Orientation to Nutrition & Nutrition and Dietetics Programs at UOW

Assoc Prof Eleanor Beck
Dr Anne McMahon

Acknowledgements: Assoc. Prof Karen Walton and N&D staff
• Programs offered and how they relate
• Career options – APD and BNutSc
• Course structure – see UOW Course Handbook
• Changes of course or subject – finding forms
  • withdraw without financial penalty to 31st March
  • withdraw without academic penalty to 7th May
• Student services
• Professional organisations
What work would I do as a nutritionist?

- UOW offers degree programs which will provide a broad knowledge to work in any field of nutrition
- **Nutrition Scientist**
- **Public Health Nutritionist /Community Nutritionist**
- **Dietitian**
Working in Nutrition Science

All the degrees in nutrition offered at UOW have a strong science base

Like all science degrees they prepare individuals for a broad range of careers

Jobs with the base degree of Bachelor of Science Nutrition may include:-

- Nutrition research in a broad range of sub-disciplines eg clinical nutrition, public health, food science
- Health promotion and disease prevention positions
- Work with government and non-government organisations: e.g. Cancer Council, Heart Foundation
- Food industry

QUALIFICATIONS:- B Nutr. Sc.

Higher Qualifications:- Honours/MND/PhD (research); Master of Public Health, MND, Dip.Ed.
Working as a Dietitian

• Individual Patient Care (working in a hospital or private practice setting)
• Public Health Nutrition or Community Nutrition
• Food Service Management (consultancies/hospitals or other institutions)
• Research

QUALIFICATIONS: need Bachelor of Nutrition and Dietetics Hons. (or MND after a BSc); recognised credential in Australia is APD – Accredited Practising Dietitian
• Crossover between Nutrition Degree and Dietetics includes some public health nutrition and health promotion positions

• Community and public health nutrition positions: Area Health Service

• Non-government organisations: e.g. Cancer Council, Heart Foundation

• National organisations: such as Food Standards Australia New Zealand

• State and Federal Health Departments

• Academic groups: research and teaching

QUALIFICATIONS: B NutrSc with MPH or MND or BND
New Competency Standards for Dietitians in Australia

- PRACTICES PROFESSIONALLY
- POSITIVELY INFLUENCES THE HEALTH OF INDIVIDUALS, GROUPS AND/OR POPULATIONS TO ACHIEVE NUTRITION OUTCOMES
- APPLIES CRITICAL THINKING AND INTEGRATES EVIDENCE INTO PRACTICE
- COLLABORATES WITH CLIENTS AND STAKEHOLDERS
Our graduates

- Professional practice skills
- Influencing the health of individuals, groups and populations in relation to nutrition
- Critical thinking and evidence-based practice
- Collaboration with stakeholders (communication; teamwork)
Example in practice

• Community Education Program to decrease incidence of Type 2 diabetes in the community?
• What is incidence?
• Who are the people and why are they at risk?
• What are the risk factors for diabetes?
• What is the science underpinning the development of diabetes?
Figure 3: Pathophysiology of hyperglycaemia and increased circulating fatty acids in type 2 diabetes.
• Largest Nutrition Association in Australia
• Accredited Practising Dietitian program – APD credential which allows eligibility for Medicare, Dept of Veterans Affairs and Private healthcare rebates for services to clients/groups
• Must graduate from an accredited dietetics program to be an APD (BND or MND at UOW are accredited)
• BNutri.Sc. or BPHN graduates eligible for Associate Membership (not APD credential); with additional work, may be eligible for AN (Accredited Nutritionist credential)
Group of scientists and educators with common interest in nutrition

Members include: nutritionists and dietitians, medical practitioners, agricultural scientists, food scientists. Student membership $64/year.

Registration available: Associate Nutritionist, Nutritionist and Public Health Nutritionist

• PHAA dedicated to the promotion of public health. Student fee $45/year.
• Special Interest Group: Food and Nutrition.
• [http://www.phaa.net.au/](http://www.phaa.net.au/)

**Australian Institute of Food Science and Technology (AIFST)**

- national association representing all sectors of food industry.
  
