School of Medicine

MEDI110: Human Growth Nutrition and Exercise

Subject Outline
Autumn, 2016
On-Campus
Wollongong

Subject Information
Credit Points: 6
Pre-requisite(s): Nil
Co-requisite(s): Nil
Restrictions: Nil
Contact Hours: 2hrs Lecture; 1hr Tutorial

Subject Contacts

Subject Coordinator/Lecturer
Name: Dr John Sampson
Location: Building 41, Room 330
Telephone: 61 2 4221 5597
Email: john_sampson@uow.edu.au
Consultation mode and times: Email for appointment
Tues 10.30-12.30
Wed 8.30-10.30

Lecturer/Demonstrator/Tutor
Name: Dr Anne McMahon
Location: Building 41, Room 225
Telephone: 61 2 4221 4829
Email: anne_mcmahon@uow.edu.au
Consultation mode and times: Email for appointment

Project Supervisor
It is the responsibility of the student to identify a suitable research supervisor and project to be undertaken as the core component of this subject. Students should contact the subject coordinator in the first instance for advice, and then consult various potential supervisors for an outline of projects that are on offer. Prospective students are encouraged to discuss possible projects with a range of potential supervisors before deciding on a project. A useful starting point is the school website which outlines the research interests of all members of academic staff. A project and supervisor must be agreed with the subject coordinator no later than the first week of the session in which the project is to be undertaken. Supervision of a project will depend in part on the availability of resources.

Student Support and Advice
For general enquiries please contact StudentHub 41:
Location: 41.138B
Telephone: 61 2 4221 3492
Email: smah-students@uow.edu.au
Student Consultation and Communication

University staff receive many emails each day. In order to enable them to respond to your emails appropriately and in a timely fashion, students are asked to observe basic requirements of professional communication:

Please ensure that you include your full name and student number and identify your practical class or tutorial group in your email so that staff know who they are communicating with and can follow-up personally where appropriate.

Consider what the communication is about
- Is your question addressed elsewhere (e.g. in the subject outline or, on the eLearning site)?
- Is it something that is better discussed in person or by telephone? This may be the case if your query requires a lengthy response or a dialogue in order to address. If so, see consultation times above and/or schedule an appointment.
- Are you addressing your request to the most appropriate person?

Specific email subject title to enable easy identification of issue
- Identify the subject code of the subject you are enquiring about (as staff may be involved in more than one subject) put this in the email subject heading. Add a brief, specific query reference after the subject code where appropriate.

Professional courtesy
- Address the staff member appropriately by name (and formal title if you do not yet know them).
- Use full words (avoid ‘text-speak’ abbreviations), correct grammar and correct spelling.
- Be respectful and courteous.
- Allow 3 – 4 working days for a response before following up. If the matter is legitimately urgent, you may wish to try telephoning the staff member (and leaving a voicemail message if necessary) or inquiring at the School Office.
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Section A: General Information

Subject Learning Outcomes
On successful completion of this subject, students will be able to:

1. Recognise systems of the human body and understand the basic response of these systems to exercise;
2. Understand the normal patterns of growth from conception to birth and birth to maturity;
3. Highlight the role of essential macronutrients for health and growth;
4. Identify the importance of exercise and nutrition in supporting good health and the processes of growth from birth to maturity.

Subject Description
This subject will consider the basic principles of growth, nutrition and exercise. Core macronutrients and components of exercise science will be examined and discussed in relation to health and exercise performance.

eLearning Space
This subject has materials and activities available via eLearning. To access eLearning you must have a UOW user account name and password, and be enrolled in the subject. eLearning is accessed via SOLS (student online services). Log on to SOLS and then click on the eLearning link in the menu column. For information regarding the eLearning spaces please use the following link: http://uowblogs.com/moodlelab/files/2013/05/Moodle_StudentGuide-1petpo7.pdf

Lecture, Tutorial, Laboratory Times
All timetable information is subject to variation. Check the latest information on the university web timetable via the Timetable link on the Current Students webpage or log into SOLS to view your personal timetable prior to attending classes. http://www.uow.edu.au/student/index.html

Timetable information can be accessed from http://www.uow.edu.au/student/timetables/info/index.html

Key University Dates can be accessed from http://www.uow.edu.au/student/dates/index.html

Readings, References and Materials

Textbooks
The following text(s) will need to be purchased by students enrolled in this class.


