

NUTR 311 – Nutrition Assessment (Lecture)
University of Nevada, Las Vegas
Spring 2016

Instructor Information

Instructor: Jessica Knurick, Ph.D, RD
Address: Department of Kinesiology and Nutrition Sciences
4505 S. Maryland Parkway
Las Vegas, NV 89154-3034
Office: BHS 326
Email: Jessica.Knurick@unlv.edu
Telephone: 702-895-1453
Office Hours: T/Th 10am-11am or by appointment

Course Information

Course Time: T/Th 2:30pm – 3:45pm
Location: BHS 133
Description: Discussion of computerized dietary analysis systems, growth charts, national health and nutrition surveys, biochemical parameters and physical signs of nutritional status and anthropometric assessment techniques as related to nutritional assessment of the human. Course also includes a self-paced interactive study of medical terminology.
Prerequisites: NUTR 223, 271, 370, and MATH 127.
Textbook: Nutritional Assessment, 6th edition, RD Lee and DC Nieman, McGraw-Hill, 2012.
Optional: Medical Dictionary and Laboratory Value Assessment books of your choice.

Foundation Knowledge and Skills

At the completion of the course students will have met the following ACEND Foundation Knowledge Requirements and Learning Outcomes:

2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.

KRD 2.1: The curriculum must include opportunities to develop a variety of communication skills sufficient for entry into pre-professional practice.

KRD 2.2: The curriculum must provide principles and techniques of effective counseling methods.

3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations.

KRD 3.1: The curriculum must reflect the principles of Medical Nutrition Therapy and the practice of the nutrition care process, including principles and methods of assessment, diagnosis, identification and implementation of interventions and strategies for monitoring and evaluation.

KRD 3.3: The curriculum must include education and behavior change theories and techniques.

5. Support Knowledge: knowledge underlying the requirements specified above.

KRD 5.3: The behavioral and social science foundation of the dietetics profession must be evident in the curriculum. Course content must include concepts of human behavior and diversity, such as psychology, sociology or anthropology.

Course Objectives

The goal of this course is to integrate and apply your knowledge of nutrition and basic science as it applies to nutrition assessment. Students will be provided with information regarding general health assessments, evolving methods of assessing health status in a variety of way, and assessment and treatment of nutrition health risks.

Student objectives for the course are the ability to:

- Have basic knowledge of lay/technical writing, biochemical indices of nutrient status, scientific method, and potential of drug-nutrient interactions.
- Have a working knowledge of anthropometric measures, dietary assessment techniques, and clinical assessment techniques.
- Demonstrate ability to use appropriate counseling techniques, obtain diet histories, complete a nutrition screen and interpret basic findings for nutritional assessment.
- Have a general understanding of the principles used to develop nutrition parameters measured in class, evaluate your own nutritional status, and make educated recommendations for change.

How to Do Well in this Course

- Attend all lectures and Check WebCampus DAILY
- Prepare ahead - do all the readings before class, start assignments early.
- Participate in class discussions.
- Study – make study notes from lecture notes, the text, and readings **well** before the exam. Focus on understanding the material as opposed to memorizing.
- Improve your study skills - if you have trouble studying or preparing for exams, check out the student services at UNLV.
- Ask for help – if you are not sure how to do an assignment or are confused by any of the course materials, discuss it with your classmates or come to me for assistance. Remember, no extra credit will be given at any point during or after the semester.
- **NOTE:** Prior success in other courses (e.g. 4.0 GPA) does not guarantee success in this course. Dedication, motivation, assimilation, and a profound understanding of course material are rudimentary to appreciating the **art of this science** and laying the foundation for your success.

Course Evaluation

Student Assessment:

Student's academic progress will be evaluated by the following:

Item	Total Points
Assignments	
Attendance/Participation (23 x 5pts)	115
Case Study	200
Assessments	
Reading Quizzes (9 x 20pts)	180
Exams (3 x 100pts)	300
Total Score	795

[NOTE: Students have 7 calendar days to submit written justification to challenge a grade; if a written justification is not submitted within this timeframe, challenges to grades will not be considered.]

Grading Scale:

Grades will **NOT** be released by telephone or email. Visit **Web Campus** for grades. Please note that Web Campus may introduce rounding errors and therefore the grade listed may be higher or lower and **not** reflective of your “true” performance. To precisely determine your grade please refer to the online document entitled “How to determine your grade”.

