

The Hashemite University
 Faculty of Applied Health Sciences
 Department of Clinical Nutrition and Dietetics
 Course Syllabus
 Nutritional Status Assessment / Practical part

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.

Required readings:

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

Additional readings:

- 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.

Teaching tools:

Lecture presentations, Groups discussion, Classroom and online activities, Handouts, and Worksheets.

Laboratory assessment:

The lab will account for 100%, and your grades will be based on your lab exams, reports, quizzes, attendance and activity. The quizzes will be **UN announced** to ensure that the students in this class read the laboratory procedure prior to coming to lab. There will be a **10% penalty** for each day the lab report is turned in late.

Grads will be based on the following percentages:

Assignments	10%
Quizzes	10%
Mid-Term Exam	30%
Final Exam	50%

Tentative schedule of laboratory activities:

Week	Activity
1	Orientation & introduction
2	Using DRIs to evaluate nutrient intakes of individuals and groups
3	Collecting a 24-hour recall & Using Exchange List to evaluate nutrient intakes of individuals
4	Completing a 3-days food record & measuring different foods and conversions
5	Developing a food frequency questionnaire (FFQ) & filling an example of FFQ (DHQ website)
6	Anthropometric assessment: Stature, weight and frame size
7	Anthropometric assessment: Circumferences
8	Anthropometric assessment: Skinfold thicknesses
9	Laboratory assessment of body composition
10	Assessment of growth
11	Using of growth charts

Policy:

- Students are encouraged to prepare for class, using the scheduled outline: your understanding in class will be greatly enhanced if you are familiar with the information ahead of time.
- Students missing any class time are responsible for obtaining all information, including assignments and schedule changes.
- Students misses more than **15%** of total lectures will be deprived from the final exam.
- There will be **NO** make-up exams except in cases of emergency.
- Assignments and reports will **NOT** be accepted after they are due.
- Several of the Lab. Sessions will require students to **WORK IN GROUP** or pairs. This does not mean one student doing one part and another student doing a completely independent part. Each student should help his/her partner on one particular aspect, so as to be familiar with all aspects of the experiment.
- All students should have the same opportunity to learn. There will be times throughout this course you will be encouraged to share personal experiences and opinions and likewise to listen to other students' comments. Friendly, courteous, respectful behavior and positive attitude will be expected from all students each day. There will be **NO** tolerance for any disrespect towards other students, the subject, or the instructor, otherwise, the misbehaved student will be asked to leave the classroom.
- All cellphones are to be set to an inaudible tone for the duration of the class.

Good Luck