



WMHS1005

Lifestyle Factors for Health and Wellbeing

MQUC Term 3, In person-scheduled-weekday, North Ryde 2026

Macquarie University College

Contents

<u>General Information</u>	2
<u>Learning Outcomes</u>	2
<u>General Assessment Information</u>	3
<u>Assessment Tasks</u>	3
<u>Delivery and Resources</u>	5
<u>Unit Schedule</u>	8
<u>Policies and Procedures</u>	8
<u>Learning and Teaching Activities</u>	13
<u>Unit Contact Hours</u>	14
<u>Unit Specific Texts and Materials</u>	14

Disclaimer

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General Information

Unit convenor and teaching staff

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Credit points

10

Prerequisites

Admission to DipHealthSc.

Corequisites

Co-badged status

Unit description

This unit explores how a range of lifestyle choices shape overall health and wellbeing. You will learn about factors such as sleep, nutrition, and physical activity, and how they interact to influence both personal and community health. Through evidence-based approaches, you will discover practical ways to improve daily habits and understand how these factors help prevent and manage chronic diseases. This unit lays the groundwork for further study in health sciences and equips you with valuable skills for managing your own health as well as a career in health.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

On successful completion of this unit, you will be able to:

ULO1: Describe the interrelationship between key lifestyle factors and their influence on overall health and wellbeing. (Scientist and Scholar)

ULO2: Identify and explain evidence-based strategies for improving lifestyle habits to promote overall health and wellbeing. (Practitioner)

ULO3: Develop health and wellbeing plans that are responsive to the needs of different social and cultural groups. (Citizen)

ULO4: Assess the impact of lifestyle choices on health outcomes at the individual and community level. (Citizen)

General Assessment Information

- Curriculum is research-informed, industry-connected, and responsive to emerging societal needs.
- Learning experiences incorporate authentic, practice-oriented, and collaborative inquiry.
- Programs intentionally develop employability, adaptability, and lifelong learning capabilities.
- Inclusive design, personalised learning pathways, and equitable participation are embedded throughout the curriculum.
- Digital technologies, AI, immersive learning, and learning analytics enhance learning experiences and support personalisation.

Assessment Tasks

Name	Weighting	Hurdle	Due	Groupwork/Individual	Short Extension	AI Approach
Personalised Health Improvement Plan	20%	No	Submission Monday Week 3 11:55PM. Presentation Wk3 Lesson 2	Individual	No	Observed
Community Health Intervention Proposal	40%	No	Friday week 6, 11:55 PM	Individual	No	Open
Final Examination	40%	No	Final Exam Week (Week 8)	Individual	No	Observed

Personalised Health Improvement Plan

Assessment Type ¹: Presentation task

Indicative Time on Task ²: 15 hours

Due: **Submission Monday Week 3 11:55PM. Presentation Wk3 Lesson 2**

Weighting: **20%**

Groupwork/Individual: Individual

Short extension ³: No

AI Approach: Observed

You will review your current lifestyle habits and create a personalised health plan with practical steps to improve your health outcomes. You will present this through a combination of oral and visual communication.

On successful completion you will be able to:

- Describe the interrelationship between key lifestyle factors and their influence on overall health and wellbeing. (Scientist and Scholar)
- Identify and explain evidence-based strategies for improving lifestyle habits to promote overall health and wellbeing. (Practitioner)
- Develop health and wellbeing plans that are responsive to the needs of different social and cultural groups. (Citizen)
- Assess the impact of lifestyle choices on health outcomes at the individual and community level. (Citizen)

Community Health Intervention Proposal

Assessment Type ¹: Written Submission

Indicative Time on Task ²: 35 hours

Due: **Friday week 6, 11:55 PM**

Weighting: **40%**

Groupwork/Individual: Individual

Short extension ³: No

AI Approach: Open

You will create a proposal for a community health intervention aimed at improving the health and wellbeing outcomes of that population.

