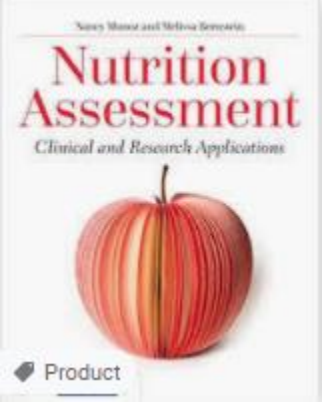




**Department of Public Health Sciences
Health Promotion Program Syllabus**

Course Name:	Nutritional Assessment
Course No:	HSCI 4322
Course CRN:	16300
Semester/Year	Fall 2021
Undergraduate credit hrs.	3
Class location:	On-line (Asynchronous) Students will not be required to meet at specific days or times.
Class instructor:	Ximena Burgos-Monzón, PhD.
Course Communication:	<p>Please feel free to contact me throughout the semester using the Blackboard Email. Please note that as a rule I do not reply to emails on weekends (Friday late afternoon until Monday morning). I will make every attempt to respond to your e-mail within 24-48 hours of receipt.</p> <p>When e-mailing me, be sure to email from your UTEP course messages on Blackboard. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name, and your university identification number.</p> <p>If you send a message via email that you think requires my urgent attention, you may type "URGENT HSCI 4322 CRN: _____" in the subject line. Please save such messages for real urgent cases</p> <p><i>Important:</i> When using a cell phone to send an email always include a courteous greeting and closing.</p>
Office hours:	We will not be able to meet on campus, but I will still have office hours for your questions and comments about the course. My office hours will be held on Blackboard Collaborate or Zoom on Wednesdays from 12:00pm to 2:00pm or by appointment. You can locate the link it on the left hand menu on the course.
Course description:	Nutritional Assessment includes the study of the methods to accurately assess the nutritional status at the individual and population wide levels and introduces the practical application of these concepts in health and disease. Students conduct nutritional assessment using a variety of methods including dietary food records, anthropometry, and biochemical methods
Course pre-requisites:	HSCI 2302 with a grade of "C" or better.
Major learning expected Learning Outcomes:	<p>Introduction of basic concepts to acquire the ability to accurately assess nutritional status of individuals and communities.</p> <p><i>By the end of this course, students will be able to:</i></p> <ol style="list-style-type: none"> 1. Demonstrate knowledge of nutritional assessment and monitoring, use of nutritional reference standards and guidance systems. 2. Acquire knowledge about qualitative and quantitative dietary assessment methods and evaluate them against the 2015-2020 Dietary Guidelines. 3. Gain an understanding of the advantages and disadvantages of various approaches used to evaluate the nutritional status of individual and communities. 4. Identify and describe basic training in common anthropometric methods. 5. Gain an understanding of the appropriate applications of biochemical and clinical methods and interpretation of results in nutritional assessment of individuals and population 6. Identify the principles of optimum nutrition and mindful eating.



Course Name:	Nutritional Assessment
Required textbooks	 <p>Nutritional Assessment – Clinical and Research Applications by Nancy Munoz and Melissa Bernstein</p>
Technology Requirements	<p>Course content is delivered via the Internet through the Blackboard learning management system. Ensure your UTEP e-mail account is working and that you have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, update your browser, clear your cache, or try switching to another browser.</p> <p>You will need to have access to a computer/laptop, scanner, a webcam, and a microphone. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Check that your computer hardware and software are up-to-date and able to access all parts of the course.</p> <p>If you do not have a word-processing software, you can download Word and other Microsoft Office programs (including Excel, PowerPoint, Outlook and more) for free via UTEP's Microsoft Office Portal. Click the following link for more information about Microsoft Office 365 and follow the instructions.</p> <p>IMPORTANT: If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP Help Desk as they are trained specifically in assisting with technological needs of students. Please do not contact me for this type of assistance. The Help Desk is much better equipped than I am to assist you!</p>