A	93-100	C+	77-79	D-	60-62
A-	90-92	C	73-76	F	0-59
B+	87-89	C-	70-72		
B	83-86	D+	67-69		
B-	80-82	D	63-66		

The grade that you receive is the grade that you have earned. No curves or extra credit.

Exams: All three exams will have multiple choice and short answer questions. Please note that if you miss an exam, no make-up exams will be available under most circumstances. For documentable extreme extenuating circumstances (e.g., you must attend court, you are in the hospital) you must take the make-up exam on the exam make-up day during final exam week.

You are responsible for all reading assignments, even if the material was not covered in class.
Any reading material may be on the exams.

Quizzes: There will be 9 reading quizzes throughout the semester. Reading quizzes will be completed on WebCampus prior to the class period listed on the syllabus. The quiz will be open for 24 hours and will close 30 minutes prior to class. For example, if the next class is on Tuesday at 2:30pm, the quiz will be open from Monday at 2pm – Tuesday at 2pm. The reading quiz will cover basic content from the chapter. These quizzes are meant to aid you in reading and gaining a basic understanding of the material before going over the material in class. You will have 8 minutes to answer 10 questions for each reading quiz. This is more than enough time if you have read the material. After 8 minutes, the quiz on WebCampus will close and can no longer be accessed.

Case Study : There will be one large group assignment in this class that will allow you to use the assessment knowledge gained from class lectures and apply it to an individual subject of your choosing. The case study assignment will include both a written part, as well as an oral presentation at the end of the semester. Further instructions on the case study assignment will be provided in class.

Course Policies

Attendance: In accordance with the Attendance Policies published within the *UNLV General Catalog*, students are expected to attend all classes and assigned experiences in order to receive a passing grade in this course. No allowed number of absences is automatically granted to a student. As we will discuss during the first class meeting, missing class will negatively affect your grade.

Your alertness is also required for class. If you feel you need to sleep, you will be politely asked to leave; any resulting embarrassment remains the onus of the student.

Lecture notes: My lecture notes are not available for student use. All of the course material can be found in the course manual. Occasionally I will post supplementary class notes to WebCampus. **These notes are not going to be a perfect reproduction of every PowerPoint slide I use in lectures.** I frequently revise class materials and may purposefully add new material during lecture that is NOT in the note packet to “reward” those students who regularly attend class. **Do not assume that memorizing these materials will be adequate preparation for exams.**

Late Work: There will be **NO** make-up work **or** extra credit assignments. There will be no exceptions. Professionals work their entire life with deadlines, so starting good habits now will aid development.

Technology: To avoid classroom disruptions, do not use laptop computers, cell phones, tablets, etc for any non-class related purpose in the classroom. See student conduct section below. Without exceptions, any student using an electronic device for a different purpose during class will be asked to leave the class and will not get credit for class work on that day. All devices should be silenced during class.

Recordings: Audio recordings of lectures and laboratories are permitted with prior permission; visual recordings are not permitted. Audio recordings are for personal use only and should not be posted and/or distributed electronically. Direct feeds to the internet, Skype, Snapchat, Periscope, Facebook or any other electronic or computer-assisted means of capturing images, course content, and/or audio for delivery to the internet are not allowed. Violations will be met with severe penalty including expulsion from the class.

Diversity: Diversity encompasses many things including age, life experiences, profession, race, religion, sexual orientation, lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

Note: The information presented in this course is considered *best practice* and therefore may conflict with your personal ideology, personal semantics, or exploratory research. While tactful discussion regarding an area of contention is encouraged, aggressive behavior whether verbal or physical towards the instructor or classmates will not be tolerated. An administrative drop of the course will be pursued for any student displaying this type of behavior.

University Policies

Student Conduct: It is expected that all students will adhere to the UNLV Honor Code: (<http://studentconduct.unlv.edu/conduct/pdf/Student-Conduct-Code.pdf>)

Professional Behavior: It is expected that all students will behave in a professional and courteous manner when communicating with their instructor, teaching assistants, and fellow students. Rude behavior will not be tolerated. If you engage in any of these behaviors, and fail to correct the problem, a report will be sent to the UNLV Office of Student Conduct. A student who chooses not to comply is subject to an administrative course drop. Of course, professional participation via questions and comments directed toward the instructor, TA, and/or other students is encouraged.