Where there has been a recent addition change to the prescribed textbook please detail the differences, so that students can make an informed decision about which version they purchase.

Prescribed Readings (includes eReadings)
The following readings are prescribed for this subject, but students are not expected to purchase these. They are available to students through the library on the subjects eLearning site.

Prescribed readings will be available via the subject moodle page
Materials
Nil

Recommended Readings
The following references complement the prescribed readings and textbooks:

Powers and Howley; Exercise Physiology 7th Ed. Additional tutorial compulsory research papers will be displayed in e-learning.

Recommended readings are not intended as an exhaustive list, students should use the Library catalogue and databases to locate additional resources.

Recent Changes to this Subject
Nil

Schedule of Learning*

<table>
<thead>
<tr>
<th>Week</th>
<th>Week Commencing</th>
<th>Lecture</th>
<th>Lecture</th>
<th>Tutorial /Computer Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>29/02/2016</td>
<td>Introduction to subject, objective requirements, Intro to Exercise Science (Ch. 1)</td>
<td>Exercise Science – A Systems Approach (Ch. 2)</td>
<td>Blood pressure</td>
</tr>
<tr>
<td>2</td>
<td>07/03/2016</td>
<td>Exercise Science – A Systems Approach (Ch. 2)</td>
<td>Principles of Exercise Conditioning (1)</td>
<td>Endocrine system #</td>
</tr>
<tr>
<td>3</td>
<td>14/03/2016</td>
<td>Principles of Exercise Conditioning (2)</td>
<td>Physiological changes with aging</td>
<td>Current exercise recommendations</td>
</tr>
<tr>
<td>4</td>
<td>21/03/2016</td>
<td>Acute Responses to Exercise</td>
<td>Good Friday</td>
<td>Literature search skills</td>
</tr>
<tr>
<td>5</td>
<td>28/03/2016</td>
<td>Chronic Adaptations to Exercise</td>
<td>Clinical Biomechanics (Ch. 9)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>04/04/2016</td>
<td>Psychology in sport &amp; exercise (Ch. 7)</td>
<td>Motor Behaviour (Ch. 8)</td>
<td>Work and Power calculations #</td>
</tr>
<tr>
<td>7</td>
<td>11/04/2016</td>
<td>What is Nutrition? How do we make Food Choices</td>
<td>What makes a Healthy Diet?</td>
<td>Poster Preparation</td>
</tr>
<tr>
<td>8</td>
<td>18/04/2016</td>
<td>What is a High Carbohydrate Diet?</td>
<td>Protein- why is it so critical?</td>
<td>Assessing a healthy diet</td>
</tr>
</tbody>
</table>

Mid-Session Recess 25th April-29th April

<table>
<thead>
<tr>
<th>Week</th>
<th>Week Commencing</th>
<th>Lecture</th>
<th>Lecture</th>
<th>Tutorial /Computer Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>02/05/2016</td>
<td>Fat – is it all a Big Fat Lie?</td>
<td>Nutrition for the Exercising Person (Sport/Recreation)</td>
<td>Poster and technical summary #</td>
</tr>
<tr>
<td>10</td>
<td>09/05/2016</td>
<td>Energy Balance</td>
<td>What makes Minerals so important?</td>
<td>Defining “quality” for carbs, fats and proteins</td>
</tr>
<tr>
<td>11</td>
<td>16/05/2016</td>
<td>Human lifecycles – birth growth and ageing</td>
<td>Basic Genetics and Health</td>
<td>Energy requirements</td>
</tr>
<tr>
<td>12</td>
<td>23/05/2016</td>
<td>Why diets don’t work</td>
<td>What is a vitamin?</td>
<td>Micronutrients #</td>
</tr>
<tr>
<td>13</td>
<td>30/05/2016</td>
<td>Lifecycle Nutrition in Pregnancy, Infants, and Children</td>
<td>Lifecycle Nutrition - Aspects in Adolescence, Adults and the Aged</td>
<td>Short answer questions</td>
</tr>
</tbody>
</table>

