

The University of Texas at El Paso
Department of Public Health Sciences

HSCI 3320 Selected Topics: Nutritional Assessment
Spring 2014
Mondays 9:00am-11:50am
HSSN Room 131

Instructor's Name Ximena Burgos-Monzon, PhD
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Office Hours By Appointment

Communication

Please feel free to contact me throughout the semester using my regular email address xburgos@utep.edu. Please note that as a general rule I do not reply to email on weekends (Friday late afternoon until Monday morning). If you send a message you think requires my urgent attention, you may type "URGENT HSCI 3320" in the subject line. Please save such messages for real urgent cases.

Course Description- Includes the study of the methods used to accurately assess food and nutrient intake as well as the nutritional status of communities and individuals in health and disease.

Course Textbook and Materials-

Required Text

Nutritional Assessment, 6th Edition, By Robert D. Lee & David C. Nieman

Blackboard Instructor Assignments/Handouts

Calculator

Goals and objectives of the Course-

This course introduces basic concepts of nutritional assessment for the students to acquire the ability to accurately assess nutritional status of individuals and communities.

The Students will:

1. Gain a basic understanding of common methods of nutritional assessment, including biochemical, dietary and anthropometric.
2. Gain an understanding of the advantages and disadvantages of various approaches used to evaluate the nutritional status of individual and communities.
3. Gain an understanding of the appropriate applications of the various methods and the interpretation of results.
4. Obtain hands-on experience and basic training in common anthropometric methods.

Course Requirements-

Written Examinations

There will be three unit examinations, comprised of text chapters and lecture notes. There will be NO make-up exams if an exam is missed.

Written Assignments-

Work must be **neatly and professionally** written or typed, unacceptable written assignments will have points deducted. 10 points will be deducted for late work, for every class day that these are late.

Homework assignments will be referred to by number on the course calendar. Additional instructions and necessary forms required for these assignments can be found in the Appendix of the Syllabus and/or Blackboard.

Laboratory sessions-

Each student will participate in three two-hour laboratory sessions for practical aspects of dietary and anthropometric methods. During each lab students will be trained in anthropometric protocols and complete practical exercises focusing on commonly used methods and measurement reliability. The lab exercises will be due the following week of the laboratory exercise. Late reports will be penalized 1 point off for each day late.

During lab sessions students will be measuring each other. Please wear a top that is sleeveless or with loose short sleeves, and shorts, if possible.

The laboratory sessions are scheduled as follow*

February 17th

March 17th

April 21th

*Dates subject to change

COURSE GRADE-

100% of the Grade-

Assignments:

1- Three laboratory reports- 10% each	30%
3- Class Activities (TBA-e.g. Quizzes, dietary analysis)	15%
4- Three exams- 15% each	45%
6- Attendance and participation	10%
*-Extra Credit (pts added to final grade) TBA	3 points

Grading Scale:

90%-100%	=A
80%-89.4%	=B
70%-79.4%	=C
60%-69.4%	=D
59.4% and below	=F

* In order to obtain all points work must be clean, professional, and creative

**SCHEDULE (tentative)
Spring 2014**

Week of	Discussion Topics	Reading Assignments
January 20	MLK- University Closed- No class	Syllabus Attendance Quiz
January 27	Introduction to Nutritional Assessment Standards for Nutrient Intake	Chapter 1 & 2- Lee
February 3	Measuring Diet National Dietary and Nutrient Surveys Food Matters	Chapter 3 & 4- Lee Discussion Board- Food Matters
February 10	Dietary Analysis Systems Databases	Chapter 5- Lee http://www.Choosemyplate.gov
February 17	Laboratory Session-Dietary analysis	Chapter 6- Lee
February 24	Anthropometry	Laboratory Exercise Due Via Blackboard Attendance Quiz
March 3	Anthropometry	Chapter 6- Lee Research Article-TBD
March 10- 14	SPRING BREAK- No Classes	
March 17	Laboratory Session- Anthropometry	Laboratory Exercise Due Via Blackboard
March 24	Hospitalized Patient	Chapter 7- Lee Research Article & Quiz
March 31	Cesar Chavez Day Observance- No Classes	
April 7	Nutritional Assessment in Disease Prevention	Chapter 8- Lee
April 14	Biochemical Assessment of Nutritional Status Food Matters	Chapter
April 21	Laboratory Sessions Clinical Assessment of Nutritional Status	Attendance Quiz Black
April 28	Final Presentations	Laboratory Exercise due via Blackboard
May 5	Final Presentations	
May 9	Dead Day	
May 12- 16 May	Final Exams Week	

