

HSCI 4322 Nutritional Assessment Tentative Online Course Schedule*
Fall 2021

Dates	Topics	Homework and Class Assignments
WEEK 1 <u>August 23 – 29</u>	Overview of the course Review Syllabus Introductions	Readiness Activity & Syllabus Quiz on BB DB: Introductions
Module 1 – Introduction		
WEEK 2 <u>August 30 -</u> <u>September 5</u>	Nutritional Assessment – Nutrition and Health Nutrition Screening and nutrition assessment tools. Standard methods of evaluating Nutritional status. The Nutrition Care Process. Emerging opportunities for Nutritional Assessment and Evaluation	Reading Ch. 1 – Nutritional Assessment
September 6th – Labor Day (University Closed)		
WEEK 3 <u>September 6 – 12</u>	Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?	Reading Ch. 2 – Health Research Methods
WEEK 4 <u>September 13 – 19</u>	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 Ch. 3 – Standards for Desirable Nutrient intake Quiz 1 – Due on Blackboard Sunday at 11:59pm MST
Module 2 – Methods of Evaluations: Dietary Analysis		
WEEK 5 <u>September 20 – 26</u>	Measuring Nutrient Intake – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.	Reading Ch. 4 - Measuring Nutrient Intake
WEEK 6 <u>September 27 –</u> <u>October 3</u>	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 Ch. 5 – National Food and Nutrition Surveys
WEEK 7 <u>October 4 – 10</u>	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 Ch. 6 – Computerized Food and Nutrition Analysis Systems Quiz 2 – Due on Blackboard Sunday at 11:59pm MST
Module 3 – Method of Evaluation: Anthropometric Methods		
WEEK 8 <u>October 11 – 17</u>	Anthropometry – Indicators and cutoffs. Plotting and interpreting measurements in children.	Reading Ch.7 – Anthropometry
WEEK 9 <u>October 18 – 24</u>	Anthropometry – Body composition and additional anthropometrics.	Reading Ch.7 – Anthropometry Quiz 3 – Due on Blackboard Sunday at 11:59pm MST
Mid Term Due October 19th at 11:59pm MST (Chapters 1 thru 6)		

Module 4 – Method of Evaluation: Biochemical Assessment		
WEEK 10 <u>October 25 – 31</u>	Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	Reading Ch. 8 – Biomarkers in Nutritional Assessment
WEEK 11 <u>November 1 – 7</u>	Biomarkers in Nutritional Assessment – Assessing Mineral and Vitamin Level. Blood chemistry Studies.	Reading Ch. 8 – Biomarkers in Nutritional Assessment Quiz 4 – Due on Blackboard Sunday at 11:59pm MST
Module 5 – Method of Evaluation: Clinical Assessment		
WEEK 12 <u>November 8 – 14</u>	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 Ch. 9 – Clinical Assessment of Nutritional Status Dietary Analysis Due on Blackboard Sunday November 14 th at 11:59pm MST.
WEEK 13 <u>November 15 – 21</u>	Cardiovascular Disease, obesity, Diabetes, Nutrition interventions in the Treatments of Chronic Disease.	Reading Ch. 10 – Nutritional Assessment in Health Promotion, Disease prevention and treatment Quiz 5 – Due on Blackboard Sunday at 11:59pm MST
Module 6 – Application: Nutrition coaching and International Nutrition		
WEEK 14 <u>November 22 – 28</u>	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 Ch. 11 – Counseling and Health Coaching Theory and Approaches
Thanksgiving Holiday - University Closed Nov 26-27th		
Week 15 <u>November 29 – December 5th</u>	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.	Reading Ch. 12 – International Nutrition Assessment and Research Quiz 6 – Due on Blackboard on Sunday at 11:59pm MST
Final Exams Week December 6th – 10th	Final Exam: December 10th, 2021. Due at 11:59pm MST (Chapters 7 thru 12)	
Commencement December 11 & 12th 2021		

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

Important Dates

Mar 29th	Fall Registration Begins
Aug 12th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Aug 13th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 16th	Financial Aid is Disbursed
Aug 23rd	Fall classes begin
Aug 23rd-27th	Late Registration (Fees are incurred)
Sept 6th	Labor Day Holiday - University Closed
Sept 8th	Fall Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
Sept 20th	20th Class Day Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Oct 1st	Graduation application deadline for degree conferral
Oct 29th	Fall Drop/Withdrawal Deadline Note: Student-initiated drops are permitted after this date, but the student is not guaranteed a grade of W. The faculty member of record will issue a grade of either W or F.
Nov 12th	Deadline to submit candidates' names for degree conferral
Nov 25-26th	Thanksgiving Holiday - University Closed
Dec 2nd	Fall – Last day of classes
Dec 3rd	Dead day
Dec 6-10th	Fall Final Exams
Dec 11-12th	Fall Commencement
Dec 15th	Grades are Due
Dec 16th	Grades are posted to student records; students are notified of grades and academic standing
Payment Deadlines	For more information on payment deadlines, visit the Student Business Services Website