Overview

- Programs offered and how they relate (UG/PG)
- Career options – nutritionist and dietitian
- 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 8th May
- Student services
- Professional organisations

Programs of Study

- BSc (Nutrition)
- Bachelor of Nutrition & Dietetics
- Master of Science (Nutrition & Dietetics)
- Master of Science (Nutrition, Dietetics & Exercise Rehabilitation)

Nutrition courses at UOW

<table>
<thead>
<tr>
<th>Course specialty</th>
<th>Length</th>
<th>Total No. of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelor of Science (Nutrition &amp; Dietetics) (BND)</td>
<td>4 years</td>
<td>~ 80</td>
</tr>
<tr>
<td>Bachelor of Science (Nutrition)</td>
<td>3 years</td>
<td>~150</td>
</tr>
<tr>
<td>Master of Science (Nutrition &amp; Dietetics) (MND)</td>
<td>2 years</td>
<td>~ 60</td>
</tr>
</tbody>
</table>

What is the study of nutrition?

- The study of the essential nutritional requirements of humans and how they are met
- Science-based, with strong foundations in chemistry, biochemistry and physiology
- Also includes social and psychological aspects of eating, the way the food system and health policy affects food availability and consumption, and ways to promote healthy eating
- At UOW, a strong emphasis on research into food intake methods, energy balance, food security, food marketing and food regulations and policy

Career opportunities with a BSc (Nutrition)

Careers in both public and private organisations as:
- Health promotion officers
- Nutritionists with food companies or some NGO’s
  - eg NHF, Cancer Council
- Pharmaceutical sales representatives
- Customer service agents in food companies
- Research assistants
- Teachers (with a Grad DipEd)
- Weight loss counsellors
- Health writers
What is Dietetics?

“The profession of dietetics contributes to the promotion of health and the prevention and treatment of illness by optimising the nutrition of communities and individuals. It utilises scientific principles and methods in the study of nutrition and applies these to influence the wider environment affecting food intakes and eating behaviours.”

Dietitians Association of Australia (DAA) 1993

Career opportunities in Dietetics

- Hospitals
  - counsel individual clients/groups about therapeutic diets
- Private practice
- Community or public health nutritionist
- Food service dietetics
- Food industry
- NGOs eg NHF, Diabetes Australia
- Policy and Govt positions eg FSANZ
- Sports or exercise dietitian
- Research

Major areas of work for dietitians

<table>
<thead>
<tr>
<th></th>
<th>Non-hospital</th>
<th>Hospital</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical</td>
<td>10</td>
<td>71</td>
<td>50</td>
</tr>
<tr>
<td>Community/Public Health</td>
<td>40</td>
<td>9</td>
<td>20</td>
</tr>
<tr>
<td>Administration</td>
<td>10</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td>Education</td>
<td>20</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Research</td>
<td>10</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Food Service</td>
<td>0</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Marketing</td>
<td>10</td>
<td>0</td>
<td>3</td>
</tr>
</tbody>
</table>

Meyer, Gilroy, Williams Aust Health Rev 2002;25:122

BND and BSc Nutr


Years 1 & 2: building a knowledge base (equiv. to prerequisites in MND)

- Fundamentals of nutrition, public health
- Basic science, food science
  - chemistry, biochemistry,
  - anatomy, physiology
  - food composition
- Nutrition science
  - effect of nutrients on biochemical processes in body

BND and BSc (Nutr)

Autumn year 3 + MND Autumn year 1

- SHS351/951: Nutrients & Metabolism
- SHS352/952: Research in Human Nutrition
- SHS353/953: Community & Public Health Nutrition

BND

Yr 4 of BND and year 2 of MND

Practical placement

- learning by experience

- 20 weeks of structured, assessed and unpaid work experience
- In hospitals, food service and community centres
- In a number of locations, particularly around Sydney & Illawarra

*NB. be prepared to travel
**Requirements for dietetics placements – looking ahead...**

By end of session 1 for yr 3 BND and session 1 for 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

*Hep B, tetanus, diphtheria, pertussis (whooping cough), varicella (chicken pox), measles, mumps, rubella, mumps varicella test (if high incidence of TB in home country), flu – optional

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**Transfer between BSc and BND**

- Quota of 20 students enrolled in BND (ATAR cut point 93.0)
  - must maintain at least a credit average or will be transferred to BSc (Nutr)
- The number of places available to transfer from BSc (Nutr) into BND varies each year
- Decision made in mid year 3, after completion of SHS351, SHS352 & SHS353
  - based on GPA in years 2 and 3
- Successful students are notified – there is no application

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**Application for MND**

- BSc (Nutrition) graduates are also eligible to apply for the postgraduate Master of Science (Nutrition and Dietetics) to train as a dietician
- Applicants from BSc (Nutrition) into MND have good chance of success if GPA is 70% or above
- There are NO automatic transfers into MND
- Applications close on 30th September each year