DIETARY ANALYSIS ASSIGNMENT

- 1. Dietary records.** Each student will record the food intake of one weekday in the form: ‘The 24-hour Recall for Food Intake’ form.
- 2. Instructions to complete the 24-hour Recall for Food Intake form.**
 - Record all foods or beverages items consumed in one day.
 - Write down one item at a time and indicate the time the food or beverage was consumed.
 - Indicate the serving size of each item and describe how the food was prepared.
 - Be as specific as possible when describing each item eaten. Use common units of measure, i.e. oz, pounds, cups, tablespoons. You may include brand names whenever is possible.

Example:

Time	Food/beverage item and method of preparation	Amount eaten
7:00 AM	Breakfast cereal Bran Flakes 2% low fat milk Banana	1 serving 1 cup 1 cup ½ piece
12:00 PM	Sandwich White bread Mayonnaise Ham Coleslaw, with mayo Potato chips Regular Coke	one serving 2 slices 2 teaspoons 2 slices (2 oz) 1 cup 3 oz 16 oz
3:00 PM	apple 2% low-fat flavor yogurt	1 medium ½ cup
7:00 PM	Beef stew Mexican rice Cucumber with lemon Corn tortillas Regular Coke	1 cup 2 serving spoons 1 cup 2 pieces 16 oz
10:00 PM	2% low- fat milk Cookies, Orion	1 cup 4 pieces

- 3. Dietary Analysis.** All dietary information recorded will be entered and analyzed using the nutrient analysis program ‘My Pyramid Tracker’ available at <http://www.choosemyplate.gov>

Instructions:

1. Go to <http://www.choosemyplate.gov>
2. Click on the top menu tab “Super Tracker & Other Tools
3. Click on the Super Tracker link
4. Create your profile, account, and submit to view your plan
5. Now use the Food Tracker to track the Foods you Eat for ONE day
6. Go to Reports and create your report for Nutrients and Food Groups & Calories

4. **The Report.** Please include in **PDF** format one file with the following:
1. A cover page with you name on it.
 2. The completed 24-hour Recall for Food Intake form
 3. A print out of the results of your Nutrient Report
 4. A print out of the results of your Food Groups & Calories Report
 5. A typed summary of no more than 300 words, with:
 - a. a conclusion about current diet
 - b. a plan for improvement, and
 - c. how this plan fits into the objectives of Healthy People 2020 (HealthyPeople.gov)

If you have any questions, please contact your instructor.

HSCI 2302 Fundamentals of Nutrition

Dietary Intake: 24-hour Recall for Food Intake form

Name _____ Date _____

Please record all foods and beverage consumed during the day, include every meal and snacks.

Time	Food or beverage consumed	Amount
Is this what you usually eat?	Yes	No

DIETARY ANALYSIS SUMMARY

Conclusion about current diet:
Plan for improvement:
Healthy People 2020 Objective aligned with my plan for healthy eating: Objective Target Baseline

Instructor's Policies

Attendance:

Tardiness is unacceptable behavior. The instructor reserves the right to refuse a tardy student admission to the classroom. Make prior arrangements with the instructor if you have special circumstances that may require you to be tardy to class.

If the student decides not to attend class, the student is still responsible for the examinations and assignments as listed in the course syllabus schedule, e-mail, and/or announced in class. The student is also responsible for finding out of any changes in the course syllabus, assignments and/or schedule.

Withdrawal from the course for any reason is the **RESPONSIBILITY OF THE STUDENT**.

Dishonest behavior in class, assignments and/or exams is not acceptable.