Academic Misconduct: Academic integrity is a legitimate concern for every member of the campus community who all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

Disability Resource Center: The Americans with Disabilities Act (ADA) is a federal antidiscrimination statute that provides comprehensive civil rights protection for persons with disabilities. One element of this legislation requires that all qualified students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation please contact the Disability Resource Center (<http://studentlife.unlv.edu/disability/>): Student Services Complex A, Room 143; 702-895-0866 during the first two weeks of classes to discuss appropriate arrangements and/or reasonable accommodation.

Incompletes: An incomplete (INC) is granted only under extenuating circumstances. Any problems (e.g., documented illness, death of an immediate family member) that occur during the semester should be reported immediately. The removal/change of an "INC" to a final grade will follow UNLV general catalogue guidelines.

Rebel Mail: Rebel mail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication. All UNLV students receive a Rebel mail account after admission to the university. Non-admitted students should contact the Student Help Desk at (702) 895-0761, in the Student Union Room 231, or by e-mail: studenthelp@unlv.edu. See <http://rebelmail.unlv.edu/> for information.

Tutoring: The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702-895-3177 or visiting the tutoring website: <http://academicsuccess.unlv.edu/tutoring/>.

UNLV Writing Center: One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>.

Emergencies: When a fire alarm sounds, take what you can easily carry (cell phone, backpack, purse, etc) and exit the building. Stay with the instructor who will provide instructions on where to remain standing once outside of the building. To promote classroom safety, please notify the instructor of any suspicious behavior or statements regarding any ASU class or event at any time during the semester. Become familiar with all of the exit routes in the classroom and building and in the event of a classroom emergency, evaluate the situation for your safest and quickest escape from harm's way. Should there be an "active shooter" on campus, students will be instructed to remain in the classroom under lockdown conditions. Once a classroom is under lockdown, the door to the classroom will not be opened under any circumstances.

Religious Holidays Policy: Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, September 4, 2015, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Library Resources: Students may consult with a librarian (www.library.unlv.edu/consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at www.library.unlv.edu/

Important Dates

January 8 – Last day to receive 100% refund

January 19 – First day of class

February 12 – Last day to completely withdraw from classes and receive 50% refund

March 4 – Last day to withdraw from classes without a refund

SEMESTER SCHEDULE

Quizzes will be completed via WebCampus prior to the class period listed

Week	Date	Topic	Book Chapter	Assignments Due
1	1/19	Introduction		
	1/21	Intro to Nutrition Assessment	1	
2	1/26	Standards for Nutrient Intake	2	Reading Quiz 1
	1/28	Standards for Nutrient Intake	2	
3	2/02	Measuring Diet	3	Reading Quiz 2
	2/04	Measuring Diet	3	
4	2/09	Nutritional Monitoring	4-5	
	2/11	Nutritional Monitoring	4-5	
5	2/16	Exam 1		
	2/18	Anthropometry	6	
6	2/23	Anthropometry	6	Reading Quiz 3
	2/25	Anthropometry	6	
7	3/01	Hospitalized Patients	7	Reading Quiz 4
	3/03	Hospitalized Patients	7	
8	3/08	Disease Prevention	8	Reading Quiz 5
	3/10	Disease Prevention	8	
9	3/15	Disease Prevention	8	
	3/17	Exam 2		
10	3/22	Spring Break		
	3/24	Spring Break		
11	3/29	Biochemical Assessment	9	Reading Quiz 6 (317-329)
	3/31	Biochemical Assessment	9	
12	4/05	Biochemical Assessment	9	Reading Quiz 7 (329-346)
	4/07	Biochemical Assessment	9	
13	4/12	Clinical Assessment	10	Reading Quiz 8
	4/14	Clinical Assessment	10	
14	4/19	Nutritional Counseling	13	Reading Quiz 9
	4/21	Nutritional Counseling	13	
15	4/26	Exam 3		
	4/28	Case Study Presentations		
16	5/03	Case Study Presentations		
	5/05	Case Study Presentations		

No Final Exam – No class meeting during Finals week

This syllabus is a contract between the student and the instructor. By enrolling in this course it is assumed and implied that the student understands that they are obliged to follow all of the requirements and rules set forth in this document. I reserve the right to modify this syllabus at any point during the semester.