

HSCI 4322 Nutritional Assessment
Tentative Online Course Schedule*
Fall 2023

Dates	Topics	Homework and Class Assignments
Introduction to the Course		
WEEK 1 <u>August 28 – September 3</u>	Overview of the course Review Syllabus Introductions	Readiness Activity & Syllabus Quiz on BB DB: Introductions <i>Live Session</i> August Thursday (Attendance not mandatory, recording will be available within 24 hours after live session)
Module 1 – Basic Nutrition		
September 4th – Labor Day (University Closed)		
WEEK 2 <u>September 4 – 10</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>September 11 – 17</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>September 18 – 24</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>September 25 – October 1</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>October 2 – 8</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

<p>Week 7 <u>October 9 – 15</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>Week 8 <u>October 16 – 22</u></p>	<p>Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.</p>	<p>Reading Ch.7 – Anthropometry</p>
Mid Term Due March 21th at 11:59pm MST (Chapters 1 thru 6)		
<p>Week 9 <u>October 23 – 29</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>Week 10 <u>October 30 – November 5</u></p>	<p>Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.</p>	<p>Reading Ch. 8 – Biomarkers in Nutritional Assessment Dietary Analysis Due November 5 at 11:59pm</p>
<p>Week 11 <u>November 6 – 12</u></p>	<p>Biomarkers in Nutritional Assessment – Assessing Mineral and Vitamin Level. Blood chemistry Studies.</p>	<p>Reading Ch. 8 – Biomarkers in Nutritional Assessment Quiz 4 – Due on Blackboard Sunday at 11:59pm MST</p>
Module 5 – Method of Evaluation: Clinical Assessment		
<p>Week 12 <u>November 13 – 19</u></p>	<p>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.</p>	<p>Reading Ch. 9 – Clinical Assessment of Nutritional Status Dietary Analysis Due on Blackboard Sunday April 16 at 11:59pm (MST).</p>
<p>Week 13 <u>November 20 – 26</u></p>	<p>Cardiovascular Disease, obesity, Diabetes, Nutrition interventions in the Treatments of Chronic Disease.</p>	<p>Reading Ch. 10 – Nutritional Assessment in Health Promotion, Disease prevention and treatment Quiz 5 – Due on Blackboard Sunday at 11:59pm MST</p>
Thanksgiving November 23rd & 24th (University Closed)		
Module 6 – Application: Nutrition coaching and International Nutrition		
<p>Week 14 <u>November 27 – December 3</u></p>	<p>Counseling and Health Coaching Theory and Approaches. Basic communication and interviewing skills for the Nutrition Researcher. Nutrition Counseling skills for Providing Medical Nutrition Therapy.</p>	<p>Reading Ch. 11 – Counseling and Health Coaching Theory and Approaches</p>

	Motivational Interviewing. Successful implementation of Lifestyle changes.	
Week 15 <u>December 4 – 10</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>December 11 – 15</u>	Final Exam: Online Available December 15th, 2023 on Blackboard (Chapters 7 thru 12)	
Commencement December 16 & 17th 2023		

* Note: 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 27th	Fall Registration Begins
Aug 17th	Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
Aug 18th	Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
Aug 21st	Financial Aid is disbursed
Aug 28th	Fall classes begin
Aug 28th-Sept 1st	Late Registration (Fees are incurred)
Sept 4th	Labor Day Holiday – University Closed
Sept 13th	Fall Census Day Note: This is the last day to register for classes. Payments are due by 5:00 pm.
Sept 25th	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.
Oct 6th	Graduation application deadline for degree conferral
Nov 3rd	Fall 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.
Nov 17th	Deadline to submit candidates' names for commencement program
Nov 23rd-24th	Thanksgiving Holiday- University Closed
Dec 7th	Fall- Last day of classes
Dec 8th	Dead day
Dec 11th-15th	Fall Final Exams
Dec 16th-17th	Fall Commencement
Dec 19th	Grades are due
Dec 20th	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