



THE UNIVERSITY OF QUEENSLAND

**Course title:** NUTR7001 Nutrition and Health

**Course coordinator:** Lisa Schubert

**Mode:** Internal and External

**Course introduction:**

This course is one of the plan defining courses for the MPH (Nutrition) and will initially introduce students to the fundamentals of the science of human nutrition followed by an in-depth look at the role of food and nutrition in the life cycle and how it affects growth, development, health and well-being at each stage. Students will have the opportunity to explore issues that are relevant and important in both developed and developing countries contexts.

**Course aims:**

The principal aims of this course are to: 1. Introduce students to the principles of nutrition that underpin human health; 2. Promote understanding of the role of food and nutrition in the life cycle and how it affects growth, development, health and well-being at each stage; 3. Identify groups likely to be 'at-risk' nutritionally; 4. develop an understanding of the basis of dietary guidelines, recommended dietary intakes and other nutritional recommendations.

**Course content:**

Specific topics include:

- Foods and nutrients
- Nutrition in adulthood
- Nutrition in old age
- Nutrition in infancy
- Nutrition in preschoolers
- Nutrition in school-aged children and adolescents
- Nutrition in pregnancy and lactation

**Method of assessment:**

Written assignment, short answer questions, and on-line discussions.

**Recommended text:**

Whitney, E. N. & Rolfes, S. R. (2008) *Understanding Nutrition*, 11th ed., Thomson Wadsworth, Belmont, CA. [ISBN 0-495-11669-6].

**Required resources:**

**Study guide and readings:** This contains the week-by-week learning materials for each module. These include clear learning objectives, a list of the required reading, an introduction to the module topic, a brief synopsis and key definitions, case studies, and a series of practical exercises. Required readings not from the textbook are included here.

**Online Blackboard site:** This provides an interactive environment for you and the course co-ordinator. Reliable and regular access to the Internet is required.

Further details are provided in the [Course Profile](#):

[http://www.uq.edu.au/study/course.html?course\\_code=NUTR7001](http://www.uq.edu.au/study/course.html?course_code=NUTR7001)