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**Postgraduate study options**

- Master of Science (Nutrition and Dietetics)
- Honours in BSc (Nutrition)
- Master of Science (Research)
- Master of Public Health (includes Nutrition option)
- Master of Health Leadership and Management
- Diploma of Education
- Doctor of Philosophy (PhD)

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**Key staff in nutrition and dietetics**

- A/Prof Philippa Lyons-Wall  Coordinator of Academic Programs
- Prof Linda Tapsell  Director Smart Foods Centre
- Dr Karen Walton  Food service & dietetics
- Bridget Kelly  Community & public health nutrition
- Anne McMahon  Fundamental Concepts in Food & Nutrition, Food Innovation
- Meredith Kennedy  Communication, Practical Placement
- A/Prof Heather Yeatman  Public health
- A/Prof Vicki Flood  Dr Deanne Condon-Paoloni
- Lesley Hare
- A/Prof Barbara Meyer  Nutrients and metabolism

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**Coordinator/Advisors**

- Course Co-ordinator: A/Prof Philippa Lyons-Wall 41-256, phone: 4221 3462 philippa@uow.edu.au
- BSc (Nutr) Advisor: Ms Anne McMahon 41-225, phone: 4221 4829 anne_mcmahon@uow.edu.au
- BND Advisor: Dr Karen Walton 41-226, phone: 4221 5197 kwalton@uow.edu.au
- Placement co-ordinator: Ms Meredith Kennedy 41-249, phone: 4221 5032 mkennedy@uow.edu.au

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A/Prof Philippa Lyons-Wall
Further information

- Subject concerns
  See subject coordinator
- Course concerns
  See course coordinator
- Consultation times & Student Online Services (SOLS)
  All lecturers have consultation times available
  Check SOLS and emails several times a week
- eLearning sites for each subject
- Head of School
  Sub-Dean and Dean

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 31st March 2011 to avoid paying for the subject
  - by 8th May 2011 to avoid academic penalty
- Leave of absence
  - must have sufficient reason and have completed 1 session
deferring refers to postponing the start of study

HBS Central

- Health and Behavioural Sciences

- Information point on:
  - courses and subject enrolment
  - forms for current HBS students
  - Located on Level 1 of Bldg 41 (blue pole)
  - Sub Dean’s Unit: Dr Peter Thomas & Dr Moira Williamson
  - Assignment submission
    - (most secure option)
Library Services

- StartSmart program – compulsory
- Tutorials (in library and online)
- Video clips
- SUMMON
- Referencing
  - NO WIKIPEDIA

Student academic special consideration

- May be used when adverse or unforeseen events occur that may impact on your progress
  - eg illness, accident, sick on day of exam, bereavement, caring for sick relative
- Application ideally via SOLS (and supporting paperwork submitted to Student Central) before due date of assessment; or within 3 days.
- Subject Coordinator responds to request electronically

Student services

Includes:
- Student support advisors (SSA’s)
- Disability liaison officers (DLO’s)
- Counselling services
- Learning development (LD)

Student services: student support advisors (SSA’s)

- Equity information
- 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
  - low income or receive Centrelink
  - permanent resident, Australian citizen

HBS SSA contact: Jenny Walsh
Ph 4221 5332 Bld 41-230

Student services: disability liaison officers (DLO’s)

- Information and advice for students with a disability that affects their study
- Advice about resources available to assist

DLO contact:
- level 3, Building 11 UniCentre
- open 5 days per week, from 9am-4.30pm
- phone: 4221 4942 for appointments
- email: disability_services@uow.edu.au
Orientation NUT/NUD

Student services: counselling
- Counselling service for students and staff
- Free and confidential

Contact details:
- located on Level 3, Building 11 UniCentre
- open 5 days per week, 9am-6pm
- phone 4221 3445 for appointments
- email: StudentServices@uow.edu.au

Student services: learning development
- Free services to improve English language and academic skills eg writing, critical thinking
- Workshops available, also individual consultation
- Discipline-specific instruction

Contact details:
- located in room G102, Building 19
- Ph: 4221 3977

Professional organisations
- Dietitians Association of Australia (DAA)
  - professional society for dietitians and human nutritionists
  - Accredited Practising Dietitian (APD) and Accredited Nutritionist (AN) programs
  - Full Membership needed for health insurance and Medicare rebates
  - Associate Membership for non-dietitian nutritionists

- Nutrition Society of Australia (NSA)
  - professional society for human and animal nutritionists registered nutritionist program

- Nutrition Australia
  - non-government organisation involved in nutrition education activities to public

- 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

- Public Health Association of Australia (PHAA)
  - provides a forum for exchange of ideas, knowledge and information on public health
  - also involved in advocacy for public health policy, development, research and training

Thank you - any questions?

Karen Walton
kwalton@uow.edu.au
Building 41, Room 226
Ph: 4221 5197