

NUTRITIONAL ASSESSMENT
NUTRITION 731
SPRING 2006
Monday 1:30 – 4:00 p.m.

Course Description

Students will learn through readings, lectures, and active participation about different methods of assessing nutritional status including anthropometric, biochemical, clinical, dietary, and community approaches.

Required Text Lee R.D. and Nieman D.C., Nutritional Assessment, 3rd edition, McGraw-Hill Inc., 2003.

WHO:

Students/Course Instructor

The group will consist of graduate students most of whom are female junior or senior nutrition majors at the University of Massachusetts (UMass). Several students may come from other departments or local colleges. Some students will be experienced nutritionists, teachers or trainers. This course will be team-taught by faculty, professional staff, and others from the School of Public Health and Health Sciences. Dr. Elena Carbone is the course coordinator.

Instructor Elena Carbone, DrPH, RD, LDN
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(w) 545-1071

Office Hours Call 545-0740 to set up appointments with individual faculty.

WHY:

Situation/Needs

This class is part of a two-year course of study for graduate nutrition majors to learn advanced human nutrition science, community nutrition, and research. This class is a required component of the dietetics training program at UMass. Therefore, it is critical that students gain knowledge and skills that are immediately applicable.

WHEN:

Time/Date

This is a 14-week, semester-long class that will be offered from February 6th to May 15th 2006. Class sessions will take place on Mondays from 1:30 – 4:00 p.m. Whenever possible there will be a 10-minute break approximately halfway through class the session. This will not only break up the time, but will also help facilitate dialogue among and between students.

WHERE:

Site/Space

Class will take place in Chenoweth Room 108. If possible, desks will be set up to facilitate small group work. The room will be equipped with a slide projector and an overhead projector. If reserved ahead of time, an LCD projector and PC computer may be made available.

<p style="text-align: center;">WHAT Content (Skills/Knowledge/Attitudes)</p>	<p style="text-align: center;">WHAT FOR Achievement-Based Objectives <i>By the end of this course, you will have:</i></p>
Anthropometric assessment	<p>Learned basic principles of energy balance and theoretical bases for the measurement of body composition.</p> <p>Compared and contrasted various anthropometric measures to assess body composition and growth.</p> <p>Practiced using at least one anthropometric measure.</p>
Biochemical assessment	<p>Examined the importance of biochemical assessments and the desired characteristics of such tools.</p> <p>Explored the advantages and limitations of representative examples.</p>
Clinical assessment	<p>Identified the basic components of a clinical assessment and practiced administering at least two of these components.</p>
Dietary assessment	<p>Evaluated various methods of collecting and analyzing dietary data.</p> <p>Reviewed, analyzed, and questioned the range and quality of diet and health assessment information available on the Internet.</p> <p>Prepared a one-page summary sheet and shared your findings with the class.</p>
Community assessment	<p>Identified and evaluated quality of sources of data for community assessment.</p> <p>Engaged in a dialogue on uses of these data for community assessment.</p>
Methods of assessing nutritional status	<p>Presented a current issue in nutritional assessment including anthropometric, biochemical, clinical or dietary approaches.</p>

HOW:**Assignments:**

- Website Assignment – Each student will conduct a 24-hour recall and analyze data using two different web-based dietary assessment programs. Students will also complete a personal health assessment using a web-based program.
- Nutrition Presentation – Each student will be responsible for presenting a current issue in nutritional assessment. You may choose your own topic (with approval) or select from a list of ideas (see attached sheet). Feedback will be provided both by the instructor and by class members. A presentation outline, summary sheet, and one test question will also be collected from each student.
- Exams – There will be one mid-term and one final bluebook exam in the course. Exams will focus on the synthesis, integration, and application of information.

