



UNIVERSITY OF GUELPH
Department of Family Relations and Applied Nutrition

NUTR*4010 Nutritional Assessment
Course Outline – Fall 2014

Instructors	Contact Info	Getting Help
Laura Forbes, PhD, RD	MACS 326 Ext. 52544 forbesl@uoguelph.ca	Make an appointment to get help with lecture materials, notes, labs, chat about research, dietetics, or life.
Teaching Assistants Angela Pavarin- De Luca	pavarina@uoguelph.ca	Make an appointment to get help with assignments, to see your marked assignment or to ask assignment related questions

CLASS TIME: Tuesdays and Thursdays, 10:00 – 11:20 AM, in MCNK 029

COURSE DESCRIPTION:

This course examines the principles and methods used in nutritional assessment in clinical, public health and research settings. Dietary, anthropometric clinical and biochemical techniques will be primary components. We will cover everything from brief nutritional screening techniques to rigorous, advanced techniques for collecting the best quality data. This course will give students the tools they need to plan clinical or research nutrition assessments and to interpret the scientific literature for incorporation into an evidence-based dietetic practice.

PREREQUISITES: NUTR*2050, NUTR*3210

COURSE OBJECTIVES:

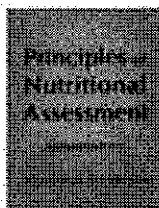
By the end of this course, students will be able to:

1. Design comprehensive nutrition assessments plans (including dietary intake, anthropometrics, biochemical and medical tests, physical findings and client personal and medical history) for different clinical and research situations by completing an assessment plan for a case study or example research project.
2. Analyze and interpret nutrition assessment data of individuals and groups by manipulating class-generated data.
3. Describe how different methods of nutritional assessment work by describing how methods are affected by human biology, biochemistry, assessment technology, bias and measurement error.
4. Describe how and why different methods of nutritional assessment are used in clinical and research situations by describing their strengths and weaknesses.

METHOD OF EVALUATION:

Component	Due Date	% of Final Grade
Assignment 1 - Dietary Assessment Assessment of individual and group data using the Dietary Reference Intakes	Tues., Oct. 1	15%
Midterm Exam – multiple choice and short answer Covers dietary and some anthropometric assessment (content from Sept. 4 – Oct. 16 inclusive)	Thurs., Oct. 17	30%
Assignment 2 - Nutrition Assessment Plan Plan a nutrition assessment for a clinical or research scenario		
Outline and Key Abstracts	Thurs., Oct. 31	5%
Final Nutrition Assessment Plan	Thurs., Nov. 21	20%
Final Exam – multiple choice and short answer Covers clinical and biochemical assessment (content from Oct. 23 – Nov. 27 inclusive)	Mon. Dec. 8 8:30-10:30am	30%

RECOMMENDED TEXT:



Gibson, R.S. (2005). Principles of nutritional assessment, 2nd Ed. New York: Oxford University Press.
Available on reserve in McLaughlin library.

This text is meant to be used as a background resource. We will be drawing upon additional resources for more current Canadian content. Please see the reading list posted on CourseLink for additional recommended readings. Links to all recommended journal articles and websites will be posted on CourseLink.

POLICIES:

Communication Etiquette

As per university regulations, all students are required to check their <uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students. All email directed to the professor or TAs must come from an official University of Guelph email address. Emails will be answered between Monday and Friday only, and you will receive a response within 48 hours if your email is sent from a uoguelph.ca address. You will not receive a response if your email is sent from a hotmail or similar web-based account. **Please do not email with questions regarding course content, those must be posted in the Course Questions Discussion Forum on Courselink so all students can benefit from the discussion.**

Late Assignments

All assignments are due at 5pm on due date (either submitted on courselink or directly to Dr. F). Written assignments will be accepted up to **one week** past the due date, but will incur a penalty (5% per day).

When You Cannot Meet a Course Requirement

When you find yourself unable to meet an in-course requirement due to illness or compassionate reasons, please advise the course instructor(s) and your team in writing, with name, address and e-mail contact, as soon as possible. Where possible, this should be done in advance of the missed work or event. In the event that a student is not able to write the midterm examination (ex. for an illness or because of a restaurant lab), the weight of the midterm will be moved to the final exam. See the undergraduate calendar for information on regulations and procedures for Academic Consideration: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

Accessibility

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Centre for Students with Disabilities as soon as possible. For more information, contact CSD at 519-824-4120 ext. 56208 or email csd@uoguelph.ca or see the website: <http://www.csd.uoguelph.ca/csd/>

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Undergraduate Calendar: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

Drop and add procedure: Please refer to the 2013-2014 Undergraduate Calendar, section VIII

COURSE SCHEDULE:

Week	Date	Lecture Topic		
1	Sept. 4	Course overview and introduction to nutritional assessment		
2	Sept. 9	Dietary	Methods of measuring intake	
	Sept. 11	Assessment	Using food and nutrient databases	
3	Sept. 16		Dietary assessment: accuracy, precision and validity	
	Sept. 18		Introduction to the Dietary Reference Intakes (DRI's)	
4	Sept. 23		Assessing the intakes of individuals using the DRI's	
	Sept. 25		Assessing the intakes of groups using the DRI's	
5	Sept. 30		The DRIs and Eating Well With Canada's Food Guide Dietary Assignment Due (15%)	
	Oct. 2		Anthropometric	Pediatric anthropometric assessment
6	Oct. 7		Assessment	Adult anthropometric assessment
	Oct. 9			Measuring body composition day 2 (1/2 the class doing lab tour, half in class)
7	Oct. 16	Anthropometric Assessment con'd	Measuring body composition day 1 (1/2 the class doing lab tour, half in class)	
8	Oct. 21	Midterm Exam (30%)	Covers material from Sept.4 – Oct. 16th	
	Oct. 23	Skill building	Conducting literature searches to examine assessment methods	
9	Oct. 28	Clinical Assessment	Screening in clinical assessment	
	Oct. 30		Medical history and physical exams in clinical assessment Outline and Key Abstracts Due (5%)	
10	Nov. 4		Measuring energy expenditure and estimating energy requirements in clinical practice and research	
	Nov. 6		Assessment of protein-energy malnutrition	
11	Nov. 11	Skill building	Reading and evaluating methods papers	
	Nov. 13	Biochemical	Intro to biochemical assessment – practical considerations	
12	Nov. 18	Assessment	Protein status	
	Nov. 20		Biochemical assessment for anemia (Iron and other nutrients)	
13	Nov. 25		Nutrients of concern in the developing world Final Nutrition Assessment Plan due (20%)	
	Nov. 27	Wrap up and review class		
	EXAM Mon Dec. 8	Final Exam (30%, covers Clinical and Biochemical Assessment) 08:30AM - 10:30AM Room (TBA)		