Study Recess 6th June-10th June

UOW Exam Period 11th June-23 June

*The above timetable should be used as a guide only, as it is subject to change. Students will be advised of any changes as they become known.
List of Topics Covered
The following are examples of the topics to be covered in this course. This is not an exhaustive list and will be subject to change.

A Timetable of Topics will be available from the eLearning site in week 1 of session.
# Section B: Assessment

## Assessment Summary

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Form of Assessment</th>
<th>Due Date</th>
<th>Return/Feedback Due Dates</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment 1</td>
<td>Poster Presentation and Technical Summary</td>
<td>Week 9</td>
<td>Within 21 days of due date</td>
<td>20%</td>
</tr>
<tr>
<td>Assessment 2</td>
<td>Online Multiple Choice Quizzes (x4)</td>
<td>Week 3, 6, 9, 12</td>
<td>Within 21 days of due date</td>
<td>20%</td>
</tr>
<tr>
<td>Assessment 3</td>
<td>Short Answer Questions</td>
<td>Week 13</td>
<td>Within 21 days of due date</td>
<td>10%</td>
</tr>
<tr>
<td>Assessment 4</td>
<td>Final Exam</td>
<td>During exam period</td>
<td>Release of Results</td>
<td>50%</td>
</tr>
<tr>
<td>Assessment 5</td>
<td>Log Book (Exercise Science students only)</td>
<td>Week 11</td>
<td>N/A</td>
<td>0%</td>
</tr>
</tbody>
</table>

### Total Marks

<table>
<thead>
<tr>
<th>Total Marks</th>
<th>100%</th>
</tr>
</thead>
</table>

## Details of Assessment Tasks

Assessment tasks will be marked using explicit criteria that will be provided to students prior to submission.

### Assessment 1

**Poster Presentation and Technical Summary**

- **Due date**: Week 9
- **Weighting**: 20%
- **Submission**: Submit a hardcopy of your technical summary to your tutor/demonstrator in class
- **Type of Collaboration**: Individual Assessment & Group Project
- **Length**: 1 x poster* and 2 page technical summary (submitted to tutor)

**Details**

In groups of 3-4, you must produce a poster highlighting research associated with an area of exercise or nutrition. Group topics have been provided and will be discussed in tutorials in week 4. In this poster you should introduce the topic, provide a review of the literature highlighting the key findings, and provide a conclusion. In tutorials you will be required to present an overview in defence of your poster to your tutor. In support of your literature review, you must provide a 2 page summary that details the studies that you have included to provide the support for the literature review presented in your poster. Your tutor will retain your poster and technical summary for grading. If you are absent from tutorials during the assessment week, and cannot provide academic consideration you will be awarded 0% for this assessment task. If academic consideration is submitted you will be required to defend the poster at a later date / time chosen by the subject co-ordinator.

