath** Unit Coordinator

[k.inglis@cqu.edu.au](mailto:k.inglis@cqu.edu.au)

## Schedule

### Week 1 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Nutrition in Practice Foundation Knowledge	<b>Chapters 1 and 2</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday

### Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
Nutrition Assessments	Supplementary resources will be provided via the unit Moodle site	Tutorial session 10 am Monday

### Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
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Preconception, Conception & Pregnancy	<b>Chapters 3 and 4</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday
<b>Week 4 - 05 Aug 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Lactation, Newborn & Infants (0-12 months)	<b>Chapters 5 and 6</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday
<b>Week 5 - 12 Aug 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Toddler, Preschooler (1-5 years) & Child (6-12 years)	<b>Chapters 7 and 8</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday  <b>Literature Review</b> Due: Week 5 Monday (12 Aug 2019) 5:00 pm AEST
<b>Vacation Week - 19 Aug 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
<b>Week 6 - 26 Aug 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Pre-Adolscnt, Adolescent (13-18 years) & Young Adulthood	<b>Chapters 9 and 10</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday <b>Online test 1 opens at 9.00 am Monday 26th August</b> and remains open until 5.00 pm Monday 9th September
<b>Week 7 - 02 Sep 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Early & Middle Adulthood (26-60 years)	<b>Chapter 11</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday <b>Online test 1 remains open this week</b> and will close at 5.00 pm on Monday 9th September
<b>Week 8 - 09 Sep 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Older Adulthood (61-84 years) & Later Stage Older Adulthood (85+ years)	<b>Chapters 12 and 13</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday <b>Online test 1 closes at 5.00 pm on Monday 9th September</b>
<b>Week 9 - 16 Sep 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Indigenous Populations	<b>Chapters 14, 15 and 16</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday
<b>Week 10 - 23 Sep 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Sport & Exercise	<b>Chapter 17</b> in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)	Tutorial session 10 am Monday
<b>Week 11 - 30 Sep 2019</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>

Mental Health

**Chapter 19** in Food and Nutrition Throughout Life by Croxford, Itsiopoulos, Forsyth, Belski, Thodis, Shepherd & Tierney (2015)

Tutorial session 10 am Monday  
**Online test 2 opens at 9.00 am Monday 30th September** and will remain open until 5.00 pm Monday 14th October

#### Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
		NO TUTORIAL on Monday - Public Holiday in QLD, NSW & SA <b>Online test 2 remains open this week</b> and will close at 5.00 pm Monday 14th October

#### Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Online test 2 closes at 5.00 pm on Monday 14th October</b>

#### Exam Week - 21 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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## Term Specific Information

### Unit overview & expectations:

Nutrition in Practice is an intermediate level unit that builds on prior learning in areas of nutrition, health, biochemistry and physiology. Upon completion of this unit you should have an understanding of nutrition assessments, lifestyle nutrition and the relationships between nutrition and disease across the lifespan. As a 6-credit undergraduate unit, you should expect to spend a minimum of 12.5 hours of study per week (150 hours for the term) on this unit. This should include reading and research (~5 hours), completion of learning activities (~3 hours), finalising assessment tasks (~3 hours) and revision (~1.5 hours).

You should aim to keep up with the workload by developing a realistic and 'doable' schedule which includes consideration for all your commitments including: work, study, family & your health & well-being. You should make contact with the unit coordinator if you feel that you are falling behind and need additional assistance with completing the recommended learning activities and required assessment tasks.

Our unit Moodle site is the key platform for delivery of learning resources and activities to ALL students (Distance and Internal/On-campus students). This site will be a dynamic one and to this end, it is critical that you are comfortable with navigating around the site and that you visit the site and utilise the various resources, frequently and regularly.

### Tutorial sessions:

Throughout the term, Zoom tutorial sessions will be held online and Face-to-Face (F2F) in weeks 1 through 11. These sessions will provide all students with opportunity to ask questions and key topics relevant to assessment tasks and/or learning activities will be explained and discussed. Students may attend the online or F2F sessions (Rockhampton campus) irrespective of their enrollment mode (i.e. distance or on-campus). Additional online (ONLY) Zoom tutorial sessions will also be scheduled during the term for detailed explanation of each assessment task and if needed for other purposes of communicating with students. All Zoom sessions will be recorded so if you are unable to 'attend' on the day - you may view the session online at a time suitable to you. Links to these sessions (and the recordings) will be included on the unit Moodle site. If you have never used Zoom before or require assistance, please review the Zoom information provided in Moodle Help for Students in the Support BLOCK on Moodle.

