

**HSCI 4322 Nutritional Assessment**  
**Tentative Online Course Schedule\* Spring 2021**

Dates	Topics	Homework and Class Assignments
<b>January 18<sup>th</sup> – Martin Luther King, Jr. Birthday (University Closed)</b>		
<b>WEEK 1</b> <u>January 19 – 24</u>	<b>Overview of the course</b> Review Syllabus Introductions	Readiness Activity & Syllabus Quiz on BB DB: Introductions
<b>Module 1 – Introduction</b>		
<b>WEEK 2</b> <u>January 25 – 31</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	<b>Reading Ch. 1 – Nutritional Assessment</b>
<b>WEEK 3</b> <u>February 1<sup>st</sup> – 7</u>	Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?	<b>Reading Ch. 2 – Health Research Methods</b>
<b>WEEK 4</b> <u>February 8 – 14</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	<b>Reading Ch. 3 – Standards for Desirable Nutrient intake</b> <b>Quiz 1 – Due on Blackboard Sunday at 11:59pm MST</b>
<b>Module 2 – Methods of Evaluations: Dietary Analysis</b>		
<b>WEEK 5</b> <u>February 15 – 21</u>	Measuring Nutrient Intake – Relationship between diet and Health. Methods for measuring Diet. Methods designed and its challenges to measure food and nutrient intake.	<b>Reading Ch. 4 - Measuring Nutrient Intake</b>
<b>WEEK 6</b> <u>February 22 – 28</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.	<b>Reading Ch. 5 – National Food and Nutrition Surveys</b>
<b>WEEK 7</b> <u>March 1<sup>st</sup> – 7<sup>th</sup></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.	<b>Reading Ch. 6 – Computerized Food and Nutrition Analysis Systems</b> <b>Quiz 2 – Due on Blackboard Sunday at 11:59pm MST</b>
<b>Module 3 – Method of Evaluation: Anthropometric Methods</b>		
<b>WEEK 8</b> <u>March 8<sup>th</sup> – 14<sup>th</sup></u>	Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.	<b>Reading Ch.7 – Anthropometry</b>
<b>Mid Term Due March 14<sup>th</sup> at 11:59pm MST (Chapters 1 thru 6)</b>		
<b>Week 9 - March 15<sup>th</sup> – 19<sup>th</sup> Spring Break</b>		
<b>WEEK 10</b> <u>March 22<sup>nd</sup> – 28<sup>th</sup></u>	Anthropometry - Body composition and additional anthropometrics.	<b>Reading Ch.7 – Anthropometry</b> <b>Quiz 3 – Due on Blackboard Sunday at 11:59pm MST</b>
<b>Module 4 – Method of Evaluation: Biochemical Assessment</b>		
<b>WEEK 11</b> <u>March 29<sup>th</sup> –</u>	Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	<b>Reading Ch. 8 – Biomarkers in Nutritional Assessment</b>

<u>April 4<sup>th</sup></u>		
<b>WEEK 12</b> <u>April 5<sup>th</sup> – 11<sup>th</sup></u>	Biomarkers in Nutritional Assessment – 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 at 11:59pm MST
<b>Module 5 – Method of Evaluation: Clinical Assessment</b>		
<b>WEEK 13</b> <u>April 12<sup>th</sup> – 18<sup>th</sup></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.	<b>Reading Ch. 9</b> – Clinical Assessment of Nutritional Status <b>Dietary Analysis</b> Due on Blackboard Sunday April 19 <sup>th</sup> at 11:59pm MST.
<b>WEEK 14</b> <u>April 19<sup>th</sup> – 25<sup>th</sup></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 15</b> <u>April 26<sup>th</sup> – May 2<sup>nd</sup></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.	<b>Reading Ch. 11</b> – Counseling and Health Coaching Theory and Approaches
<b>Week 16</b> <u>May 3<sup>rd</sup> – 9<sup>th</sup></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.	<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> <u>May 10<sup>th</sup> – 14<sup>th</sup></u>	<b>Final Exam: May 13<sup>th</sup>, 2021 Due at 11:59pm MST (Chapters 7 thru 12)</b>	
<b>Commencement May 15 &amp; 16, 2021</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>Jan 7th</b>	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
<b>Jan 8th</b>	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
<b>Jan 11th</b>	Financial Aid is Disbursed
<b>Jan 18th</b>	Dr. Martin Luther King, Jr. Holiday – University Closed
<b>Jan 19th</b>	Spring classes begin
<b>Jan 19th–22nd</b>	Late Registration (Fees are incurred)
<b>Feb 3rd</b>	Spring Census Day Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
<b>Feb 15th</b>	20 <sup>th</sup> 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.
<b>Feb 19th</b>	Graduation application deadline for degree conferral
<b>Mar 21st</b>	Midterm Spring 2021 Grades Due

<b>Mar 15-19th</b>	Spring Break
<b>Mar 26th</b>	Cesar Chavez Holiday – no classes
<b>Apr 1st</b>	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.
<b>Apr 2nd</b>	Spring Study Day
<b>Apr 16th</b>	Deadline to submit candidates' names for degree conferral
<b>May 6th</b>	Spring – Last day of classes
<b>May 7th</b>	Dead day
<b>May 10-14th</b>	Spring Final Exams
<b>May 15-16th</b>	Spring Commencement
<b>May 19th</b>	Grades are Due
<b>May 20th</b>	Grades are posted to student records; students are notified of grades and academic standing