

HSCI 4322 Nutritional Assessment
Tentative Online Course Schedule Fall 2022

Dates	Topics	Homework and Class Assignments
<p style="text-align: center;">Week 1 <u>August 22 – 28</u></p>	<p>Overview of the course Review Syllabus Introductions</p>	<p>Readiness Activity & Syllabus Quiz on BB DB: Introductions Live Session Thursday August 25, 2022 at 12:00pm (MST)</p>
Module 1 – Introduction		
<p style="text-align: center;">Week 2 <u>August 29 - September 4</u></p>	<p>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</p>	<p>Reading Ch. 1 – Nutritional Assessment</p>
September 5th – Labor Day (University Closed)		
<p style="text-align: center;">Week 3 <u>September 5 – 11</u></p>	<p>Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?</p>	<p>Reading Ch. 2 – Health Research Methods</p>
<p style="text-align: center;">Week 4 <u>September 12 – 18</u></p>	<p>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</p>	<p>Reading Ch. 3 – Standards for Desirable Nutrient intake Quiz 1 – Due on Blackboard Sunday at 11:59pm MST</p>
Module 2 – Methods of Evaluations: Dietary Analysis		
<p style="text-align: center;">Week 5 <u>September 19 – 25</u></p>	<p>Measuring Nutrient Intake – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.</p>	<p>Reading Ch. 4 - Measuring Nutrient Intake</p>
<p style="text-align: center;">Week 6 <u>September 26 – October 2</u></p>	<p>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.</p>	<p>Reading Ch. 5 – National Food and Nutrition Surveys</p>
<p style="text-align: center;">Week 7 <u>October 3 – 9</u></p>	<p>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.</p>	<p>Reading Ch. 6 – Computerized Food and Nutrition Analysis Systems Quiz 2 – Due on Blackboard Sunday at 11:59pm MST</p>
Module 3 – Method of Evaluation: Anthropometric Methods		
<p style="text-align: center;">Week 8 <u>October 10 – 16</u></p>	<p>Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.</p>	<p>Reading Ch.7 – Anthropometry</p>
Mid Term Due October 16th at 11:59pm MST (Chapters 1 thru 6)		
<p style="text-align: center;">Week 9 <u>October 17 – 23</u></p>	<p>Anthropometry - Body composition and additional anthropometrics.</p>	<p>Reading Ch.7 – Anthropometry Quiz 3 – Due on Blackboard Sunday at 11:59pm MST</p>
Module 4 – Method of Evaluation: Biochemical Assessment		
<p style="text-align: center;">Week 10 <u>October 24 – 30</u></p>	<p>Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.</p>	<p>Reading Ch. 8 – Biomarkers in Nutritional Assessment</p>

Week 11 <u>October 31 –</u> <u>November 6</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 7 – 13</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 13 th at 11:59pm (MST).
Week 13 <u>November 14 – 20</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		
Thanksgiving November 24 & 25th (University Closed)		
Week 14 <u>November 21 – 27</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
Week 15 November 28 – December 4 th	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 5 – 9 th	Final Exam: December 8th, 2022 Due at 11:59pm MST (Chapters 7 thru 12)	
Commencement December 10 & 11th 2022		

* 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 28th	Fall Registration Begins
Aug 11th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Aug 12th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 15th	Financial Aid is Disbursed
Aug 22nd	Fall classes begin
Aug 22nd-26th	Late Registration (Fees are incurred)
Sept 5th	Labor Day Holiday - University Closed
Sept 7th	Fall Census Day Note: This is the last day to register for classes. Payments are due by 5:00 pm. 20 th Class Day
Sept 19th	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Sept 30th	Graduation application deadline for degree conferral Fall Drop/Withdrawal Deadline
Oct 28th	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 11th	Deadline to submit candidates' names for degree conferral
Nov 24-25th	Thanksgiving Holiday - University Closed
Dec 1st	Fall – Last day of classes
Dec 2nd	Dead day
Dec 5-9th	Fall Final Exams
Dec 10-11th	Fall Commencement
Dec 14th	Grades are Due
Dec 15th	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