The Hashemite University

الجامعـــــة الهاشميـــــة

Deanship of Academic Development and International Outreach

عمادة التطوير الأكاديمي والتواصل الدولي

Syllabus*: Assessment of Nutritional Status/ Practical

Second Semester 2022 /2023

COURSE INFORMATION	
Course Name: Assessment of Nutritional Status/ Practical **Semester:** 2nd semester **Department:** Department of Clinical Nutrition and Dietetics **Faculty: Applied Medical Sciences**	**Course Code: 140502359** **Section:** **Core Curriculum**:
Day(s) and Time(s): Monday : 11:00-2:00 **Classroom:**	**Credit Hours:** 1 **Prerequisites**: Sync 140502358 or 1905021358

COURSE DESCRIPTION

The course will introduce the student to the methods applied in nutritional status assessment like body measurements and laboratory and clinical tests, and the use of results in the nutritional assessment of individuals and communities

DELIVERY METHODS

The course will be delivered through a combination of active learning strategies. These will include:

- Practical lab sessions using white board

FACULTY INFORMATION

Name	**Nada Abdallah Saleh**
Academic Title:	**Lecturer**
Office Location:	**Applied Medical Sciences- 1st floor- office no. 2161**

Telephone Number:	
Email Address:	
Office Hours:	Sunday 10:00-11:00 12:00-1:00 Tuesday 10:00-11:00 12:00-1:00 *Please send an e-mail (---- @hu.edu.jo) to meet at any other time.*

REFERENCES AND LEARNING RESOURCES

Required Textbook:

- Lee, RD and Nieman, DC. 2018. **Nutritional Assessment.** 9th ed. Boston: McGraw Hill.
- Handouts distributed in the class.

Suggested Additional Resources:

- Gibson, S. 2005. **Principles of Nutritional Assessment.** 2nd ed. Oxford University Press, New York, New York.
- P. Charney, and A. Malone. 2004. **ADA Pocket Guide to Nutrition Assessment.** American Dietetic Association, Chicago, Illinois
- Gibson., R. 1993. **Nutritional Assessment: A laboratory Manual**. Oxford University Press, New York, New York.

ACADEMIC SUPPORT

It is The Hashemite University policy to provide educational opportunities that ensure fair, appropriate and reasonable accommodation to students who have disabilities that may affect their ability to participate in course activities or meet course requirements. Students with disabilities are encouraged to contact their Instructor to ensure that their individual needs are met. The University through its Special Need section will exert all efforts to accommodate for individual's needs.

Special Needs Section:
Tel:
Location:
Email:

STUDENT LEARNING OUTCOMES MATRIX*				
Core Curriculum Learning Outcomes	**Program Learning Outcomes**	**Course Objectives**	**Course Student Learning Outcomes**	**Assessment Method**
To provide students with the optimum educational standard in the field of clinical nutrition and general knowledge in food technology	**KP1:** Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of food and discover the links between diet and disease and health	**NA**		
To provide optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	**KP2:** demonstrate an understanding of food chemistry, technology, preparation, safety and correlates nutrition with food technology and future challenges**.**	**NA**		
To participate in community services for health promotion and disease prevention programs	**KP3:** Explain the principles of cellular metabolic processes, the structure and function of the various physiological systems, and the principles of biochemistry	Describe several methods for assessing an individual's nutrient intake, including dietary intake, clinical assessment/physical signs, and case history	To be able to describe several methods for assessing an individual's nutrient intake, including dietary intake, clinical assessment/physical signs, and case history	• Exams • Assignments • Quizzes
To encourage creativity and innovation in solving problems of emerging cases in the field of clinical nutrition	**KP4:** Providing students with high levels of educational quality based on training on specific pathological conditions in therapeutic nutrition.	Know how to use the Exchange List for Diabetes	To know how to use the Exchange List for Diabetes	• Exams • Assignments • Quizzes
	SP1: Evaluate critically scientific research from a variety of sources in relation to nutrition and health through working with others, communication, self-management, and problem-solving and reflect on the various components	Choose appropriate assessment tools to evaluate an individual's risk for common nutrient-related diseases	To be able to choose appropriate assessment tools to evaluate an individual's risk for common nutrient-related diseases	• Exams • Assignments • Quizzes
To sustain the concept of collaboration to promote an appropriate diet solution in cases of health and disease	**SP2:** Communicate effectively with groups and individuals to promote the benefits of a balanced diet throughout the lifespan and demonstrate the ability to use scientific laboratory skills.	Show active participation, teamwork and contributions in group settings	To actively participate, teamwork and contributions in group settings Demonstrate professional writing skills in preparing professional communications.	• Exams • Assignments • Quizzes

	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups	Analysis of food intake of individuals and groups		• Exams • Assignments • Quizzes
	CP1: Demonstrate consistent professional behavior in accordance with the legal and ethical boundaries of the dietetic profession	Use current informatics technology to develop, store, retrieve and disseminate information and data	Use current informatics technology to develop, store, retrieve and disseminate information and data	• Exams • Assignments • Quizzes
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.	Use current informatics technology to develop, store, retrieve and disseminate information and data	Use current informatics technology to develop, store, retrieve and disseminate information and data	• Exams • Assignments • Quizzes
	CP3: Utilize the methods of data analysis using computer software and apply these methods to analyze data obtained from a wide variety of sources and situations, and apply critical thinking, testing hypotheses, formulating suggestions in diet and health	Manage to organize and identify good sources of information from internet	Manage to organize and identify good sources of information from internet	• Exams • Assignments • Quizzes

