COURSE OVERVIEW

*Nutritional Assessment* (Nutrition 476) is a 4-credit course designed for the student who plans to enter the nutrition profession. The goal of the course is to introduce the concepts of nutritional assessment and the practical application of these concepts in the nutritional care of clients in clinical, community, and research settings.

COURSE OBJECTIVES

After taking this course, you will have the knowledge and skills to:

- Accurately and effectively utilize medical terminology.
- Complete a comprehensive nutrition assessment, including anthropometric measurements, body composition measurements, and biochemical and dietary analyses.
- Calculate energy requirements and energy expenditure for adult and pediatric populations.
- Successfully identify and document malnutrition based on the Subjective Global Assessment tool.
- Assess the nutritional status of children by correctly documenting height and weight data on growth charts.
- Identify relevant drug and nutrient interactions.
- Apply the Nutrition Care Process for nutrition assessment, diagnosis, and treatment plans.

COURSE LOGISTICS

**LECTURE:** Mondays and Wednesdays 1:10 – 2:00 p.m.
Murkland 115

**LABS:**
- Mondays 3:10 – 4:30 p.m. (Sec. 1 & 4)
  Kendall 202 for Sec 1  SLS 230 for Sec 4
- Mondays 4:40– 6:00 p.m. (Sec. 2 & 5)
  Kendall 202 for Sec 2 and SLS 230 for Sec 5
- Wednesdays 3:10 – 4:30 p.m. (Sec. 3 and 6)
  Kendall 202 for Sec 3 and SLS 230 for Sec 6

**INSTRUCTOR:** Maggie Dylewski, PhD, R.D.
216 Kendall Hall
(603) 862-4524
maggie.dylewski@unh.edu

**TEACHING ASSISTANTS:**
- Kristin Davis, RD, OT/L
  kes49@wildcats.unh.edu
  222 Kendall Hall
- Rebecca Pettrey, BS
  rla34@wildcats.unh.edu
  211 Kendall Hall

**OFFICE HOURS:** Mon/Wed: 10:00 – 11:00 a.m.
or by appointment via Timecat (unh.edu/timecat/colsa/nutrition)

**Teaching Assistant Office Hours:** Monday: 11am – 12:00pm or by appointment (211 Kendall Hall)

**COMMUNICATION WITH INSTRUCTORS:** We are available during office hours, by appointment, or through email. Please note that we will respond to all student emails within 24 hours of receipt during the week. If you email us on a weekend, we will reply on Monday.
REQUIRED MATERIALS

TEXTBOOKS:
3. *Food Lover’s Companion 5th edition* (Barron Books)

All textbooks are required for success in this course. You will need to bring these texts and a calculator to lab when requested.

SUPPLIES: Calculator. (no cell-phone/computer/ipad, etc may be used during lectures or labs)

ONLINE COURSE MANAGEMENT: NUTR 476 utilizes the university-sponsored internet site Blackboard found at http://blackboard.unh.edu. The website will be used as a means to facilitate communication (announcements and email), access to course documents, lecture notes, and grades.

ATTENDANCE POLICIES

- To be successful in this course, it is highly recommended that you attend all lectures.
- You are responsible for all announcements and material presented in class. If you miss a class, do not contact the instructors and inquire about information that you missed.
- Special circumstances resulting in extended absences are coordinated through the Dean’s office your academic college. You are responsible for contacting the administration promptly if such a situation arises.
- Laboratory attendance is mandatory and will be documented weekly.
- You must attend your own lab session. If you need to attend a different lab section due to an emergency or an athletic commitment, you must receive prior approval from your instructor, Dr. Maggie Dylewski.
- There will be no make-up labs. However, you are permitted to drop 1 laboratory assignment. This will allow for 1 absence due to any unplanned circumstances, including (but not limited to) illness, transportation issues, and family emergencies.

