Nutrition and Dietetics Honours information session for commencement in 2021

USC AUSTRALIA

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Honours – what is it?

Embedded honours

- Research project embedded into the degree
- Bachelor of Dietetics only
- Completed in 3rd and 4th year of degree
- Must complete all 100 and 200 level courses first
- Different study plan
- Must apply for entry – assessed on current GPA
- Supervisor assigned

End-on honours

- Research project that follows on from degree after completion
- Can follow on from Bachelor of Nutrition or Bachelor of Dietetics (pass level pathway)
- Can be completed in 9-10 months full time or 18 months part time
- Must apply for entry – assessed on academic record
- Must have discussed with potential supervisor

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WHY DO IT?

1. Interested in research and exploring a particular topic in more depth
2. Considering an academic/ research career pathway
3. Is an added benefit over other graduates in the workforce
4. Can get a publication in a peer reviewed journal (added to CV)
5. The chance to work closely with discipline staff with mentoring in the research process
6. Helps to develop critical thinking and writing skills
7. Rewarding challenge above and beyond standard degree
8. Networking opportunities

Supervisors : Nutrition and Dietetics

- Prof Fiona Pelly
- Assoc. Prof Gary Slater
- Dr Hattie Wright
- Dr Libby Swanepoel
- Dr Sarah Burkhart
- Dr Jude Maher
- Dr Anthony Villani
- Dr Dana Craven

Nutrition and Dietetics Research Themes

Energy and nutrient needs, body composition and metabolic adaptations across the physical activity spectrum

Characteristics of the food environment and determinants of food quality, eating behaviours and dietary intake in individuals and populations

Nutrition and dietetics research

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Food and nutrients for active populations

Key projects

- Understanding dietary behaviours, dietary intake and determinants of food choice in athletes
- Quantification and measurement of energy expenditure in athletic populations
- Food provision and nutrition support at large scale competition events

Previous studies

- Mood and energy status of adolescent athletes
- Aspect of energy status in male athletes
- Within and between day precision error using indirect calorimetry to measure resting metabolic rate
- Enhancing precision error using indirect calorimetry to measure resting metabolic rate…Hood, face mask or mouthpiece and nose clip
- The influence of acute energy restriction and surplus on resting metabolic rate measurement

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Understanding dietary behaviours and determinants of food choice

Key projects

- Nutrition labelling, healthiness of food and dietary behaviours

- Previous studies
  - Australian Dietitians' Perceptions of the 'healthiness' of foods
  - An Exploration of consumers' perceptions of the Health Star Rating Labelling System (& similar in Parents)
  - Children's packaged food available in Australian Supermarkets: An assessment of the nutritional quality and nutrition marketing strategies used
  - The nutritional quality and reformulation of a selection of children packaged foods available in Australian supermarkets: Has the Health Star Rating had an impact?
  - Determinants of food choice in parents of young children

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Pacific Island Settings

Previous projects

- Understanding the determinants of food choice across Pacific Island food systems, including access, availability, education and culture.
- Sustainable food systems.
- Global development: Food and nutrition security, improved livelihoods, gender development.

Key projects:

- Food provision and nutrition education in Pacific Island school settings
- Food literacy in Pacific Island populations
- Access and availability of fruits and vegetables in Samoa
- Access, availability and purchasing behaviours in the Solomon Islands
- Dietary diversity in the Solomon Islands
- Food applications of indigenous Pacific foods
- Citizen-centred innovations to reshape Pacific food systems
- Restoring the use of traditional seaweed in Samoa and Kiribati
- Gender influences on food choice in Vanuatu
- Food systems and their relationship with DR-NCD

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Maternal and child nutrition

Previous projects

- Health and nutrition priorities during pregnancy- a discrete choice experiment
- Online nutrition information for pregnant women: a content analysis
- Online nutrition information seeking among Australian primigravid women
- Mother's experiences with complementary feeding: Conventional and baby-led approaches
- Evaluation of a dietary iron workshop provided to expectant parents during the antenatal period