Other Attendance Policy: Students who do not attend class regularly will find that they have difficulty fulfilling the requirements of this course. Class participation is a **mandatory** component of this course. Students are strongly discouraged from coming to class late or leaving class early since this is disruptive to the instructor and more importantly distracting to classmates. Please note that students who arrive later than 15 minutes after the start of class will not be admitted to the classroom. When a student registers for a course, it is assumed that she/he has made arrangements to avoid such conflicts. Work, family, pets, early vacation plans, etc are not excuses for continual lateness, absences or missed exams and assignments. It is the student's responsibility to get any missed in-class or out-of-class assignments and/or class notes from class peers, **NOT** from the instructor. Not knowing about an exam or assignment due date because of a missed class is not a valid excuse.

Policy on Electronic Devices In Class. Use of personal laptops, cell phones, and other wireless devices (PDAs, MP3 players, SmartPhones etc.) is not permitted during this course. The necessity of classroom discussion and other interactions in this course negates the usefulness of laptops as a note-taking device. The use of cell phones, personal laptops and other electronic devices is also distracting to your classmates and instructor so do not bring these to class or turn them off before coming to class. Otherwise, you will be asked to leave by the instructor.

Disabilities: I will make any reasonable accommodations for students with limitations due to disabilities, including learning disabilities. Please see me personally before or after class in the first two weeks or make an appointment, to discuss any special needs you might have. If you have a documented disability and require specific accommodations, you will need to contact the Disabled Student Services Office in the East Union Bldg., Room 106 within the first two weeks of classes. The Disabled Student Services Office can also be reached at:

- Web: <http://www.utep.edu/dsso>
- Phone: (915) 747-5148 voice or TTY
- Fax: (915) 747-8712

Notice of Policy on Cheating. Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another student, any act designed to give unfair advantage to a student or the attempt to commit such acts." Regent's Rules and Regulations, Part One, Chapter VI, Section 3.2, Subdivision 3.22. Since scholastic dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. From the UTEP Dean of Student Affairs (<http://studentaffairs.utep.edu/Default.aspx?tabid=4386>). It is an official policy of university that all suspected cases or acts of alleged scholastic dishonesty must be referred to the Dean of Students for investigation and appropriate disposition. Any student who commits an act of scholastic dishonesty is

subject to discipline. Scholastic dishonesty includes, but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

“**Cheating**” includes:

1. Copying from the test paper of another student, engaging in written, oral, or any other means of communication with another student during a test, or giving aid to or seeking aid from another student during a test;
2. Possession and/or use during a test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed “crib notes”;
3. Using, obtaining, or attempting to obtain by any means the whole or any part of non-administered test, test key, homework solution, or computer program; using a test that has been administered in prior classes or semesters but which will be used again either in whole or in part without permission of the instructor; or accessing a test bank without instructor permission;
4. Collaborating with or seeking aid from another student for an assignment without authority;
5. Substituting for another person, or permitting another person to substitute for one's self, to take a test; and
6. Falsifying research data, laboratory reports, and/or other records or academic work offered for credit;

“**Plagiarism**” means the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own academic work offered for credit, or using work in a paper or assignment for which the student had received credit in another course without direct permission of all involved instructors. NOTE: This includes cutting-and-pasting and photocopying from on-line and other material. “**Collusion**” means the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on scholastic dishonesty.

Cell Phones

- Set your phone to mute or silent mode before coming to class.
- Do not answer incoming calls or make outgoing calls except in an emergency.
- Do not use text messaging or web browser features while in class.

Other Wireless Devices (PDAs, MP3 players, SmartPhones etc.)

Shut off the device or set it to mute before coming to class.
Do not use text messaging or web browser features while in class.

Recommendations for Students

The University of Texas at El Paso supports the use of technology for learning. We also understand that the use of laptops can be an asset to some students and help them in their note-taking and learning. That being said, we also believe that students should have diverse learning experiences and be adaptable to different styles of learning and note-taking.

Students are expected to follow the rules and guidelines established by instructors for each class that they are taking, and to make a conscious effort to adapt to learning environments that may vary across instructors, classrooms, and disciplines.