  • application of science, technology and engineering to the production, marketing, distribution & utilisation of foods
Key staff in nutrition and dietetics

Assoc Prof Eleanor Beck
Nutrition and Dietetics Program Director
Nutrition and Dietetics Discipline Leader
Dietetics Care 1 & 2 (DIET467 and DIET468)

Dr Anne McMahon
Bachelor of Nutrition Science Program Director
Human Growth Nutrition and Exercise (MEDI110)
Fundamentals in Food and Nutrition (MEDI150)
Nutrition and Food Innovation (MEDI355)
Nutrition in Practice MEDI369

Key staff in nutrition and dietetics

**Assoc Prof Karen Walton**
- Food Service Management (DIET466)
- Nutritional Physiology (MEDI213)
- Nutrition in Practice (MEDI369)

**Assoc Prof Karen Charlton**
- Comm. and Public Health Nutrition (MEDI363)
- Nutritional Epidemiology (MEDI251)

**Dr Yasmine Probst**
- Research in Human Nutrition (MEDI362)
- Research Project in Nutrition (DIET460/459)

**Dr Elizabeth Neale**
- Measure. Diet & Health Promotion (MEDI231)
- Research in Human Nutrition (MEDI362)

**Meredith Kennedy**
- Dietetics Care 1 & 2 (DIET467 and DIET468)
- Practical Placement (DIET454/DIET460)

**Alexandra McClelland**
- Practical Placement (DIET454/DIET460)

Academic Integrity

• Academic integrity is a core value at UOW. It involves acting with honesty, fairness, trust and responsibility and requires respect for knowledge and its development.

• By becoming a student of UOW, you have agreed to become a member of the UOW academic community. This means that you are expected to conduct yourself according to the UOW values and principles.

• You must complete StartSmart (one of two compulsory modules) which will help you develop the essential skills to:
  – Complete your coursework with academic integrity.
  – Find, evaluate and use information in your assessment tasks.
  – Use feedback and support services to further develop your academic performance.

• Other module you must complete is CareerSmart

• http://www.uow.edu.au/academic-integrity/students/index.html
• All general university enrolment queries – **STUDENT CENTRAL**
• All forms on **CURRENT STUDENTS** website
• Fill in forms and hand into **STUDENTHUB 41** (Bldg 41, level 1)
• **SUBJECT SPECIFIC** enquiries – subject coordinator (email first). Consultation times also.
• **COURSE SPECIFIC** enquiries
  – BND program Coordinator, Assoc Prof Eleanor Beck
  – B NutSc Coordinator, Dr Anne McMahon
Forms

All student forms are available online:

• Advanced standing: specified credit or unspecified credit
  – submit previous study transcript and subject details

• Academic approval - waiver of provisional status

• Late withdrawal from a subject:
  – by 31\textsuperscript{st} March to avoid paying for the subject
  – by 7\textsuperscript{th} May to avoid academic penalty

• Leave of absence
  – must have sufficient reason and have completed 1 session
  – deferring refers to postponing the start of study
Student academic consideration

- May be used when adverse or unforeseen events occur that may impact on your progress (eg: illness, bereavement, accident, sick on day of exam, caring for a sick relative)
  - N.B. Not after you sat the exam

- Application is made via SOLS before the due date of any assessment (whenever possible)
- Will require supporting material (eg: medical certificate in case of illness or stat. dec.)
- Subject Coordinator responds to the request electronically (once evidence is submitted)
Student services

Includes:

Student support advisors (SSA’s)
Disability liaison officers (DLO’s)
Counselling services
Learning development (LD)
Student Support Advisor

Student Support Advisor provide support to students. They also provide programs supporting equity and diversity.

