

**HSCI 4322 Nutritional Assessment
Tentative Online Course Schedule* Spring 2020**

Dates	Topics	Homework and Class Assignments
January 20th – Martin Luther King, Jr. Birthday (University Closed)		
WEEK 1 <u>January 21st – 26</u>	Overview of the course Review Syllabus Introductions	Readiness Activity & Syllabus Quiz on BB DB: Introductions
Module 1 – Introduction		
WEEK 2 <u>January 27th – February 2nd</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>February 3rd – 9th</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 10th – 16th</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 17th – 23rd</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 24th – March 1st</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>March 2nd – 8th</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 9th – 15th</u>	Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.	Reading Ch.7 – Anthropometry
Mid Term Due March 18th at 11:59pm MST (Chapters 1 thru 6)		
Week 9 - March 16th – 20th Spring Break		
WEEK 10 <u>March 23rd – 29th</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 30th – April 5th</u>	Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	Reading Ch. 8 – Biomarkers in Nutritional Assessment

WEEK 12 <u>April 6th – 12th</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 November 10 th at 11:59pm MST
Module 5 – Method of Evaluation: Clinical Assessment		
WEEK 13 <u>April 13th – 19th</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 20th – 26th</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 27th – May 3rd</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 4th – 7th</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 11th – 15th</u>	Final Exam: May 15th, 2019 Due at 11:59pm MST (Chapters 7 thru 12)	
Commencement May 16 & 17th 2020		

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

Important Dates

Oct 28th	Spring Registration Begins
Jan 9th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Jan 10th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Jan 13th	Financial Aid is Disbursed
Jan 20th	Dr. Martin Luther King, Jr. Holiday – University Closed
Jan 21st	Spring classes begin
Jan 21st–24th	Late Registration (Fees are incurred) Spring Census Day
Feb 5th	Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped. 20 th Class Day
Feb 17th	Note: Students who were given a payment deadline extension will be dropped at 5:00 pm if payment arrangements have not been made.
Feb 21st	Graduation application deadline for degree conferral
Mar 21st	Midterm Spring 2020 Grades Due
Mar 16-20th	Spring Break
Mar 27th	Cesar Chavez Holiday – no classes

	Spring Drop/Withdrawal Deadline
Apr 3rd	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 10th	Spring Study Day
Apr 17th	Deadline to submit candidates' names for degree conferral
May 7th	Spring – Last day of classes
May 8th	Dead day
May 11-15th	Spring Final Exams
May 16-17th	Spring Commencement
May 20th	Grades are Due
May 21st	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