Orientation to Discipline of Nutrition Dietetics

Assoc Prof Eleanor Beck (acknowledgements N&D team)
• 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 before March 31
  • withdraw without academic penalty before May 6
• 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 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 Nutrition Science** 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*
PRACTICES PROFESSIONALLY

APPLIES CRITICAL THINKING AND INTEGRATES EVIDENCE INTO PRACTICE

COLLABORATES WITH CLIENTS AND STAKEHOLDERS

POSITIVELY INFLUENCES THE HEALTH OF INDIVIDUALS, GROUPS AND/OR POPULATIONS TO ACHIEVE NUTRITION OUTCOMES

Competency Standards for Dietitians in Australia
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)

• **STUDENT MEMBERSHIP IS FREE**
Group of scientists and educators with common interest in nutrition

Members include: nutritionists and dietitians, medical practitioners, agricultural scientists, food scientists. Student membership $76/year.

Registration available: Associate Nutritionist, Nutritionist and Public Health Nutritionist

- PHAA dedicated to the promotion of public health. Student fee $60/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

A/Prof Eleanor Beck  
Dietetics Care 1 &2 (DIET467 and DIET468)  
DISCIPLINE LEADER N&D, PROGRAM DIRECTOR BND

Dr Anita Stefoska Needham  
Human Growth Nutn & Exercise (MEDI110)  
Nutrition & Food Innovation (MEDI355)  
PROGRAM DIRECTOR BNUTSc

Always use your UOW email in correspondence. We will respond to emails ASAP. We will meet with you if required.

Key staff in nutrition and dietetics

A/Prof Karen Walton
Food Service Management (DIET466)
Nutritional Physiology (MEDI213)
Nutrition in Practice (MEDI369)

A/Prof Karen Charlton
Community/Public Health Nutn (MEDI363)
Nutritional Epidemiology (MEDI251)

Dr Yasmine Probst
Research in Human Nutrition (MEDI362)
Research Project in Nutrition (DIET460/461)

Dr Elizabeth Neale
Measurement Diet & Health Promotn (MEDI231)
Fundamental Concepts Fd & Nutn (MEDI150)

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

Alexandra McClelland
Nutrition in Practice (MEDI369)
Practical Placement (DIET454/DIET460)

Other School of Medicine subjects are
Anatomy and Physiology

Other subjects offered primarily by Chemistry and Biology
• All general university enrolment queries – **STUDENT CENTRAL**

• All forms on **CURRENT STUDENTS** website

• Fill in forms and hand into **BUILDING 41, STUDENT HUB41** (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 Anita Stefoska-Needham
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 March 31 to avoid paying for the subject
  – by May 6 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 unforseen 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 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

SMAH SSA contacts:  
Jenny Ferrington (nee Walsh)  
Ph 4221 5332  Bld15-232

or

Michelle Collis  
Bld15.241 (02) 4221 5297
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 (e.g.: writing, critical thinking)
- Maths assistance
- Workshops available
- Located in room 11, Level 3
- Ph: 4221 3977
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
1. Course overview

The website address for the UOW Course Handbook is:

NB. You must enrol in subjects as listed in the course handbook to ensure you meet course requirements by the end of your degree.
## Year 1

<table>
<thead>
<tr>
<th>SUBJECTS</th>
<th>BN Sc</th>
<th>BN D</th>
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</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>
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<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>
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<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>
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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>
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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>
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<td>X</td>
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<tr>
<td>BIOL214 Biochemistry of Energy &amp; Metabolism</td>
<td>X</td>
<td>X</td>
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<tr>
<td>MEDI251 Nutritional Epidemiology</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>STAT251 Fundamentals of Biostatistics</td>
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<tr>
<td>MEDI213 Nutritional Physiology</td>
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# Year 3

<table>
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<tr>
<th>SUBJECTS</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>
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<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>
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<tr>
<td>MEDI355 Food and Nutrition Innovation</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>DIET468 Dietetics Care 2</td>
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<tr>
<td>DIET466 Foodservice Management</td>
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### Year 4 — only for BND — HONOURS YEAR

<table>
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<tr>
<th>SUBJECTS</th>
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<th>BN D</th>
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<tbody>
<tr>
<td>DIET 454 Placement (24 credit points)</td>
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</tr>
<tr>
<td>DIET461 Dietetic Research Project (18 credit points)</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>MEDI369 Nutrition in Practice (6 credit points)</td>
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<td>X</td>
</tr>
</tbody>
</table>

- **These subjects include 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**
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.

Eg 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.

UOW home page -> CURRENT STUDENTS -> Timetables -> Subject Timetables
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 pracs/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 2018**
- MEDI100
- CHEM101 or 104
- MEDI111
- PSYC101
  - or
- SOC103
  - or
- INDS150

**Spring 2018**
- 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. **Bldg 41 Student Hub**

- First floor of Building 41, Room 152

- SMAH Student Hub 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 eg enrolment, transfers, leave of absence, specified credit

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