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Nutrition in Ageing and Chronic disease management

Key projects

- Sarcopenia, functional ability and health-related outcomes
- Diet quality and health-related outcomes in chronic disease
- Malnutrition screening, managing and health-related outcomes of community dwelling adults

Previous studies

- Adherence to a low-salt diet of CKD patients, nutrition knowledge of caregivers of CKD patients
- Adherence to a Mediterranean Diet and risk of physical frailty and sarcopenic symptomology: A cross-sectional analysis of older adults with type 2 diabetes mellitus
- Diet quality and health-related quality of life in older adults with type 2 diabetes
- Cardiovascular health and nutrition-related risk factors in NAFLD patients.
- Malnutrition screening of older adults in the community

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Embedded Honours pathway
Bachelor of Dietetics

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Standard pathway

YEAR 3 Sem 1

- PUB 361 Epidemiology
- NUT 351, NUT 306, LFS 303 & NUT 309

Sem 2

- NUT 301, NUT 302, NUT 312 & NUT 361

YEAR 4

- Placement courses
- NUT 401 (24 units)

Honours pathway

YEAR 3 Sem 1

- NUT 333 Research proposal
- NUT 351, NUT 306, LFS 303 & NUT 309

Sem 2

- NUT 301, NUT 302, NUT 312 & NUT 361 (working on project)

YEAR 4

- Placement courses
- NUT 410 Research Thesis (24 units)

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NUT 333 (12 units)

- Research theory
- Literature review
- Research proposal/ Ethics application

NUT 410 (24 units)

- Collect and analyse data and write up into dissertation (4000- 6000 words)
- Oral presentation

Standard pathway (24 units research)

NUT 401 in 4th year: Literature review, research proposal, oral defence
2 weeks of research activities

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Honours Pathway courses (96 units)

3rd year:

- NUT333 Nutrition and Dietetics Research Proposal GRADED

4th year:

- Placement courses (72 units : ungraded)
- NUT410 Nutrition and Dietetics Thesis (24 units) GRADED

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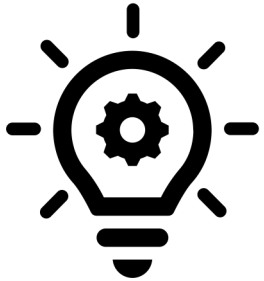
Grading for honours



Honours class I	- Average mark for honours units of ≥80%, and a range of 80 – 100% required for the thesis (task 3, NUT410)
Honours Class IIA	Average mark for honours units in the range of 70-79%, and a range of 70-79% required for the thesis (task 3, NUT410)
Honours Class IIB	Average mark for honours units in the range of 60-69%, and a range of 60-69% required for the thesis (task 3, NUT410)

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Application process

- Must have GPA > 5.5, but may require 6.0 or higher
- Must have completed 192 units of 100 and 200 level courses
- Potential supervisor with project
  - *The projects and supervisors will be provided*
- Project must be achievable in honours time frame ---- Usually determined by supervisor

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Important dates

Embedded honours

- Grades released semester 2 early Dec (TBC)
- Application due by **5pm Tuesday 8th Dec**
  - *Application form will be uploaded separately*
  - *Must include current academic record and GPA*
- Notification by **Thurs 10th Dec** (email with project list)
- Email acceptance with first three project preferences from **8am Friday 11th Dec**
- Project and supervisor – finalised (hopefully!) by **COB Fri 11th Dec**

Note that dates may change. You will receive notification of any date changes.

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End on Honours Information

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End on honours

- Applications available via USC website

Application form

- **Due 11th December 2020**
- Need topic and name of proposed supervisor (MUST have discussed this with them)

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Questions?

Embedded honours:

Email Professor Fiona Pelly fpelly@usc.edu.au

Discipline leader Nutrition and Dietetics

Phone : 5430 2898

End on honours

Talk to your prospective supervisor before applying through the standard USC application form

Note: You may also be eligible for direct enrolment into Masters or PhD. If you are interested in a higher degree by research, please discuss with your potential supervisor.

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