On successful completion you will be able to:

- Describe the interrelationship between key lifestyle factors and their influence on overall health and wellbeing. (Scientist and Scholar)
- Identify and explain evidence-based strategies for improving lifestyle habits to promote overall health and wellbeing. (Practitioner)
- Develop health and wellbeing plans that are responsive to the needs of different social and cultural groups. (Citizen)
- Assess the impact of lifestyle choices on health outcomes at the individual and community level. (Citizen)

Final Examination

Assessment Type ¹: Examination

Indicative Time on Task ²: 40 hours

Due: **Final Exam Week (Week 8)**

Weighting: **40%**

Groupwork/Individual: Individual

Short extension ³: No

AI Approach: Observed

You will sit the final examination held within the formal exam period of MQ College in accordance with relevant requirements.

On successful completion you will be able to:

- Describe the interrelationship between key lifestyle factors and their influence on overall health and wellbeing. (Scientist and Scholar)
- Identify and explain evidence-based strategies for improving lifestyle habits to promote overall health and wellbeing. (Practitioner)
- Assess the impact of lifestyle choices on health outcomes at the individual and community level. (Citizen)

¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- [Academic Success](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation.

³ An automatic short extension is available for some assessments. Apply through the [Service Connect Portal](#).

Delivery and Resources

Term Dates & Calendar

Details of key dates during the term can be found on the [Important Dates](#) calendar.

Enrolment and Timetables

General enrolment and timetable information is available via the [Macquarie University College enrolment dates and instructions](#) page and Macquarie University's [unit enrolment page](#).

Students will be able to enrol and register for classes via [eStudent](#) and view their personal timetable. It is a student's responsibility to ensure that classes they have registered for do not clash.

Students are only permitted to attend classes in which they have registered via eStudent unless they have written approval. To seek approval, students must contact Macquarie University College Student Services or speak to a member of the Student Administration and Services Team at The College Student Desk (Ground Floor, 8 Sir Christopher Ondaatje Avenue). Approval will only be granted in exceptional circumstances.

The last day to enrol, add or change units is the Sunday, 9.00pm (AEST) before the start of the

Term. Changing class groups is not possible after the enrolment period has concluded.

Attendance Requirements – All Students

Attendance will be monitored in each lesson and students are able to see their current attendance percentage to date and potential attendance percentage for each unit they have enrolled in via [iLearn](#).

- **Current Attendance Percentage** will reflect the percentage of classes a student has attended so far (based only on the lessons held to date).
- **Potential Attendance Percentage** will reflect the percentage of classes a student can potentially attend by the end of the term, taking into consideration lessons attended and assuming the student also attends all future lessons scheduled (based only on the total number of lessons in the Term).

When a student is present for a part of a lesson (for example arrives late, leaves early, leaves the class frequently, particularly for lengthy periods), the teacher reserves the right to mark a student absent for that part of the lesson.

Public Holidays and Make-up Lessons

If any scheduled class falls on a public holiday, a make-up lesson may be scheduled. Please check the iLearn announcements and your emails for details of the make-up lessons.

In Term 3, 2026 there are no public holidays.

Technology Used and Required

- Access to internet
- [AppStream](#) is a fully managed application streaming service that provides MQ users both staff and students with instant access to their applications from anywhere enabling students to use Microsoft Windows applications they require to do their university work from anywhere, anytime, on any device (BYODs).
- Access to [iLearn](#).
- Access to the [Waranara Library catalogue \(MultiSearch\)](#); and
- Macquarie students can download the Microsoft Office Suite of software for free. For access and download instructions, please visit Macquarie University's [Microsoft applications](#) page.

Using your Own Device

Macquarie University students are entitled to free access to the Microsoft Office Suite, which can be accessed [here](#). For any problems related to this link and Microsoft Office Suite please contact [OneHelp](#).

Students are required to use Windows or Mac devices to study. They will need to have access to Office applications (Word, Excel and PowerPoint) and [Internet browsers](#).

iLearn

[iLearn](#) is Macquarie's online learning management system and a principal teaching and learning resource which will be used throughout the Term.