- Equity information
- Student welfare
- EdStart Grants
- Liaison with other UOW student services (eg: disability, counselling and learning & development)
Student Support Advisor

Student guidance and referrals to other student services eg disability, counselling, learning development

EdStart grants for UG domestic students to purchase goods from UniShop ($500) eg text books, IT consumables, hardware: if low income or receive Centrelink; permanent resident, Australian citizen
Faculty of Science, Medicine and Health

- Jenny Ferrington (nee Walsh)
  Bld15.232 Wollongong Campus
  (02) 4221 5332
  Mon- Thursday
  jenwalsh@uow.edu.au

- Michelle Collis
  Bld15.241 Wollongong Campus
  (02) 4221 5297
  Mon- Wed
  mcollis@uow.edu.au
Disability services

- Information & advice for students with a disability
- Advice about resources available to assist students
- Located on Level 3, Building 11
- Open 5 days per week, from 9am-4.30pm
- Ph: 4221 4942 for appointments
- Email: disability_services@uow.edu.au
Student Counselling Services

- Counselling service for students & staff
- Free and confidential
- Located on Level 3, Building 11
- Open 5 days per week, from 9am-6pm
- Ph: 4221 3445 for appointments
Learning & Development

• Free services to improve English language and academic skills (eg: writing, critical thinking)

• Maths assistance

• Workshops available

• Located in room 11, Level 3

• Ph: 4221 3977
1. Course overview

The website address for the UOW Course Handbook is:

UOW home page -> CURRENT STUDENTS -> Course Handbook

NB. You must enrol in subjects as listed in the course handbook to ensure you meet course requirements by the end of your degree
Course outlines – very similar first two years

**Year 1**

<table>
<thead>
<tr>
<th>SUBJECTS</th>
<th>BNS</th>
<th>BND</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEDI110 Human Growth, Nutrition and Exercise</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI100 Introduction to Anatomy &amp; Physiology</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>PSYC101 Introduction to Behavioural Science or SOC103 Sociology or INDS150 Introduction to Indigenous Australia</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>CHEM101 Chemistry 1A or CHEM104 Foundations in Chemistry</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI150 Fundamental Concepts in Food &amp; Nutrition</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI112 Introduction to Anatomy &amp; Physiology II</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>BIOL103 Molecules, Cells &amp; Organisms</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>CHEM102 Chemistry 1B or CHEM105 Foundations in Chemistry</td>
<td>X</td>
<td>X</td>
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</tbody>
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**Note:** Students who have achieved a mark of 65% or more in NSW HSC Chemistry or equivalent must select CHEM101. All other students must select CHEM104
### Year 2

<table>
<thead>
<tr>
<th>SUBJECTS</th>
<th>BNut</th>
<th>BN</th>
</tr>
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<tbody>
<tr>
<td>MEDI231 Measurement of Diet and Health Promotion</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI211 Control Mechanisms Physiology</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>BIOL213 Principles of Biochemistry</td>
<td>X</td>
<td>X</td>
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<tr>
<td>CHEM215 Food Chemistry</td>
<td>X</td>
<td>X</td>
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<tr>
<td>BIOL214 Biochemistry of Energy &amp; Metabolism</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI251 Nutritional Epidemiology</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>STAT251 Fundamentals of Biostatistics</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI213 Nutritional Physiology</td>
<td>X</td>
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</table>
# Year 3

<table>
<thead>
<tr>
<th>SUBJECTS</th>
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<th>BN</th>
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<tbody>
<tr>
<td>MEDI363 Community and Public Health Nutrition</td>
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<tr>
<td>MEDI362 Research in Human Nutrition</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>MEDI369 Nutrition in Practice</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>ELECTIVE</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>DIET467 Dietetics Care 1</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>ELECTIVES x 3 (2 x 6 cp subjects)</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>MEDI355 Food and Nutrition Innovation</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>DIET468 Dietetics Care 2</td>
<td></td>
<td>X</td>
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<tr>
<td>DIET466 Foodservice Management</td>
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<td>X</td>
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</tbody>
</table>
Year 4 – only for BND – HONOURS YEAR

- DIET 454 Placement (24 credit points)  
- DIET461 Dietetic Research Project (18 credit points)  
- MEDI369 Nutrition in Practice (6 credit points)

20 weeks of practical placement in hospitals, public health, food service and community settings.