Course Name:	Nutritional Assessment																																		
Assessment strategies:	<p>Assessments</p> <ol style="list-style-type: none"> 1. There will be one midterm exam and a final exam comprised of text chapters and lecture notes. There will be NO make-up exams if exam is missed. Students must access course schedule for dates. 2. Quizzes- Six quizzes related to specific topics will be available for module 1, 2, 3, 4, 5 & 6. Quizzes will be delivered via Blackboard. Additional information available on blackboard. 3. Dietary analysis: Students will complete a Dietary Analysis using ASA 24. ASA24 is a freely available Web-based tool that enables automated self-administered 24-hour recalls. ASA24 consists of a Respondent Web site used to collect recall data and a Researcher Web site used to manage study logistics and obtain data analyses. Additional information on Blackboard. 4. Participation in On-line class. Course work assignments will be available on Blackboard where you can find additional instructions and required forms for specific assignments. 																																		
Grading Scale & Criteria	<p>Student performance Work must be <u>neatly and professionally</u> written or typed. Unacceptable written assignments will have points deducted. Students will have <u>-15 points for late work, for every class day that assignments are late.</u></p> <table border="0" data-bbox="467 1010 1284 1283"> <thead> <tr> <th style="text-align: left;">Criteria</th> <th style="text-align: right;">Points</th> </tr> </thead> <tbody> <tr> <td>1- Midterm</td> <td style="text-align: right;">100</td> </tr> <tr> <td>2- Final Exam</td> <td style="text-align: right;">100</td> </tr> <tr> <td>3- Six Module quizzes (50 points each)</td> <td style="text-align: right;">300</td> </tr> <tr> <td>4- Final Project Dietary Analysis</td> <td style="text-align: right;">300</td> </tr> <tr> <td>5- Participation in Class (Blackboard)</td> <td style="text-align: right;">200</td> </tr> <tr> <td style="text-align: right;">Total points</td> <td style="text-align: right;">1000</td> </tr> <tr> <td>*-Extra Credit (pts added to final grade)</td> <td style="text-align: right;">*35</td> </tr> </tbody> </table> <p>Grading Scale</p> <table border="0" data-bbox="467 1346 1110 1583"> <thead> <tr> <th style="text-align: left;">Letter</th> <th style="text-align: center;">Points (total 1000)</th> <th style="text-align: center;">Percentage</th> </tr> </thead> <tbody> <tr> <td>A</td> <td style="text-align: center;">900 and above</td> <td style="text-align: center;">90% - 100%</td> </tr> <tr> <td>B</td> <td style="text-align: center;">800 - 899</td> <td style="text-align: center;">80% - 89.9%</td> </tr> <tr> <td>C</td> <td style="text-align: center;">700 - 799</td> <td style="text-align: center;">70% - 79.9%</td> </tr> <tr> <td>D</td> <td style="text-align: center;">600 - 690</td> <td style="text-align: center;">60% - 69.9%</td> </tr> <tr> <td>F</td> <td style="text-align: center;">600 and below</td> <td style="text-align: center;">59.9% and below</td> </tr> </tbody> </table> <p>* <u>In order to obtain all points work must be clean, professional, and creative</u></p>	Criteria	Points	1- Midterm	100	2- Final Exam	100	3- Six Module quizzes (50 points each)	300	4- Final Project Dietary Analysis	300	5- Participation in Class (Blackboard)	200	Total points	1000	*-Extra Credit (pts added to final grade)	*35	Letter	Points (total 1000)	Percentage	A	900 and above	90% - 100%	B	800 - 899	80% - 89.9%	C	700 - 799	70% - 79.9%	D	600 - 690	60% - 69.9%	F	600 and below	59.9% and below
Criteria	Points																																		
1- Midterm	100																																		
2- Final Exam	100																																		
3- Six Module quizzes (50 points each)	300																																		
4- Final Project Dietary Analysis	300																																		
5- Participation in Class (Blackboard)	200																																		
Total points	1000																																		
*-Extra Credit (pts added to final grade)	*35																																		
Letter	Points (total 1000)	Percentage																																	
A	900 and above	90% - 100%																																	
B	800 - 899	80% - 89.9%																																	
C	700 - 799	70% - 79.9%																																	
D	600 - 690	60% - 69.9%																																	
F	600 and below	59.9% and below																																	



Course Name:	Nutritional Assessment
Incomplete policy:	<p>An “I” (incomplete grade) can be considered only if requested by the student in advance of the conclusion of the course and only for legitimate, documented emergencies. Failure to request and negotiate the terms of an “Incomplete” grade before the conclusion of the course will result in a denial except in the most extraordinary circumstances.</p> <p>Talk to the instructor immediately if you believe an incomplete is warranted. If granted, the instructor and student will establish a contract of work to be completed with deadlines.</p>
Attendance and Participation:	<p>It is expected that all students enrolled in HSCI 2302 Nutritional Assessment to participate in all instructional activities. Online courses are no different from classroom courses in regards to attendance. Participation is defined accordingly under assignment strategies. Students “attendance” on online courses is defined as active participation on the course as described in the course syllabus.</p> <p>Online courses will have, at minimum, weekly mechanism for student participation, which can be documented by any or all of the following methods:</p> <ol style="list-style-type: none">1. Reading/viewing all course materials to ensure understanding of assignment requirements.2. Participating in engaging discussion with your peers on the discussion boards (grading rubric provided in the “grading information” area of each forum)3. Participating in scheduled Blackboard Collaborate sessions4. Other activities as indicated in the weekly modules5. Submission/completion of assignment and evaluations6. Communication with the instructor <p>Students who do not log on to the course within the drop/add period for the course will be dropped from the course. Students who fail to maintain an active participation in an online course as defined in the course syllabus will be processed in accordance with the university’s current attendance policy.</p> <p>Other Attendance Policy: Class participation is a mandatory component of this course. It is the student’s responsibility to get all assignments and/or class notes. Not knowing about an exam or assignment due date because lack of participation in the course is not a valid excuse.</p>
Reading assignments & Test Proctoring Software:	<p>All assigned readings need to be completed prior to coming to the next scheduled class session. Example: the reading assignments for week 2 need to be completed prior to coming to the week 2 class session.</p> <p>Please review the following guidelines regarding testing:</p> <ul style="list-style-type: none">• The assessments will only be available at the times identified on the course calendar.• You may take the test at any time during the available time-frame window.• A reliable Internet connection is essential to completing the exam. If you must go to a location to take the exam (such as the library), be sure to follow their health and safety requirements.• You have two attempts to take the test. Once the window closes, your answers will be saved, and no changes can be made. The first score saved will be recorded.