For any resource related iLearn questions contact your teacher. For any technical or support issues using iLearn, please contact the IT helpdesk (Ph. 02 9850 4357) or lodge a ticket using [OneHelp](#).

Microsoft Teams

[Microsoft Teams](#) is available for download and use, offering a secure platform for student-to-student communication and collaboration at Macquarie University.

Teams facilitates seamless communication among students and streamlines student group work within academic units. Additionally, students can leverage specific apps within Teams, such as Whiteboard and Planner, to enhance collaboration and planning efforts.

Useful Study Resources

The **Learning Hub** and [WHUB1000](#) iLearn resource are specifically designed by Macquarie University College to support your studies. The Learning Hub is a study space available to all College students and offers workshops, study sessions and one-to-one and group consultations with academic staff during the Term. In addition, the WHUB1000 iLearn resource provides self-access support to help you strengthen your academic and numeracy skills.

[Academic Success](#) empowers you to reach your study and professional goals by developing your academic writing, communication, English language and study skills.

[StudyWISE](#) is an iLearn resource created by the Academic Success Unit and Waranara Library. Find tips, strategies and downloads to help you manage your studies, strengthen your study techniques, write effective assignments and improve your English language proficiency. Self-enrol, then find it in iLearn under 'Student Support.'

Waranara Library offers you a variety of [Study Support](#), including:

- [MultiSearch](#) - search Waranara Library's resources, databases, unit readings and past exam papers. Log in to use the AI tool [Research Assistant](#).
- [Subject & Research guides](#) – find resources to get you started in your field or discipline, as well as how-to guides for [referencing](#) and [referencing software](#).
- [Ask a Librarian](#) – connects you an experienced librarian online.

Numeracy Support is provided by the [Numeracy Centre](#). Students can attend these support classes on a drop-in basis as required.

[Studiosity](#) offers free support to students via:

- The Macquarie University's **Writing Feedback+** service which gives you immediate feedback on your written drafts. It is quick and easy to use – providing you feedback in less than 2 minutes. You can use it as much as you like, whenever you like. As you start to work on your written assessments get into the habit of getting some feedback on your academic writing using

Writing Feedback+. Students who seek feedback and apply it to their writing get better results.

• **Study Assist** helps you get started on an assessment by answering study questions immediately. It covers four key areas: assignment research, study skills, academic writing principles and referencing support.

You can access Studiosity via iLearn. The first time you use the service you will create your own account using your Macquarie student ID. You will then be able to submit your work as often as you like, for free.

Please note that this is an external service and feedback provided is generic in nature (for example comments on grammar and cohesion) and may not be specific to the requirements of the task. If students require specific feedback on how their work aligns with the expectations of the unit or marking criteria, they should consult their teacher.

Unit Schedule

Week 1	Introduction to health and wellbeing Pillars of wellbeing
Week 2	Behavioural interventions Sleep and recovery
Week 3	Nutrition Physical activity
Week 4	Stress and coping Self-care practices, meditation and mindfulness
Week 5	Study Week
Week 6	Risky behaviours Social connection
Week 7	Ecological health models Health and wellbeing plans
Week 8	Final exam week

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://policycentral.mq.edu.au/) (<https://policycentral.mq.edu.au/>)

[s.mq.edu.au](https://students.mq.edu.au)). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies \(https://students.mq.edu.au/support/study/policies\)](https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au) and use the [search tool](#).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit connect.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

Academic Integrity

Using the work or ideas of another person, whether intentionally or not, and presenting them as your own without clear acknowledgement of the source is called [Plagiarism](#).

Macquarie University promotes awareness of information ethics through its [Academic Integrity Policy](#). This means that:

- all academic work claimed as original must be the work of the person making the claim;

- all academic collaborations of any kind must be acknowledged;
- academic work must not be falsified in any way; and
- when the ideas of others are used, these ideas must be acknowledged appropriately.

All breaches of the [Academic Integrity Policy](#) are serious and penalties apply. Students should be aware that they may fail an assessment task, a unit or even be excluded from the University for breaching the Academic Integrity Policy.