### Weekly email updates:

To help keep you on track and up to date with key activities and milestones, at the start of each week you will be sent an email with a brief outline of key activities and learning topics expected to be completed in that week. An abridged version of this email will also be posted to the front page of the unit Moodle site each week. These messages will be uploaded on Monday mornings and emailed to your cquemail address. IMPORTANT: If you do not want to receive these weekly updates via email, please advise the Unit Coordinator via email.

### Unit Assessment Guide & Learning Guide:

The unit **Assessment Guide** has been developed to provide full and extended details of assessment tasks included in the unit. This guide should be used to supplement the outline included the Unit Profile. The Assessment Guide is

available in the Assessment Resources tab in the unit Moodle site.

A unit **Learning Guide** has been developed specifically for this unit. The Learning Guide is available in the Learning Resources tab in the unit Moodle site. This guide aims to support your learning and includes weekly outlines of key learning areas, readings and related nutrition activities. Activities included in the Learning Guide will be discussed during the weekly tutorials. Each lesson in the Learning Guide also includes a list of review questions from the textbook to assist with your weekly revision and which are relevant to the end of term examination.

For each of the weekly topics included in the Learning Guide, you should:

- Read through the specified pages of your textbook and/or additional resources/journal articles, and complete the activities as listed.
- Review the online lecture recording/s relevant to that week.
- Conduct additional personal research of topics to develop breadth in your understanding of each topic.

You are NOT expected to submit your answers to any weekly lesson activities however; the activities and topics included in the Learning Guide will underpin questions included in the Online Tests and end of term Examination.

### Communications

Throughout the term, all **NON-PERSONAL communications** between students and the Unit Coordinator (for example, questions relating to assessment tasks, due dates, learning activities etc) must be held via the relevant forums in the unit Moodle site. Any **PERSONAL communications** (personal illness, life events) should be held with the Unit Coordinator via email or telephone. All emails must include your name, contact details, the unit code and a brief message that clearly outlines your question/communication.

All **requests for extensions** must be made via the Assessment Extension Request (AER) system in Moodle.

## Assessment Tasks

### 1 Literature Review

#### Assessment Type

Written Assessment

#### Task Description

The ability to thoroughly understand a topic and locate and critically analyse information, are integral skills for evidence-based professional practice. This task aims to develop your ability to conduct research and critically review evidence for nutrition-related health conditions and develop your understanding of the role of nutrition in health and the prevention and/or treatment of these conditions.

#### Task details:

Specifically you will choose one (1) of the following topics and critically analyse published sources (including at least 15 primary journal articles) to develop a 1500 word (+/- 10%) written literature review of:

- The role of fruits and vegetables in health; OR
- The role of dairy foods in health; OR
- The role of grains and cereals in health; OR
- The role of dietary fats and lipids in health; OR
- The role of meat, legumes, fish, poultry and other sources of protein in health.

Your literature review should summarise, classify, compare and evaluate scientific evidence related to your chosen topic. Your literature review must include the following components:

- Cover page (see example provided in unit Assessment Guide - available on unit Moodle site)
- Introduction (including methodology for review)
- Body
- Conclusion
- Reference page (APA or Harvard referencing style).

NOTE: your in-text references and reference list are NOT included in the 1500 word limit.

Please see further details of this assessment task in the unit Assessment Guide that is available on the unit Moodle site.

#### Assessment Due Date

Week 5 Monday (12 Aug 2019) 5:00 pm AEST



**Return Date to Students**

Week 7 Monday (2 Sept 2019)

**Weighting**

30%

**Minimum mark or grade**

You are required to obtain at least 50% of allocated marks for this assessment task, in order to pass the unit.

**Assessment Criteria**

*Your literature review will be assessed against the following criteria:*

- Formatting and submission requirements (word document; size 12 Times New Roman font; No borders, shading, pictures or images; 1.5/double line spacing; line spaces between paragraphs, page numbers included).
- Introduction includes: clear statement of the topic and groundwork is laid for direction of review; and statement of scope of review or limitations; and explanation of methodology used for searching and retrieving relevant literature.
- Body of review: provides critical comparison, interpretation and discussion of studies; flows from general ideas to specific conclusions; includes transitions between paragraphs that tie all sections together.
- Coverage of content is appropriate and demonstrates extensive research and reading; sources are cited when statements are made; significance to purpose is highly evident; high level of critical analysis and comparison.
- Conclusion: provides succinct and precise conclusion based on review; includes insights into the topic; and research question are strongly supported by the review.
- Clarity of writing and writing technique (including paragraph construction).
- Accuracy in writing (spelling and grammar) and overall word length.
- Citations and references are adequate and accurate throughout text and reference list.