	<ul style="list-style-type: none">• Respondus Lockdown Browser will require that all internet tabs are closed prior to the start of the test – only the final exam will be required to use this software.• Respondus Monitor requires a webcam and microphone.• You will be required to show the webcam your student ID prior to the start of the test.• Your face should be completely visible during the test. Blocking the camera will disable the test.• No notes or textbook materials are permitted during the test. Respondus Monitor requires you to take a video of your surrounding area (desk, chair, walls, etc.)• You should not have conversations with other people and/or leave and return to the area during the test.
Class recordings:	<p>The use of recordings will enable you to have access to class lectures and group discussions. Our use of such technology is governed by the Federal Educational Rights and Privacy Act (FERPA) and UTEP’s acceptable-use policy. Any recording of class sessions will be kept and stored by UTEP, in accordance with FERPA and UTEP policies.</p> <p>Your instructor will not share the recordings of your class activities outside of course participants, which include your fellow students, teaching assistants, or graduate assistants, and any guest faculty or community-based learning partners with whom we may engage during a class session. You may not share recordings outside of this course. Doing so may result in disciplinary action.</p>
Writing standards	<p>Effective public health leaders and practitioners are also effective written as well as oral communicators. Written communication is a critical element of the communication process. Our MPH graduate program both recognizes and expects good writing to be the norm for course work. Please feel free to seek out assistance from the UTEP Writing Center. It is free and they are very helpful.</p>
Netiquette	<p>As we know, sometimes communication online can be challenging. It’s possible to miscommunicate what we mean or to misunderstand what our classmates mean given the lack of body language and immediate feedback. Therefore, please keep these netiquette (network etiquette) guidelines in mind. Failure to observe them may result in disciplinary action.</p> <ul style="list-style-type: none">• Always consider audience. This is a college-level course; therefore, all communication should reflect polite consideration of other’s ideas.• Respect and courtesy must be provided to classmates and to the instructor at all times. No harassment or inappropriate postings will be tolerated.• When reacting to someone else’s message, address the ideas, not the person. Post only what anyone would comfortably state in a face-to-face situation.• Blackboard is not a public internet venue; all postings to it should be considered private and confidential. Whatever is posted on in these online spaces is intended for classmates and professor only. Please



	do not copy documents and paste them to a publicly accessible website, blog, or other space.
Policy for late assignments	Due dates for homework, exams, presentations and other assignments are designed for fairness to all students. No exceptions to those dates will be made excepting in cases of university-designated closures. All assignments due dates are specified in the course calendar. Please see additional document. Once the assignment closed, it will not be reopened unless
Permission to record lectures & discussions	Not permitted without express permission of the instructor



Course Name:	Nutritional Assessment
<p>Excused Absences and/or course drop policy:</p>	<p>According to UTEP Curriculum and Classroom Policies, “When, in the judgment of the instructor, a student has been absent to such a degree as to impair his or her status relative to credit for the course, the instructor may drop the student from the class with a grade of “W” before the course drop deadline and with a grade of “F” after the course drop deadline.” See academic regulations in the UTEP Undergraduate Catalog for a list of excuse absences. Therefore, if I find that, due to non-performance in the course, you are at risk of failing, I will drop you from the course. I will provide 24 hours advance notice via email</p>
<p>Accommodations Policy:</p>	<p>The University is committed to providing reasonable accommodations and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities. In order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University.</p> <p>Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-747-5148, or email them at cass@utep.edu, or apply for accommodations online via the CASS portal.</p>
<p>Student conduct:</p>	<p>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, and 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.” <u>Regent’s Rules and Regulations</u>, 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.</p> <p>Any student who commits an act of scholastic dishonesty is subject to discipline.</p> <p><u>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”.</u></p> <p>Examples of “cheating” include:</p> <ul style="list-style-type: none"> • Copying from the homework, on-line work or exams, engaging in written, oral, or any other means of communication with another student during an exam or homework assignment, or giving aid to or seeking aid from another student



during a test;

- Possession and/or use during an exam or home test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed “crib notes”;
- 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;
- Collaborating with or seeking aid from another student for an assignment without authority;
- Substituting for another person, or permitting another person to substitute for one's self, to take a test;

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

Some of your course work and assessments may submitted to Safe Assign, a plagiarism detecting software. Safe Assign software will be used for review assignment submissions for originality. The software will help you learn how to properly attribute sources rather than paraphrase.



Course Name:	Nutritional Assessment
COVID-19 Precautions:	<p><u>COVID-19 PRECAUTION STATEMENT</u> Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.</p> <p>The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org.</p>