

## HSCI 4308 – Independent Study (Nutritional Assessment)

### COURSE SCHEDULE\*

Spring 2019

Dates	Topics and Assignments in-class	Homework for next class
<b>WEEK 1</b> <u>February 4, 2019</u>	<b>Overview of the course – Introductions</b> Review Syllabus	Reading Chapter 1 – Munoz & Bernstein
<b>Module 1 – Introduction to Nutritional Assessment</b>		
<b>WEEK 2</b> <u>February 4</u>	Chapter 1 - Nutritional Assessment - Nutrition and Health. Nutrition Screening and nutrition assessment tools. Standard methods of evaluating Nutritional status. Nutrition Care Process.	Reading Chapter 2- Munoz & Bernstein & Blackboard Material
<b>WEEK 3</b> <u>February 11</u>	Chapter 2 - Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?	Reading Chapter 3- Munoz & Bernstein & Blackboard Material
<b>WEEK 4</b> <u>February 18</u>	Chapter 3 - Standards for Desirable Nutrient Intake. Historical perspective for dietary standards and recommendations. Dietary Reference Intake, UL, Energy Requirements, Macronutrient Recommendations, Nutrient density and Nutritional Rating. Diet quality indicators. Dietary Guidelines 2015, Food Labeling, and Nutrition & Food Guides	Reading Chapter 4- Munoz & Bernstein & Blackboard Material Quiz 1
<b>Module 2 – Methods for Evaluation: Dietary Analysis</b>		
<b>WEEK 5</b> <u>February 25</u>	Chapter 4 - Measuring Nutrient Intake – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.	Reading Chapter 5- Munoz & Bernstein & Blackboard Material
<b>WEEK 6</b> <u>March 4</u>	Chapter 5 - National Food and Nutrition Surveys – Food-consumption surveys: background and importance. NHNES, Monitoring Vs. Surveillance. Dietary Assessment Methods. Define Healthy Diet and Healthy Eating Index.	Reading Chapter 6- Munoz & Bernstein & Blackboard Material. Dietary Analysis ASA24 intake log
<b>WEEK 7</b> <u>March 11</u>	Chapter 6 - Computerized Food and Nutrition Analysis Systems. Dietary intake assessment methods. Selecting a computerized Diet-analysis system for the Research Nutritionist. Computer-based Diet Assessment Applications.	Reading Chapter 7- Munoz & Bernstein & Blackboard Material Quiz 2
<b>Module 3 – Method of Evaluation: Anthropometric Methods</b>		
<b>WEEK 8</b> <u>March 18</u>	Chapter 7 – Anthropometry: indicators and cutoffs. Plotting and interpreting measurements in children.	Reading Chapter 7- Munoz & Bernstein & Blackboard Material Dietary Analysis ASA24 intake log
<b>March 18<sup>th</sup> – 22<sup>nd</sup> Spring Break</b>		
	Chapter 7 - Anthropometry - Body	Reading Chapter 8- Munoz & Bernstein &

<b>WEEK 9</b> <u>March 25</u>	composition and additional anthropometrics.	Blackboard Material Quiz 3
<b>Module 4 – Method of Evaluation: Biochemical Assessment</b>		
<b>WEEK 10</b> <u>April 1<sup>st</sup></u>	Chapter 8 - Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	Reading Chapter 8- Munoz & Bernstein & Blackboard Material Dietary Analysis ASA24 intake log
<b>WEEK 11</b> <u>April 8</u>	Chapter 8 - Biomarkers in Nutritional Assessment – Assessing Mineral and Vitamin Level. Blood chemistry Studies.	Reading Chapter 9- Munoz & Bernstein & Blackboard Material Mid-Term – TBA Quiz 4
<b>Module 5 – Methods of Evaluation: Clinical Assessment</b>		
<b>WEEK 12</b> <u>April 15</u>	Chapter 9 - Clinical assessment of Nutritional Status – Nutritional assessment, client history, food and Nutrition Related History. Nutrition Focused physical examination. Estimating Energy and nutrient requirement. Management of Eating Disorders, HIV patient. Mini Nutritional Assessment, Malnutrition Universal Screening Tool (MUST) and Subjective Global Assessment.	Reading Chapter 10- Munoz & Bernstein & Blackboard Material
<b>WEEK 13</b> <u>April 22</u>	Chapter 10 – Nutritional Assessment in Health Promotion, Disease Prevention, and Treatment. Cardiovascular disease, Obesity, Diabetes, Nutrition interventions in the Treatment of Chronic Disease.	Reading Chapter 11- Munoz & Bernstein & Blackboard Material Quiz 5
<b>Module 6 – Application: Nutrition Coaching and International Nutrition</b>		
<b>WEEK 14</b> <u>April 29</u>	Chapter 11 - Counseling and Health Coaching Theory and Approaches. Basic communication and interviewing skills for the Nutrition Researcher. Nutrition Counseling skills for Providing Medical Nutrition Therapy. Motivational Interviewing. Successful implementation of Lifestyle changes.	Reading Chapter 12 – Munoz & Bernstein & Blackboard Material
<b>WEEK 15</b> <u>May 6</u>	Chapter 12 - International Nutrition assessment and research. What is on the Global Nutrition Agenda? Who is supporting the Nutrition-Research problem defined? International Nutrition-research process. Solutions developed to address international nutrition problems.	Dietary Analysis <b>DUE</b> May 9 <sup>th</sup> at Midnight on Blackboard Quiz 6

<b>Finals Week</b>	<b>May 13<sup>th</sup> – 17<sup>th</sup>. Final Exam - TBA</b>
<b>Commencement May 18<sup>th</sup> – 19<sup>th</sup>, 2019</b>	

\* Note: The course syllabus is a general tentative plan for the course. The instructor will announce any changes to the class in advance.

### **Important Dates**

\*\*February 6<sup>th</sup> – Spring Census Day (Last day to register for classes)

\*\*March 29<sup>th</sup> – Cesar Chavez Holiday (No classes)

\*\*April 5<sup>th</sup> – Spring drop/withdrawal deadline

\*\*April 19<sup>th</sup> – Spring Study Day

\*\*May 9<sup>th</sup> – Last day of Classes

\*\*May 10<sup>th</sup> – Dead day

R – Thursdays