You can find more information on academic integrity here: [Supporting \(YOU\)^{US} to achieve successes with integrity.](#)

Penalties for Plagiarism and Collusion

The University may commence applicable disciplinary procedures if a person breaches the Academic Integrity Policy.

If students' work is found to be similar to another source and considered to include instances of plagiarism or collusion, they will be penalised.

Plagiarism occurs when a person takes someone else's work or ideas and presents them as their own, that is, without acknowledging where the work or ideas came from originally.

For example, if a student was awarded 52/100 marks for an essay, which contained 20% similarity (i.e. 20% of the work was identified to be copied from another source), the 20% of the 100 marks allocated to the task (i.e. 20 marks) could be deducted as a penalty. The final score would be 32/100 marks.

Penalty calculations may vary by unit.

Collusion takes place when a student copies work or ideas from another student with or without this student's consent to complete a task that is supposed to be done individually. Please note that **all students are penalised** in collusion cases, regardless of who produced the original work.

For example, if a friend asks another student for assistance and the student provides them with a copy of their work, both students will receive exactly the same penalty for the act of collusion.

Turnitin and other Plagiarism Detection Software

Student submissions for assessment tasks are subject to plagiarism detection software, for example, [Turnitin](#), or similar software approved by the University. This software compares electronically submitted papers to a database of academic publications, internet sources and other student papers that have been submitted to the system to identify matching text. It then produces an Originality Report which identifies text taken from other sources and generates a similarity percentage.

Multiple submissions may be possible via Turnitin or other software prior to the final due date and time of an assessment task and originality reports may be made available to students to view and check their levels of similarity prior to making a final submission. Students are encouraged to use these reports to ensure that they do not breach the Academic Integrity Policy through high levels of similarity (plagiarism).

If you have not planned your submission time carefully and note high levels of similarity in your work after the due date, you can still resubmit your work (if it is not a time-limited assessment); however, a late penalty will apply. For instructions on how to resubmit your work, please see the “Resubmissions (applicable to non-time limited assessment tasks)” section in this Unit Guide.

Teaching staff will use the originality report to judge whether plagiarism has occurred and whether penalties should apply for breaches of the Academic Integrity Policy. Any similar text identified by Turnitin on iLearn will be considered carefully to see if it is indeed a breach of the Academic Integrity Policy.

There is no set percentage which indicates whether plagiarism has occurred; all identified matching text should be reconsidered carefully. If plagiarism has occurred or is suspected and resubmission is possible prior to the due date, students are advised to edit their work before making a final submission. Help may be sought from teaching staff and students may also access [Assignment and Study Skills Support](#) provided by the Waranara Library or [writing and study skills support](#) provided by the Academic Success unit.

Please refer to these instructions on [how to submit your assignment through Turnitin](#) on iLearn and to access similarity reports and feedback provided by teaching staff.

Should you have questions about Turnitin on iLearn or experience issues submitting through the system, you must inform your teacher immediately. If the issue is technical in nature, you may also lodge a [OneHelp](#) Ticket; please refer to the [IT help page](#).

Submission of Drafts through Turnitin.

In some instances, students may be required to submit drafts of written work via Turnitin in iLearn **prior to the due date of the assessment** task so that they can receive feedback prior to making a final submission. If the student does not make a final submission prior to the due date, their draft will be counted as the final submission or late penalties will be applied.

Assessment Policy

Students should familiarise themselves with their responsibilities under the [Assessment Policy](#), and notably the [Assessment Procedures](#), Section 3, Part E – Examinations.

Final Examination Script Viewings

A student may request to view their final examination script once results have been released but scripts remain the property of Macquarie University.

Students should view their final examination paper prior to submitting a grade appeal, if this is relevant to their case. The viewing will be conducted in a secure location under supervision.

To request a final examination script viewing, you will need to submit an MQ College Script Viewing Request. Please note that the form will only be available for 10 working days after the publication of results for the current Term. Details about the date, time, and location of the script viewing will be sent to your student email. Further information and the MQ College Script Viewing Request link are available [here](#).