**Style and format**

Poster and Report

**Marking Criteria**

These assessments will be marked in line with the following criteria: Poster: i) Introduction 2% ii) Literature review 3% iii) Conclusion 3% iv) Presentation 2% Technical summary: i) Relevant detail to support poster information 4%, ii) Relevant sources of information used to support and clarify point made in poster 4%, iii) Correct reference format 2% *posters must be presented as 8 x A4 sheets (landscape and laminated), or 1 x A1 (portrait – laminating not necessary)

If you have any concerns about the contribution of group members to this project, these concerns must be raised with your tutor at least 2 weeks prior to your assessment for consideration.
### Assessment 2

<table>
<thead>
<tr>
<th><strong>Assessment 2</strong></th>
<th>4 x Online Multiple Choice Quizzes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Due date</strong></td>
<td>Weeks 3, 6, 9 &amp; 12</td>
</tr>
<tr>
<td><strong>Weighting</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Submission</strong></td>
<td>Submit an electronic copy of your assessment via eLearning</td>
</tr>
<tr>
<td><strong>Type of Collaboration</strong></td>
<td>Individual Assessment</td>
</tr>
<tr>
<td><strong>Length</strong></td>
<td>Each quiz will consist of 5 multiple choice questions</td>
</tr>
</tbody>
</table>

**Details**

You will be required to complete 4 multiple choice quizzes based upon the lectures and tutorial material presented in the two weeks prior to this assessment. The questions will be derived directly from the relevant lectures and tutorials. Eg. Quiz one may contain information from weeks 1, 2 and 3; quiz two, 4, 5 and 6 etc.

The online quiz will open on Friday in week 3 (18 March), Friday in week 6 (8 April), Friday in week 9 (6 May) and Friday in week 12 (27 May) and will remain open for only 24 hours (7am-7am). Each quiz is weighted as 5% of the final grade. If you do not complete the assessment in this time, and cannot provide evidence for academic consideration, there will be no chance to attempt this assessment at a later date unless you are able to provide suitable evidence for academic consideration. You must “save and view next question” to proceed. You can revisit questions by clicking on the question number in the box on the right hand column. You must click “Finish” to submit the quiz. No repeat quiz attempts will be permitted if results are not saved/submitted.

You will need to be able to log on to SOLS in the weeks listed and then select the multiple choice quizzes folder. Once ‘begin assessment’ is clicked, you will have 7 minutes to complete 5 x multiple choice questions. You will only have one attempt. Questions will be randomly given and answers scrambled. If you do not complete the online quiz during the period specified, and cannot provide evidence for academic consideration, there will be no chance to attempt this assessment at a later date.

**Style and format**

Multiple choice

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### Assessment 3

<table>
<thead>
<tr>
<th><strong>Assessment 3</strong></th>
<th>Short Answer Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Due date</strong></td>
<td>Week 13</td>
</tr>
<tr>
<td><strong>Weighting</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Submission</strong></td>
<td>Submit a hardcopy of your assessment to your tutor at the conclusion of the in-class exam</td>
</tr>
<tr>
<td><strong>Type of Collaboration</strong></td>
<td>Individual Assessment</td>
</tr>
<tr>
<td><strong>Length</strong></td>
<td>2 Short Answer Questions</td>
</tr>
</tbody>
</table>

**Details**

You will be required to answer two short answer questions (one exercise, one nutrition) based upon lecture material that may have been presented at any time in the previous 12 weeks. The questions will be derived directly from the relevant lecture and, or tutorial material.

If you do not complete the assessment in the week 13 tutorial, and cannot provide evidence for academic consideration, there will be no opportunity to attempt this assessment at a later date.

**Style and format**

In-class test

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### Assessment 4

<table>
<thead>
<tr>
<th><strong>Assessment 4</strong></th>
<th>Final Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Due date</strong></td>
<td>During Exam Period</td>
</tr>
<tr>
<td><strong>Weighting</strong></td>
<td>50%</td>
</tr>
<tr>
<td><strong>Submission</strong></td>
<td>Exam papers and answers must be submitted at the conclusion of the exam.</td>
</tr>
<tr>
<td><strong>Type of Collaboration</strong></td>
<td>Individual Assessment</td>
</tr>
<tr>
<td><strong>Length</strong></td>
<td>3 hours</td>
</tr>
<tr>
<td><strong>Details</strong></td>
<td>All lecture, and tutorial material is assessable in the final examination.</td>
</tr>
</tbody>
</table>
Compulsory element: A mark of 40% or more in the final examination is required to be considered for a pass in this subject.

