<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Homework and Class Assignments</th>
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<tbody>
<tr>
<td>January 20th – Martin Luther King, Jr. Birthday (University Closed)</td>
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<tr>
<td><strong>WEEK 1</strong></td>
<td><strong>Overview of the course</strong></td>
<td>Readiness Activity &amp; Syllabus Quiz on BB DB: Introductions</td>
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<tr>
<td>January 21st – 26</td>
<td>Review Syllabus Introductions</td>
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<tr>
<td><strong>Module 1 – Introduction</strong></td>
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<td><strong>WEEK 2</strong></td>
<td>Nutritional Assessment - Nutrition and Health Screening and nutrition assessment tools. Standard methods of evaluating Nutritional status. The Nutrition Care Process. Emerging opportunities for Nutritional Assessment and Evaluation</td>
<td>Reading Ch. 1 – Nutritional Assessment</td>
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<td>January 27th – February 2nd</td>
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<tr>
<td><strong>WEEK 3</strong></td>
<td>Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?</td>
<td>Reading Ch. 2 – Health Research Methods</td>
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<td>February 3rd – 9th</td>
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<td>February 10th – 16th</td>
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<td><strong>Module 2 – Methods of Evaluations: Dietary Analysis</strong></td>
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<td><strong>WEEK 5</strong></td>
<td>Measuring Nutrient Intake – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.</td>
<td>Reading Ch. 4 - Measuring Nutrient Intake</td>
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<td>February 17th – 23rd</td>
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<td><strong>WEEK 6</strong></td>
<td>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.</td>
<td>Reading Ch. 5 – National Food and Nutrition Surveys</td>
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<tr>
<td>February 24th – March 1st</td>
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<td><strong>WEEK 7</strong></td>
<td>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.</td>
<td>Reading Ch. 6 – Computerized Food and Nutrition Analysis Systems Quiz 2 – Due on Blackboard Sunday at 11:59pm MST</td>
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<tr>
<td>March 2nd – 8th</td>
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<td><strong>Module 3 – Method of Evaluation: Anthropometric Methods</strong></td>
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<td><strong>WEEK 8</strong></td>
<td>Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.</td>
<td>Reading Ch. 7 – Anthropometry</td>
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<td>March 9th – 15th</td>
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<td><strong>WEEK 9</strong></td>
<td>Mid Term Due March 18th at 11:59pm MST (Chapters 1 thru 6)</td>
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<td>March 16th – 20th</td>
<td>Spring Break</td>
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<td><strong>WEEK 10</strong></td>
<td>Anthropometry - Body composition and additional anthropometrics.</td>
<td>Reading Ch. 7 – Anthropometry</td>
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<td>March 23rd – 29th</td>
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<td>Quiz 3 – Due on Blackboard Sunday at 11:59pm MST</td>
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<td><strong>Module 4 – Method of Evaluation: Biochemical Assessment</strong></td>
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<td><strong>WEEK 11</strong></td>
<td>Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.</td>
<td>Reading Ch. 8 – Biomarkers in Nutritional Assessment</td>
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<td>March 30th – April 5th</td>
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## WEEK 12
**April 6**<sup>th</sup> – **12**<sup>th</sup>

- **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<sup>th</sup> at 11:59pm MST

### Module 5 – Method of Evaluation: Clinical Assessment

- **Reading Ch. 9** – Clinical Assessment of Nutritional Status  
  **Dietary Analysis** Due on Blackboard Sunday April 19<sup>th</sup> at 11:59pm MST.

## WEEK 13
**April 13**<sup>th</sup> – **19**<sup>th</sup>

- **Clinical assessment of Nutritional Status**  
  **Reading Ch. 9** – Clinical Assessment of Nutritional Status  
  **Dietary Analysis** Due on Blackboard Sunday April 19<sup>th</sup> at 11:59pm MST.

## WEEK 14
**April 20**<sup>th</sup> – **26**<sup>th</sup>

- **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
**April 27**<sup>th</sup> – **May 3**<sup>rd</sup>

- **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
**May 4**<sup>th</sup> – **7**<sup>th</sup>

- **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
**May 11**<sup>th</sup> – **15**<sup>th</sup>

- **Final Exam: May 15**<sup>th</sup>, 2019 Due at 11:59pm MST (Chapters 7 thru 12)

**Commencement May 16 & 17**<sup>th</sup> **2020**

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**Important Dates**

- **Oct 28th**  
  Spring Registration Begins

- **Jan 9th**  
  Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites  
  Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the course

- **Jan 10th**  
  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<sup>th</sup> 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