Grade Appeals

A student who has been awarded a final grade for a unit has the right to appeal that grade as outlined in the [Assessment Policy, Assessment Procedures, Section 3, Part F](#). Grade appeals apply to the final mark and the grade a student receives for a unit of study. They do not apply to results received for individual assessment tasks.

Students considering lodging a grade appeal are recommended to review the information outlined in [Appealing a final grade](#), and also the [Guide to Grade Appeals](#), provided by [Student Advocacy](#), prior to submitting their application.

Grade appeals must be submitted via the [Service Connect portal](#) within 15 working days from the published result date for the relevant unit. Before submitting a Grade Appeal, please ensure that you read the [Assessment Policy](#) and note valid grounds for appeals.

Students are expected to seek feedback on individual assessment tasks prior to the award of a final grade. Students may request generic feedback from teaching staff on their overall performance in the unit, including in a final examination. This can be done at any time in the six-month period starting from the day on which the final grade of the relevant unit is published.

Course Progression

The College closely monitors students' academic progress as per the [Progression Policy](#) for Courses and Programs delivered by Macquarie University College.

To maintain satisfactory academic progress, a student must successfully complete (pass) 50% or more of their enrolled units in a Term of study and meet any other requirements to pass listed in the Unit Guide.

Students who fail to make satisfactory academic progress will be classified as "at risk" and will be notified in writing. At-risk students may be required to undergo academic counselling, undertake certain initiatives or have conditions placed upon their enrolment to help them make satisfactory progress.

Students must also pass 50% or more of the units in two or more terms in order to meet Minimum Rate of Progress (MRP) requirements. A student is deemed not to be making Minimum Rate of Progress if they fail more than 50% of their enrolled units in two consecutive Terms of study, or if they have failed more than 50% of their units after studying two or more terms.

If students do not satisfy academic progression the University may impose a suspension of their studies. For international students, this can have an impact on their visa status.

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Academic Success

[Academic Success](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Ask a Study Coach](#)

- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

Student Services and Support

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)
- [Student Advocacy](#) provides independent advice on MQ policies, procedures, and processes

Student Enquiries

Got a question? Ask us via the [Service Connect Portal](#), or contact [Service Connect](#).

IT Help

For help with University computer systems and technology, visit <https://students.mq.edu.au/support/technology/service-desk>.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.

Learning and Teaching Activities

Lessons

This unit adopts a Flipped Learning approach, where students engage with self-paced online modules prior to attending face-to-face classes. These modules deliver the theoretical foundations of the unit and include interactive activities and knowledge checkpoints to consolidate understanding before class.

Face-to-face classes build on this preparation, with students expected to take notes, complete set tasks, and participate in discussions and both individual and group activities that reinforce and extend the online content. Dedicated class time may also be allocated to assessment task guidance, where students will receive structured feedback to support their progress. Some

lessons will be set aside for independent research and reading, conducted either in the classroom or a computer lab.

Students are expected to complete the online modules before each class. Arriving unprepared will limit your ability to participate fully and get the most out of face-to-face sessions.

Active Participation

In the workplace, at university and in the surrounding community, a person's contributions are important. Students will be required to not only attend but also actively participate in lessons.

Active participation entails:

- active engagement in class activities;
- contribution to class discussions by asking and answering questions;
- coming to class prepared and having completed required pre-readings and activities;
- completion of set class and homework activities;
- collaboration with other students; and
- adhering to Macquarie University's [Student Code of Conduct](#).

Unit Contact Hours

Diploma: Weekly face-to-face contact for this unit will be 4 hours (24 hours per term), consisting of two 2-hour lessons. There will also be 2 online lessons per week, each 1 hour in length. Students are expected to complete the online activities before each face-to-face lesson.

Unit Specific Texts and Materials

There are no prescribed textbooks for this unit. All materials and resources will be provided via iLearn or in class.

Unit information based on version 2026.04 of the [Handbook](#)