

Nutrition and Wellbeing

This document gives a range of useful information for this course including general information, a course schedule, assessment information and how to get help. Ready to enrol? Take the next step at uonline.ac.nz/online-courses/nutrition-and-wellbeing.

General Information

Item	Description
Course Length	The course runs over nine weeks (with a one-week study break in the middle of the term) plus a two-week review period for making and feedback.
Course Description	<p>Wellbeing has become a popular buzzword. It's a broad concept that covers our physical, mental, emotional, and social health.</p> <p>In this course we review the theory of wellbeing and examine the relationship between nutrition and wellbeing, and the important role that wholefoods rich in micronutrients play in maintaining and improving our overall physical and mental wellbeing.</p> <p>We explore research-backed approaches that have been proven to maintain and improve wellbeing.</p>
Learning Outcomes	<p>Once you've successfully completed this course, you'll be able to:</p> <ul style="list-style-type: none"> • Compare and contrast models of wellbeing. • Describe the relationship between nutritional intake and psychological wellbeing. • Discuss the differences between macro / micro-nutrients, and ultra-processed / whole foods, and how they feature in Western diets. • Explain the link between gut health and psychological wellbeing. • Describe factors (such as stress, genetics, and life stages) that affect the nutrients needed to maintain wellbeing. • Recommend specific foods to maintain or enhance psychological wellbeing and justify your choices.
Learning Impact	It will help you understand how to improve your own wellbeing and the wellbeing of those in your care through a scientifically proven approach to nutrition.
Delivery	<p>This course is 100% online, which means you can log on when it suits you each week to fit learning into your life, so long as you meet assessment deadlines.</p> <p>You'll need to work through the course materials and assessments in the relevant weeks, as outlined below in the course schedule.</p>
Estimated hours per week	We estimate your engagement will be about six – seven hours a week over the nine learning weeks (excluding the one-week study break).
Qualification	Micro-credential: This is a standalone course that recognises the achievement of specific skills, experience, or knowledge.

	Upon successful completion of the course you will be issued a digital badge to recognise your learning achievements . This can take up to 2 months to be delivered after the marking and feedback period.
Academic points	Each course has a points value that reflects the workload for the course. Successful completion from this course will result in you being awarded five points at NZQF Level 6.
Recommended prior learning	There are no prerequisites for this course. It's recommended for anyone interested in understanding the current research on nutrition and wellbeing.
Who is this course for?	<ul style="list-style-type: none"> • Health industry professionals • HR professionals • Managers • Teachers • Parents
Technology Requirements	We recommend: <ul style="list-style-type: none"> • A laptop or desktop computer and a reliable internet connection. • Word processing software (like Microsoft Word or Google Docs) to complete your assignments.
How the course works	<p>You'll need to work through this course sequentially. It's divided into five modules that run over nine weeks (excluding the one-week study break). Use the navigation block on the left to move from one module to another. Each module includes the following material:</p> <ul style="list-style-type: none"> • Specific learning objectives and module introduction. • Topic content using a range of media. • Activities to apply what you've learnt and/or discuss with your peers and facilitator. • A quiz to assess understanding of key concepts. • A list of references used in the module topic content. • A 'temperature check' survey to seek your feedback about your experience as a learner. <p>You will gain access to the following module only if you complete content in the previous module.</p> <p>Learning online doesn't mean learning alone. Our courses have been designed to enable a cohort community so you can learn and grow from each other's experience. We also have a facilitator for each course who is there to offer support as you work through your learning, in addition to our Enrolment Advice and Online Learning Support teams.</p>
Assessment	To receive a passing grade for this course, you need to have attempted all activities and to have received an overall grade of at least 50%. For more details see the assessment schedule below.

Pricing

Domestic learners: **\$297** incl. GST
International learners: **\$1280** incl. GST

Note: GST is only applicable for learners living in New Zealand during their study.

Course schedule

Week	Module	Assessment
0-1	Getting started	
	About this course	
1	Module 1: Introduction to nutrition and wellbeing	1: Quiz and Models of wellbeing forum activity
2 - 3	Module 2: Diet in the 21st century	2: Quiz and Food packaging messages forum activity
4	Module 3: Feeding wellbeing	3: Quiz and Micronutrients in food forum activity
5	Study break	
6 - 7	Module 4: Research on diet and wellbeing	4: Quiz and Food diary analysis assignment submission
8 - 9	Module 5: Improving wellbeing through diet	5: Quiz and Wellbeing and nutrition plan assignment submission

Assessment

There are 10 assessments in this course:

Assessment	Name	Weight	Due date	Feedback
1	M1 Quiz	5%	Week 2	Automatic immediately after completing quiz
2	M2 Quiz	5%	Week 4	Automatic immediately after completing quiz
3	M3 Quiz	5%	Week 7	Automatic immediately after completing quiz
4	M4 Quiz	5%	Week 8	Automatic immediately after completing quiz
5	M5 Quiz	5%	Week 9	Automatic immediately after completing quiz

6	Models of wellbeing – forum activity	6.25%	Week 2	Grading and comment by the end of week 3
7	What is in your food pantry – forum activity	6.25%	Week 4	Grading and comment by the end of week 5
8	Food packaging – forum activity	6.25%	Week 4	Grading and comment by the end of week 5
9	Investigating micronutrients in food – forum activity	6.25%	Week 7	Grading and comment by the end of week 7
10	Food diary analysis report assignment	25%	Week 9	Grading and comment by the end of week 10
11	Nutrition plan assignment	25%	Week 9	Grading and comment by the end of week 10

Your course total grade is calculated based on the weighting of each assessment. To pass the course you need a course total of over 50 (out of 100).

You may attempt each assessment up to two times. You do not need a passing grade for every single assessment, but you do need to engage with/complete all assessments.

You will find more information about each assessment, including instructions and submission links in the UC Online course (use the navigation block on the left to access the Assessment section).

How to get help

- For general help on how to use the Tuihono UC | UC Online learning environment, select Help at the top of the course screen.
- If you can't find the answer that you are looking for please email UC Online Learner Support: support@uonline.ac.nz.