

HSCI 4322 Nutritional Assessment
Tentative Online Course Schedule
Spring 2022

Dates	Topics	Homework and Class Assignments
January 17th – Martin Luther King, Jr. Birthday (University Closed)		
WEEK 1 <u>January 18 – 23</u>	Overview of the course Review Syllabus Introductions	Readiness Activity & Syllabus Quiz on BB DB: Introductions
Module 1 – Introduction		
WEEK 2 <u>January 24 – 30</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
WEEK 3 <u>January 31st - February 6</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>February 7 – 13</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>February 14 – 20</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>February 21 – 27</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>February 28 – March 6</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>March 7 – 13</u>	Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.	Reading Ch.7 – Anthropometry
Mid Term Due March 14th at 11:59pm MST (Chapters 1 thru 6)		
Week 9 - March 14th – 18th Spring Break		
WEEK 10 <u>March 21 – 27</u>	Anthropometry - Body composition and additional anthropometrics.	Reading Ch.7 – Anthropometry Quiz 3 – Due on Blackboard Sunday at 11:59pm MST
Module 4 – Method of Evaluation: Biochemical Assessment		

WEEK 11 <u>March 28 – April 3</u>	Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	Reading Ch. 8 – Biomarkers in Nutritional Assessment
WEEK 12 <u>April 4 – 10</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 13 <u>April 11 – 17</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 April 19 th at 11:59pm MST.
WEEK 14 <u>April 18 – 24</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 15 <u>April 25 – May 1</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 16 <u>May 2 – 8</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 <u>May 9th – 13th</u>	Final Exam: May 13th, 2022 Due at 11:59pm MST (Chapters 7 thru 12)	
Commencement May 14 & 15, 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

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Oct 25th	Spring Registration Begins
Jan 6th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Jan 7th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Jan 10th	Financial Aid is Disbursed
Jan 17th	Dr. Martin Luther King, Jr. Holiday – University Closed
Jan 18th	Spring classes begin
Jan 18th–21nd	Late Registration (Fees are incurred)
Feb 2nd	Spring Census Day
	Note: This is the last day to register for classes. Payments are due by 5:00 pm.
Feb 14th	20 th 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.

Feb 18th

Graduation application deadline for degree conferral

Mar 14-18th

Spring Break

Mar 25th

Cesar Chavez Holiday – no classes

Apr 1st

Spring 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.

Apr 15th

Spring Study Day

Apr 15th

Deadline to submit candidates' names for degree conferral

May 5th

Spring – Last day of classes

May 6th

Dead day

May 9-13th

Spring Final Exams

May 14-15th

Spring Commencement

May 18th

Grades are Due

May 19th

Grades are posted to student record; students are notified of grades and academic standing

**Payment
Deadlines**

For more information on payment deadlines, visit the [Student Business Services Website](#)