Style and format  | Multiple choice, short answer, data analysis and interpretation questions

<table>
<thead>
<tr>
<th>Assessment 5</th>
<th>Log Book (Exercise Science students only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Due date</td>
<td>Monday, Week 11</td>
</tr>
<tr>
<td>Weighting</td>
<td>Pass / Fail</td>
</tr>
<tr>
<td>Submission</td>
<td>Submit online Submit online via Sonia</td>
</tr>
<tr>
<td>Type of Collaboration</td>
<td>Individual Assessment</td>
</tr>
<tr>
<td>Length</td>
<td>N/A</td>
</tr>
<tr>
<td>Details</td>
<td>Your log book for healthy practicum placements (as per guidelines) and all practicum reference forms must be submitted. A minimum of 10 hours must be completed, in order to pass SHS110.</td>
</tr>
<tr>
<td>Style and format</td>
<td>Log book</td>
</tr>
</tbody>
</table>

**Minimum Student Attendance and Participation**

It is expected that students will allocate 12 hours per week to this subject, including any required class attendance, completion of prescribed readings and assessment tasks.

Student attendance at tutorials, practicals, seminars and/or simulations is compulsory and students must attend at least 80% of classes. Absences will require the submission of an application for Academic Consideration via SOLS and the presentation of suitable documentation, for example a Medical Certificate, to Student Central as soon as practical. For further details about applying for academic consideration visit the Student Central webpage:


**Scaling**

Scaling may occur in this subject in the form of Z scores.

**Late Submission**

Late submission of an assessment task without an approved extension of the deadline is not acceptable. If you are unable to submit an assessment due to extenuating circumstances (e.g. medical grounds or compassionate grounds), you can make an application of academic consideration. Not all circumstances qualify for academic consideration. For further details about applying for academic consideration visit the Student Central webpage:


**Late Submission Penalty**

Marks will be deducted for late submission at the rate of 5% of the total possible marks for that particular assessment task per day. This means that if a piece of work is marked out of 100, then the late penalty will be 5 marks per day (5% of 100 possible marks per day). The formula for calculating the late penalty is: the total possible marks x 0.05 x number of days late. For the purposes of this policy a weekend (Saturday and Sunday) will be regarded as two days.

For example:

- Student A submits an assessment which is marked out of 100. The assessment is submitted 7 days late. This means that a late penalty of 35 marks will apply (100 x 0.05 x 7). The assessment is marked as per normal out of 100 and is given a mark of 85/100, and then the late penalty is applied. The result is that the student receives a final mark of 50/100 for the assessment (85 (original mark) – 35 marks (late penalty) = 50/100 (final mark)).
• Student B submits a report which is marked out of 20. The report is submitted three days late. This means that a late penalty of 3 marks will apply \((20 \times 0.05 \times 3)\). The report is marked as per normal out of 20 and is given a mark of 17/20, and then the late penalty is applied. The result is that the student receives a final mark of 14/20 for the report \((17 \text{ (original mark)} - 3 \text{ marks (late penalty)} = 14/20 \text{ (final mark)})\).

No marks will be awarded for work submitted either after the assessment has been returned to the students or more than two weeks after the due date, whichever is the sooner. This does not apply to situations where a particular assessment task is undertaken by students at different times throughout the session, but where the assessment is based on experiments or case studies specific to a student. In this case no marks will be awarded for work submitted more than two weeks after the due date.

Notwithstanding this, students must complete all assessment tasks to a satisfactory standard and submit them, regardless of lateness or loss of marks, where submission is a condition of satisfactorily completing the subject.

Supplementary Assessments
Supplementary assessment may be offered to students whose performance in this subject is close to that required to pass the subject, and are otherwise identified as meriting an offer of a supplementary assessment. The precise form of supplementary assessment will be determined at the time the offer of a supplementary assessment is made.

