

TENTATIVE COURSE SCHEDULE*

Fall 2018

Dates	Topics for Class assignments	Homework for next class
WEEK 1 <u>August 30</u>	Overview of the course – Introductions Review Syllabus REEF i-clicker	Introductions Reading Chapter 1 – Munoz & Bernstein
Labor Day – September 3 (University Closed)		
Module 1 – Introduction		
WEEK 2 <u>September 6</u>	Nutritional Assessment - Nutrition and Health Nutrition Screening and nutrition assessment tools. Standard methods of evaluating Nutritional status. Nutrition Care Process.	Reading Chapter 2- Munoz & Bernstein & Blackboard Material
WEEK 3 <u>September 13</u>	Health Research Methods – Research process and considerations. Study approaches, Analyzing, interpreting, and communicating research. Why Publish?	Reading Chapter 3- Munoz & Bernstein & Blackboard Material
WEEK 4 <u>September 20</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 Chapter 4- Munoz & Bernstein & Blackboard Material
Module 2 – Methods for Evaluation: Dietary Analysis		
WEEK 5 <u>September 27</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 Chapter 5- Munoz & Bernstein & Blackboard Material Quiz 1
WEEK 6 <u>October 4</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 Chapter 6- Munoz & Bernstein & Blackboard Material.
WEEK 7 <u>October 11</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 Chapter 7- Munoz & Bernstein & Blackboard Material Dietary Analysis ASA24 intake log
Module 3 – Method of Evaluation: Anthropometric Methods		
WEEK 8 <u>October 18</u>	Anthropometry – indicators and cutoffs. Plotting and interpreting measurements in children.	Reading Chapter 7- Munoz & Bernstein & Blackboard Material Quiz 2
WEEK 9 <u>October 25</u>	Anthropometry - Body composition and additional anthropometrics.	Reading Chapter 8- Munoz & Bernstein & Blackboard Material Dietary Analysis ASA24 intake log
Module 4 – Method of Evaluation: Biochemical Assessment		
WEEK 10 <u>November 1st</u>	Biomarkers in Nutritional Assessment – Use of biochemical measures, protein levels.	Reading Chapter 8- Munoz & Bernstein & Blackboard Material Quiz 3

WEEK 11 <u>November 8</u>	Biomarkers in Nutritional Assessment – Assessing Mineral and Vitamin Level. Blood chemistry Studies.	Reading Chapter 9- Munoz & Bernstein & Blackboard Material Mid-Term - TBA
Module 5 – Methods of Evaluation: Clinical Assessment		
WEEK 12 <u>November 15</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 Chapter 10- Munoz & Bernstein & Blackboard Material Quiz 4 Dietary Analysis ASA24 intake log
WEEK 13 <u>November 22</u>	Thanksgiving Day (University Closed)	Reading Chapter 11- Munoz & Bernstein & Blackboard Material Nutrition Assessment in Health Promotion, disease, prevention, and treatment. Cardiovascular disease, obesity, Diabetes, Nutrition intervention treatment of Chronic disease
Module 6 – Application: Nutrition Coaching and International Nutrition		
WEEK 14 <u>November 29</u>	Review Chapter 10 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 Chapter 12 – Munoz & Bernstein & Blackboard Material Quiz 5
WEEK 15 <u>December 6</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.	Dietary Analysis DUE December 2 nd .at Midnight on Blackboard Quiz 6
Finals Week	Final Exam - TBA	
Commencement December 15, 2018		

* Note: The course syllabus is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor.

Important Dates

September 12th – Fall census Day (Last day to register for classes)

***October 24th – Freshmen mid-term grades due

***November 2nd – Fall drop/withdrawal deadline

***November 22nd & 23rd – Thanksgiving Holiday – University Closed

***December 6th – Last day of Classes

***December 7th – Dead day

R – Thursdays