Evaluation

Final grades will be based upon:

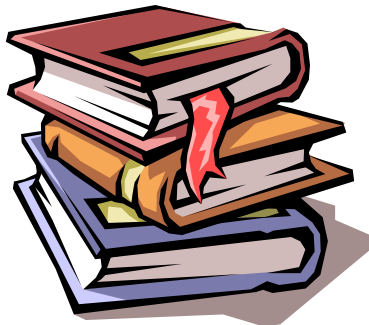
- ▶ 2 Assignments—Totaling 50% of your course grade
 - Website Assignment (25%)
 - Nutrition Presentation, Summary, and Exam Question (25%)
- ▶ 2 Exams—Totaling 40% of your course grade
 - Mid-Term Exam (20%)
 - Final Exam (20%)
- ▶ In addition to assignments and exams, **regular** attendance and **active** participation are expected and will total approximately 10% of your grade.

Letter Grade Conversion

A = 93+	C+= 77-79
A- = 90-92	C = 73-76
B+= 87-89	C- = 70-72
B = 83-86	D = 65-69
B- = 80-82	F = <65

Expectations

- Respect will be shown at all times for fellow students, the instructor, and guest speakers.
- All written assignments must:
 - **Be double-spaced**
 - **Use Arial or Times Roman font**
 - **Use font size no smaller than 12**
 - **Include 1- inch margins**
 - **Cite all sources (print and on-line)**
 - ***Include page numbers!!***
- Students are expected to attend all classes. A class is like a *TEAM (Together, Each Achieves More)* so all members need to be present to have a successful team! If you must miss class for an emergency or illness, please e-mail or call me ahead of time (you can leave a message if I am not in the office). **REMEMBER: Class attendance and participation are a part of your grade!**
- EXCUSED absences do not count as missing class; however, you must have a very good reason why you missed class! Working on a project, studying for an exam or other school work, going to work, or going on vacation are NOT excused absences.
- The textbook will be used for activities, so bring it to class!
- All assignments are expected to be turned in on time. Any late assignments will be penalized for each day they are late.
- With group assignments, the same grade will be given to all individuals in the group. The grade will be calculated using feedback from both the group members themselves and from the instructor.
- If you have a conflict with an exam, notify me at least one week prior to the exam and we can work out another time for you to take the exam.
- I expect all students to abide by the University of Massachusetts rules of academic honesty.



CLASS SCHEDULE. This schedule is subject to change. If we need to spend more time on a topic we will. Remember: *It's the learning that is the key!!*

DATE	TOPIC	INSTUCTOR	READINGS
Feb 6	<ul style="list-style-type: none"> • Introduction • Web search discussion • Study design 	Carbone	Chapter 1 Chapter 5 Pages 74-76,77
Feb 13	<ul style="list-style-type: none"> • Nutrient standards • Diet information collection techniques 	Carbone	Chapter 2 (except pages 27-30) Pages 77-97
Feb 20	Presidents' Day Holiday		
Feb 21 (Monday schedule)	<ul style="list-style-type: none"> • Food composition data • Evaluating dietary data 	Carbone	Pages: 97-101 Other readings
Feb 27	<ul style="list-style-type: none"> • Counseling Website assignment due	Carbone	Chapter 11
Mar 6	<ul style="list-style-type: none"> • Evaluating dietary data • Community assessment 	Cohen	Pages: 27-30, 70 Reserve readings
Mar 13	<ul style="list-style-type: none"> • National surveys 	Laus	Chapter 4
Mar 20	Spring Break		
Mar 27	<ul style="list-style-type: none"> • Anthropometrics 	Krasin	Pages: 182-183 185-194, 228-233
Apr 3	Mid-Term Exam		
Apr 10	<ul style="list-style-type: none"> • Anthropometrics Presentation topics due	Sharoff	Pages: 195-206 Reserve readings
Apr 17	Patriots Day Holiday		
Apr 19 (Monday schedule)	<ul style="list-style-type: none"> • Clinical assessment 	Sabelawski	Reserve readings
Apr 24	<ul style="list-style-type: none"> • Biochemical assessment 	Ronnenberg	Reserve readings
May 1	<ul style="list-style-type: none"> • Biochemical assessment 	Atallah	Reserve readings
May 8	<ul style="list-style-type: none"> • Biochemical assessment 	Atallah	Reserve readings
May 15	<ul style="list-style-type: none"> • Presentations/ Wrap-up 	Students	