**Referencing Style**

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

**Submission**

Online

**Submission Instructions**

Your literature review must be saved as Word document and submitted via the related link in the Assessment BLOCK on the unit Moodle site. You must include your name in the filename of the document you upload.

**Learning Outcomes Assessed**

- Research and critically review evidence for the role of food and nutrition in human health.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

## 2 Online tests

**Assessment Type**

Online Test

**Task Description**

Throughout this unit you will be provided with learning materials and learning activities related to food and nutrition and factors important to human health, methods for nutrition assessment for different population groups, and nutrition requirements for different stages of the lifespan. Sound knowledge of these key concepts in food and nutrition underpins subsequent application of this knowledge in different contexts and future professional practice.

This assessment task aims to assess your foundation knowledge and understanding of these key concepts and provide you with feedback on your readiness to apply this understanding to contexts and practice.

**Task details:**

Specifically you will be required to complete a total of two (2) online tests.

- Each test will be open for a period of two weeks (see Due Date information below).
- Within each two week period, you will be permitted only one (1) attempt for each online test and once each test is commenced, it cannot be paused or restarted.

- Test 1 will comprise 20 questions and have a 60 minute time limit for completion. Test 2 will comprise 40 questions and have a 90 minute time limit for completion. For both tests, once the time limit is reached, your completed answers will be submitted for marking and any uncompleted questions will not attract marks.
- Questions may be composed of multiple choice, matching or short-medium answer questions.
- Before commencing each test, you should ensure that you have completed the related weekly learning activities outlined in the unit Learning Guide (available on Moodle site).

You should have a calculator available for each test.

Online test 1 questions will relate to learning content and learning activities included between weeks 1 through 4.

Online test 2 questions will relate to learning content and learning activities included between weeks 5 through 11.

NOTE: You must undertake these online tests as an individual. Collusion with other students on non-group work is considered academic misconduct and may lead to action being taken by the Deputy Dean of Learning and Teaching (DDLT) for the School of Health, Medical and Applied Sciences (HMAS).

### **Assessment Due Date**

Online test 1 will open at 9.00am on Monday of Week 6 (26th August) and close at 9.00am on Monday of Week 8 (9th September). Online test 2 will open at 9.00 am on Monday of Week 11 (30th September) and close at 5.00pm on Monday 14th of Review week (14th October). Extensions to completion of either or both tests will only be considered after a formal request for extension is submitted via the Assessment Extension Request (AER) system in Moodle.

### **Return Date to Students**

Marks for each test will be provided two weeks after the closing dates for each test.

### **Weighting**

30%

### **Minimum mark or grade**

You are required to complete BOTH tests. You must obtain at least 50% of allocated marks for this assessment task (includes both tests), in order to pass the unit.

### **Assessment Criteria**

- Each question in each test is worth one (1) mark.
- A total of 60 marks are allocated across both tests and once both tests are completed, marks will be calculated and reduced to a final mark out of 30 for the task.
- BOTH TESTS MUST BE COMPLETED.
- Marks will be allocated for correct answers only (ie. negative marking will not be used).
- Where typed answers are required, marks will not be deducted for incorrect spelling.

### **Referencing Style**

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

### **Submission**

Online

### **Submission Instructions**

You will access each online test via the related link included in the Assessment BLOCK in our unit Moodle site. Extensions to completion of either or both tests will only be considered after a formal request for extension is approved by the Unit Coordinator.

### **Learning Outcomes Assessed**

- Relate how food and nutrition factors impact human health and disease across all stages of the lifespan
- Identify and explain appropriate methods of assessing nutritional status of different population groups
- Discuss nutrient requirements and factors which impact requirements during each stage of the lifespan

### **Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy

- Cross Cultural Competence

## Examination

### **Outline**

Complete an invigilated examination.

### **Date**

During the examination period at a CQUniversity examination centre.

### **Weighting**

40%

### **Length**

180 minutes

### **Minimum mark or grade**

You will be required to obtain at least 50% of marks for the examination to be eligible to pass the unit

### **Exam Conditions**

Closed Book.

### **Materials**

Dictionary - non-electronic, concise, direct translation only (dictionary must not contain any notes or comments).

Calculator - non-programmable, no text retrieval, silent only

## 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