CLASSROOM ETIQUETTE/RULES

- All students must sign the Nutr 476 academic contract within the first 2 weeks of the semester. All assignments and/or exams will receive a score of zero until the contract is signed and turned into the instructors.
- This course will enforce the UNH policy on integrity, as described in the UNH student handbook. http://www.unh.edu/vpsas/handbook/academic-honesty.
- Course failure is the consequence for academic dishonesty in Nutr 476.....zero tolerance!
- Per University guidelines (http://www.unh.edu/vpsas/handbook/attendance-and-class-requirements) use of electronic devices (besides an approved calculator), including computers, ipads, Notebooks, cellular phones, ipods, etc are not permitted in lecture or lab. The penalty for utilizing any unapproved electronic devices during lecture or lab will be a 10-point deduction from your final grade for every violation.
- Distractions, including whispering, and arriving or leaving class early, are not permitted. In the rare case that you may need to arrive late or leave early, arrangements must be made with the instructor prior to class. If you are disrupting the instructor or your classmates you will be asked to leave the classroom. Excessive distractions may also result in a 10-point deduction from your final grade for every violation.

STUDENT RESPONSIBILITIES

- Attend all weekly lectures and assigned labs
- *Read* and be responsible for information presented in the syllabus and assignments.
To be successful in this course, I highly recommend that you devote at least 3-4 hours per credit each week outside of lecture (total = 12-16 hours/week). This time should be spent reviewing lecture notes, completing readings, and working on assignments.

- Arrive on time for class; leave when dismissed unless prearranged with instructor.
- Turn in assignments on the day they are due.
- For some laboratory assignments, students may be permitted to work with others, but all work must be your own.
- Inform instructor of problems or concerns if they develop
- Utilize the TAs in lab work to assure that material is understood
- Be respectful of instructor, teaching assistants, and fellow students

**INSTRUCTOR RESPONSIBILITIES**

- Present materials in an organized and effective manner
- Hold regular office hours
- Start and end each class on schedule
- Give appropriate feedback to students during the semester
- Grade and return assignments in a timely fashion
- Be aware of students’ needs

**STUDENT ACCOMMODATIONS**

- The University is committed to providing students with documented disabilities equal access to all University programs and facilities. If you think you have a disability requiring accommodations, you must register with Disability Services for Students (DSS). Contact DSS at 603-862-2607 or disability.office@unh.edu. If you have received Accommodation Letters for this course from DSS, please provide me with that information privately in my office so that we can review those accommodations.
- Student-athletes in need of accommodations related to scheduled competitions or travel need to provide the instructor with written notification from UNH Athletics by the end of the Add/Drop period.

**EVALUATION CRITERIA**

<table>
<thead>
<tr>
<th>Assessment Tool</th>
<th>Quantity</th>
<th>Points each</th>
<th>Total Points</th>
<th>% of grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-Class Exams</td>
<td>2</td>
<td>100</td>
<td>200</td>
<td>21%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>1</td>
<td>200</td>
<td>200</td>
<td>21%</td>
</tr>
<tr>
<td>Laboratory Assignments*</td>
<td>12</td>
<td>50</td>
<td>550</td>
<td>58%</td>
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</table>

*The laboratory with the lowest score will be dropped.

**Practical Exams**

Exams will be closed book and may include multiple choice, matching, and short answer questions. Content of exams may include information from lectures (slides and verbal presentations), readings, and laboratory assignments. Make-up exams are generally not permitted. Exceptions, although uncommon, will be made at the discretion of the instructor. All make-up exams will be given in essay format and must be completed within 7 calendar days of the scheduled exam or a zero for the exam will be assigned. To request a make-up exam, students must notify the instructor in person or via phone 24 hours prior to the scheduled exam date/time. *Email notification is not acceptable.*

The final exam will be offered during final exam week and will include a cumulative portion (approximately 65% new material, 35% cumulative material).

A calculator will be provided to you at all exams. Personal calculators will not be permitted during exams.
Laboratory Assignments
All lab activities should be submitted in a legible format and on time (see syllabus for lab due dates). Most lab assignments are due at the end of the laboratory class. No extra time will be permitted. If a laboratory assignment is due on a future date and is handed in late, 10 points will be deducted for each calendar day past the due date. No electronic submissions will be accepted.