- A research project is also included, 20 weeks – Jan-Nov.
- Other studies?
- After BNutSc/BND
Requirements for dietetics placements – looking ahead...

By end of session 1 for yr 3 BND and yr 1 MND, you need:

– Criminal Record Clearance (CRC) card

– Vaccination certificate* - see NSW health website

– Prohibited Employment Declaration form (approval to work with children)

Contact person: placement co-ordinator Meredith Kennedy
2. Subject load per session

24 credit points (CP) every session (students must enrol in a minimum of 17 CP to be considered full-time)

All full-time students should complete 4 x 6 CP

DO NOT MISS LECTURES
3. Importance of pre-requisites

- **A pre-requisite**: subject that must be passed before enrolling in the subject which has the pre-requisite
- **A co-requisite**: subject taken at the same time

Some subjects have **pre-requisites** and other subjects do not
- CHEM101 & CHEM102 or CHEM104 & 105 are pre-requisites for CHEM215
- BIOL103, CHEM101 & CHEM102 or CHEM104 & 105 are pre-requisites for BIOL213

**NB.** You must enrol in subjects as listed in Course Handbook to ensure you meet pre-requisite requirements for subjects later in the course

- **DO NOT MISS LECTURES**
4. Subject outlines, including assessment

- Each subject has a Subject Outline which is usually discussed in the first lecture and is available on the subject eLearning site.

- The Subject Outline contains the timetable and assessment details, and requirements for that particular subject.

- You should be able to access the subject outlines online now (in the School of Medicine website).

- **DO NOT MISS LECTURES**
5. Timetable

- You need to work out your own timetable for sessions 1 and 2, and for later sessions throughout your course.
- Lectures are at set times but you need to choose your own times for practicals and tutorials for each subject.

**UOW home page -> CURRENT STUDENTS -> Timetables -> Subject Timetables**

- Practical and Tutorial enrolment:
  - Need to enrol on-line, either during February or Week 1 of session.
  - Times for on-line enrolment vary between subjects.
On-line enrolment in tutorials/practicals

• Online enrolment is usually in Orientation Week or Week 1 - date and time will be specified for each subject eg SOLS mail. Some may open in the next FEW DAYS!!!

• Plan ahead but be as flexible as possible

• There should be no timetable clashes with any lectures, occasionally prac/tutorials need changing. See your Subject Co-ordinator in Week 1 if you have a timetable clash – give priority to core subjects (not electives)
Example: Subjects to enrol in for BNutSc and BND Year 1

Autumn 2017
- MEDI100
- CHEM101 or 104
- MEDI111
- PSYC101
  or
- SOC103
  or
- INDS150

Spring 2017
- MEDI150
- CHEM102 or 105
- MEDI112
- BIOL103

PASS PROGRAM
DO NOT MISS LECTURES
So, look up each Subject Timetable and choose your own combination of practicals and tutorials – plan ahead (but be flexible) and be ready to enrol on-line ~ O week or Week 1
6. SOLS – Student On Line Services

• The website address for SOLS is http://www.uow.edu.au/student/index.htm
• Very important to check regularly
• We only use STUDENT EMAILS – from now on will not respond to other email addresses

UOW home page -> CURRENT STUDENTS -> select : SOLS or Webmail (for emails) -> log on with your Username and Password
7. ‘Student Central’

- Located on the ground floor of Building 17 email to: askuow@uow.edu.au
- General administrative issues eg admissions, fees, academic transcripts, graduation
8. **StudentHub 41**

- First floor of Building 41, Room 152

- **StudentHub 41 is the first point of contact** for all students seeking information regarding the Faculty of Science, Medicine and Health
  - All academic forms and administrative advice e.g. enrolment, transfers, leave of absence, specified credit

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UOW home page -> CURRENT STUDENTS -> Quick Links -> Student Forms
Questions