Students can log on to SOLS and click on the link titled “Supplementary Assessment” to view any applicable offers or use the following link;

System of Referencing Used for Written Work
The Author-Date (Harvard) referencing system should, unless otherwise specified for a particular assessment (check Details of Assessment Tasks), be utilised. A summary of the Harvard system can be accessed on the Library website at: http://public01.library.uow.edu.au/refcite/style-guides/html/

Use of Internet Sources
Students are able to use the Internet to access the most current information on relevant topics and information. Internet sources should only be used after careful critical analysis of the currency of the information, the role and standing of the sponsoring institution, reputation and credentials of the author, the clarity of the information and the extent to which the information can be supported or ratified by other authoritative sources.

Plagiarism
The full policy on Academic Integrity and Plagiarism is found in the Policy Directory on the UOW website.

"The University’s Academic Integrity and Plagiarism Policy, Faculty Handbooks and subject guides clearly set out the University’s expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as ‘resources’), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. This is considered academic misconduct and students place themselves at risk of being expelled from the University."
Submission of Assessments
Refer to the submission requirements under the details of the individual assessments. Students should ensure that they receive a receipt acknowledging submission. Students will be required to produce this in the event that an assessment task is considered to be lost. Students are also expected to keep a copy of all their submitted assessments in the event that re-submission is required.

Assessment Return
Students will be notified when they can collect or view their marked assessment. In accordance with University Policy marked assessments will usually only be held for 21 days after the declaration of marks for that assessment.
Section C: General Advice

Students should refer to the Faculty of Science, Medicine and Health website for information on policies, learning and support services and other general advice.

University Policies

Students should be familiar with the following University policies:

a. Code of Practice – Teaching and Assessment

b. Code of Practice – Research, where relevant

c. Code of Practice – Honours, where relevant

d. Student Charter

e. Code of Practice – Student Professional Experience, where relevant

f. Academic Integrity and Plagiarism Policy

g. Student Academic Consideration Policy

h. Course Progress Policy

i. Graduate Qualities Policy

j. Academic Complaints Policy (Coursework and Honours Students)

k. Policy and Guidelines on Non-Discriminatory Language Practice and Presentation

l. Workplace Health and Safety, where relevant

m. Intellectual Property Policy

n. IP Student Assessment of Intellectual Property Policy, where relevant

o. Policy on Ethical Objection by Students to the Use of Animal and Animal Products in Coursework Subjects, where relevant

p. Human Research Ethics Guidelines, where relevant

q. Animal Research Guidelines, where relevant
r. Student Conduct Rules and accompanying Procedures or Research Misconduct Policy for research students

Student Support Services and Facilities
Students can access information on student support services and facilities at the following link. This includes information on “Academic Support”, “Starting at University,” “Help at University” as well as information and support on “Career’s and Jobs”. http://www.uow.edu.au/student/services/index.html

Student Etiquette
Guidelines on the use of email to contact teaching staff, mobile phone use in class and information on the university guide to eLearning ‘Netiquette’ can be found at http://www.uow.edu.au/student/elearning/netiquette/index.html

Version Control Table

<table>
<thead>
<tr>
<th>Version Control</th>
<th>Release Date</th>
<th>Author/Reviewer</th>
<th>Approved By</th>
<th>Amendment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20151116</td>
<td>Dr John Sampson – Subject Coordinator</td>
<td>Mrs Sonia Losinno – ADE Nominee</td>
<td>Final MEDI110 Autumn 2016 Subject Outline</td>
</tr>
<tr>
<td>2</td>
<td>20151218</td>
<td>Dr John Sampson – Subject Coordinator</td>
<td>Mrs Sonia Losinno – ADE Nominee</td>
<td>Amendment to Schedule of Learning</td>
</tr>
</tbody>
</table>