COURSE REGULATIONS

Participation

Class participation and attendance are important elements of every student's learning experience at The Hashemite University, and the student is expected to attend all classes. A student should not miss more than 15% of the classes during a semester. *Those exceeding this limit of 15% will receive a failing grade regardless of their performance*. It is a student's responsibility to monitor the frequency of their own absences. **Attendance record begins on the first day of class irrespective of the period allotted to drop/add and late registration. It is a student's responsibility to sign-in; failure to do so will result in a non-attendance being recorded.**

In exceptional cases, the student, with the instructor's prior permission, could be exempted from attending a class provided that the number of such occasions does not exceed the limit allowed by the University. The instructor will determine the acceptability of an absence for being absent. A student who misses more than 25% of classes and has a valid excuse for being absent will be allowed to withdraw from the course.

Plagiarism

Plagiarism is considered a serious academic offence and can result in your work losing marks or being failed. HU expects its students to adopt and abide by the highest standards of conduct in their interaction with their professors, peers, and the wider University community. As such, a student is expected not to engage in behaviours that compromise his/her own integrity as well as that of the Hashemite University.

Plagiarism includes the following examples and it applies to all student assignments or submitted work:

- **Use of the work, ideas, images or words of someone else without his/her permission or reference to them.**
- **Use of someone else's wording, name, phrase, sentence, paragraph or essay without using quotation marks.**
- **Misrepresentation of the sources that were used.**

The instructor has the right to fail the coursework or deduct marks where plagiarism is detected

Late or Missed Assignments

In all cases of assessment, students who fails to attend an exam, class project or deliver a presentation on the scheduled date without prior permission, and/or are unable to provide a medical note, will automatically receive a fail grade for this part of the assessment.

- Submitting a term paper on time is a key part of the assessment process. Students who fail to submit their work by the deadline specified will automatically receive a 10% penalty.

Assignments handed in more than 24 hours late will receive a further 10% penalty. Each subsequent 24 hours will result in a further 10% penalty.

- In cases where a student misses an assessment on account of a medical reason or with prior permission; in line with University regulations an incomplete grade for the specific assessment will be awarded and an alternative assessment or extension can be arranged.

Student Complaints Policy

Students at The Hashemite University have the right to pursue complaints related to faculty, staff, and other students. The nature of the complaints may be either academic or non-academic. For more information about the policy and processes related to this policy, you may refer to the students' handbook.

COURSE ASSESSMENT

Course Calendar and Assessment

Students will be graded through the following means of assessment and their final grade will be calculated from the forms of assessment as listed below with their grade weighting taken into account. The criteria for grading are listed at the end of the syllabus

Assessment	Grade Weighting	Deadline Assessment
Midterm	40%	5/12/2022
Quizzes	10%	TBA
Assignments	10%	TBA
Final Exam	40%	TBA

Description of Exams

Test questions will predominately come from material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. Exam will consist of a combination of multiple choice, short answer, match, true and false and/or descriptive questions.
Homework: Will be given for each chapter, while the chapter in progress you are supposed to work on them continuously and submit in next lecture when I finish the chapter.
You are also expected to work on in-chapter examples, self-tests and representative number of end of chapter problems. The answers of self-tests and end of chapter exercises are given at the end of the book.

Quizzes: Unannounced quizzes will be given during or/and at the end of each chapter based upon the previous lectures. It will enforce that you come prepared to the class.

No make-up exams, homework or quizzes will be given. Only documented absences will be considered as per HU guidelines.

Grades are not negotiable and are awarded according to the following criteria*:

Letter Grade	Description	Grade Points
A+	Excellent	4.00
A		3.75
A-		3.50
B+	Very Good	3.25
B		3.00
B-		2.75
C+	Good	2.50
C		2.25
C-		2.00
D+	Pass	1.75
D	Pass	1.50
F	Fail	0.00
I	Incomplete	-

WEEKLY LECTURE SCHEDULE AND CONTENT DISTRIBUTION

"Lecture hours and weeks are approximate and may change as needed"

Topic	Week
Orientation & introduction	Week 1
Using DRIs to evaluate nutrient intakes of individuals and groups	Week 2
Collecting a 24-hour recall & Using Exchange List to evaluate nutrient intakes of individuals	Week 3
Completing a 3-days food record & measuring different foods and conversions	Week 4
Developing a food frequency questionnaire (FFQ) & filling an example of FFQ (DHQ website)	Week 5
Anthropometric assessment: Stature, weight and frame size	Week 7
Midterm Exam	Week 8
Anthropometric assessment: Circumferences	Week 9

Anthropometric assessment: Skinfold thicknesses	Week 10
Laboratory assessment of body composition	Week 11
Assessment of growth	Week 12
Using of growth charts	Week 13
Review	Week 14
Final Exam	Week 15