

**HSCI 4322 Nutritional Assessment Tentative Online Course Schedule\***  
**Fall 2020**

Dates	Topics	Homework and Class Assignments
<p align="center"><b>WEEK 1</b>  <u>August 24 - 30</u></p>	<p><b>Overview of the course</b>            Review Syllabus            Introductions</p>	Readiness Activity & Syllabus Quiz on BB DB: Introductions
<b>Module 1 – Introduction</b>		
<p align="center"><b>WEEK 2</b>  <u>August 31 – Sept 6</u></p>	<p><b>Nutritional Assessment</b> – 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</p>	<p align="center"><b>Reading Ch. 1</b> – Nutritional Assessment</p>
<b>September 7 – Labor Day (University Closed)</b>		
<p align="center"><b>WEEK 3</b>  <u>September 7 – 13</u></p>	<p><b>Health Research Methods</b> – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?</p>	<p align="center"><b>Reading Ch. 2</b> – Health Research Methods</p>
<p align="center"><b>WEEK 4</b>  <u>September 14 – 20</u></p>	<p><b>Standards for Desirable Nutrient Intake</b> – 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 &amp; Food Guides</p>	<p align="center"><b>Reading Ch. 3</b> – Standards for Desirable Nutrient intake  <b>Quiz 1</b> – Due on Blackboard Sunday at 11:59pm MST</p>
<b>Module 2 – Methods of Evaluations: Dietary Analysis</b>		
<p align="center"><b>WEEK 5</b>  <u>September 21 – 27</u></p>	<p><b>Measuring Nutrient Intake</b> – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.</p>	<p align="center"><b>Reading Ch. 4</b> - Measuring Nutrient Intake</p>
<p align="center"><b>WEEK 6</b>  <u>September 28 – October 4</u></p>	<p><b>National Food and Nutrition Surveys</b> – Food-consumption surveys: background and importance. NHNES, Monitoring Vs. Surveillance. Dietary Assessment Methods. Define Healthy Diet and Healthy Eating Index.</p>	<p align="center"><b>Reading Ch. 5</b> – National Food and Nutrition Surveys</p>
<p align="center"><b>WEEK 7</b>  <u>October 5 – 11</u></p>	<p><b>Computerized Food and Nutrition Analysis Systems</b> – Dietary intake assessment methods. Selecting a computerized Diet-analysis system for the Research Nutritionist. Computer-based Diet Assessment Applications.</p>	<p align="center"><b>Reading Ch. 6</b> – Computerized Food and Nutrition Analysis Systems  <b>Quiz 2</b> – Due on Blackboard Sunday at 11:59pm MST</p>
<b>Module 3 – Method of Evaluation: Anthropometric Methods</b>		
<p align="center"><b>WEEK 8</b>  <u>October 12 – 18</u></p>	<p><b>Anthropometry</b> – Indicators and cutoffs. Plotting and interpreting measurements in children.</p>	<p align="center"><b>Reading Ch.7</b> – Anthropometry</p>
<p align="center"><b>WEEK 9</b>  <u>October 19 – 25</u></p>	<p><b>Anthropometry</b> – Body composition and additional anthropometrics.</p>	<p align="center"><b>Reading Ch.7</b> – Anthropometry  <b>Quiz 3</b> – Due on Blackboard Sunday at 11:59pm MST</p>
<b>Mid Term Due October 20<sup>th</sup> at 11:59pm MST (Chapters 1 thru 6)</b>		

<b>Module 4 – Method of Evaluation: Biochemical Assessment</b>		
<b>WEEK 10</b> <u>October 26 –</u> <u>November 1<sup>st</sup></u>	<b>Biomarkers in Nutritional Assessment</b> – Use of biochemical measures, protein levels.	<b>Reading Ch. 8</b> – Biomarkers in Nutritional Assessment
<b>WEEK 11</b> <u>November 2 – 8</u>	<b>Biomarkers in Nutritional Assessment</b> – Assessing Mineral and Vitamin Level. Blood chemistry Studies.	<b>Reading Ch. 8</b> – Biomarkers in Nutritional Assessment <b>Quiz 4</b> – Due on Blackboard Sunday April 12 <sup>th</sup> at 11:59pm MST
<b>Module 5 – Method of Evaluation: Clinical Assessment</b>		
<b>WEEK 12</b> <u>November 9 – 15</u>	<b>Clinical assessment of Nutritional Status</b> – 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.	<b>Reading Ch. 9</b> – Clinical Assessment of Nutritional Status <b>Dietary Analysis</b> Due on Blackboard Sunday November 15 <sup>th</sup> at 11:59pm MST.
<b>WEEK 13</b> <u>November 16 – 22</u>	Cardiovascular Disease, obesity, Diabetes, Nutrition interventions in the Treatments of Chronic Disease.	<b>Reading Ch. 10</b> – Nutritional Assessment in Health Promotion, Disease prevention and treatment <b>Quiz 5</b> – Due on Blackboard Sunday at 11:59pm MST
<b>Module 6 – Application: Nutrition coaching and International Nutrition</b>		
<b>WEEK 14</b> <u>November 23 – 29</u>	<b>Counseling and Health Coaching Theory and Approaches</b> – Basic communication and interviewing skills for the Nutrition Researcher. Nutrition Counseling skills for Providing Medical Nutrition Therapy. Motivational Interviewing. Successful implementation of Lifestyle changes.	<b>Reading Ch. 11</b> – Counseling and Health Coaching Theory and Approaches
<b>Week 15</b> <u>November 30<sup>th</sup> –</u> <u>December 6<sup>th</sup></u>	<b>International Nutrition assessment and research</b> – <b>What</b> is on the Global Nutrition Agenda? <b>Who</b> is supporting the Nutrition-Research problem defined? International Nutrition-research process. Solutions developed to address international nutrition problems.	<b>Reading Ch. 12</b> – International Nutrition Assessment and Research <b>Quiz 6</b> – Due on Blackboard on Sunday at 11:59pm MST
<b>Final Exams Week</b> <b>Dec 7 – 11<sup>th</sup></b>	<b>Final Exam: December 11<sup>th</sup>, 2020 Due at 11:59pm MST (Chapters 7 thru 12)</b>	
<b>Commencement December 12<sup>th</sup> &amp; 13<sup>th</sup> 2020</b>		

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

## Important Dates

<b>March 30th</b>	FALL Registration Begins
<b>Aug 14th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Aug 17th</b>	Financial Aid is Disbursed
<b>Aug 24th</b>	Fall classes begin
<b>Aug 24-28th</b>	Late Registration Period(Fees are incurred)
<b>Sept 7th</b>	Labor Day Holiday- University Closed
<b>Sept 9th</b>	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.
	20 <sup>th</sup> Class Day
<b>Sept 21st</b>	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
<b>Oct 2nd</b>	Graduation application deadline for degree conferral
<b>OCT 22nd</b>	Midterm Fall 2020 Grades Due
<b>Oct 30th</b>	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.
<b>Nov 13th</b>	Deadline to submit candidates' names for commencement program
<b>Nov 26-27th</b>	Thanksgiving Holiday - University Closed
<b>Dec 3rd</b>	Fall - last day of classes
<b>Dec 4th</b>	Dead Day
<b>Dec 7-11th</b>	Fall Final Exams
<b>Dec 12-13th</b>	Fall Commencement
<b>Dec 16th</b>	Grades are Due
<b>Dec 17th</b>	Grades are posted to student records; students are notified of grades and academic standing