A pre-lab assignment will be provided most weeks (refer to syllabus for specifics). This assignment will prepare you for the upcoming laboratory assignment. It will be available on Blackboard the week prior to the corresponding lab (to be posted by Friday at noon). Although this assignment will not be collected, I highly recommend that you complete it prior to attending lab, as it will help you succeed with the in-class laboratory assignment.

Extra Credit
No individual extra credit will be awarded. Extra credit opportunities may (or may not) be provided in lecture throughout the semester. If this rare opportunity is given, it will only be available to those students who are present in lecture on that specific day. Students who miss lecture for any reason (legitimate or not) will not be allowed to “make-up” the extra credit opportunity.

Grading Categories:
Final course letter grades will be assigned according to the following percentages:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tr>
<td>A</td>
<td>94 – 100</td>
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<tr>
<td>A-</td>
<td>90 – 93</td>
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<tr>
<td>B+</td>
<td>87 – 89</td>
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<tr>
<td>B</td>
<td>84 – 86</td>
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<tr>
<td>B-</td>
<td>80 – 83</td>
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<tr>
<td>C+</td>
<td>77 – 79</td>
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<tr>
<td>C</td>
<td>74 – 76</td>
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<tr>
<td>C-</td>
<td>70 – 73</td>
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<tr>
<td>D+</td>
<td>67 – 69</td>
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<tr>
<td>D</td>
<td>64 – 66</td>
</tr>
<tr>
<td>D-</td>
<td>60 – 63</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
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Schedule:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Lecture Topic</th>
<th>Assigned Textbook Reading*</th>
<th>Lab Activity</th>
<th>Lab Assignment Due Date</th>
<th>Bring to Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/22</td>
<td>Introduction to Course</td>
<td></td>
<td>NO LAB</td>
<td></td>
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<tr>
<td>Week of 1/27</td>
<td>Medical Record/Medical Terminology/Basic Skills</td>
<td></td>
<td>Lab 1: Medical Terminology Lab</td>
<td>In Lab</td>
<td>Notes, Calculator,</td>
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<td></td>
<td>Week of 2/3: Anthropometrics &amp; Assessing Body Composition</td>
<td>Chapter 6</td>
<td>Lab 2: Anthropometrics</td>
<td>In Lab</td>
<td>Notes, Calculator Lee and Neiman</td>
</tr>
<tr>
<td>Week of 2/17</td>
<td>Exam 1 (M) Biochemical Assessment of Nutritional Status (W)</td>
<td>Chapter 9</td>
<td>NO LAB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week of 2/24</td>
<td>Biochemical Assessment of Nutritional Status</td>
<td>Chapter 9</td>
<td><strong>Lab 4</strong> Interpreting Lab Data</td>
<td>In Lab</td>
<td>Notes, Calculator Pronsky</td>
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<tr>
<td>Week of 3/3</td>
<td>Clinical Assessment / Malnutrition</td>
<td>Chapter 10</td>
<td><strong>Lab 5</strong> Clinical Assessment of the Patient</td>
<td>In Lab</td>
<td>Notes, Lee and Neiman, Calculator</td>
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<td>Week of 3/10</td>
<td>Spring Break! – Have fun!</td>
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<td>Week of 3/17</td>
<td>Drug-Nutrient Interactions</td>
<td></td>
<td><strong>Lab 6</strong> Drug-Nutrient Interactions</td>
<td>In Lab</td>
<td>Notes, Pronsky</td>
</tr>
<tr>
<td>Week of 3/24</td>
<td>Cultural Competence (M) <strong>Exam 2 (W)</strong></td>
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<td><strong>Lab 7</strong> Food Analysis</td>
<td>In lecture 3/31</td>
<td>Notes, Food Lovers Companion</td>
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<tr>
<td>Week of 3/31</td>
<td>Dietary Assessment</td>
<td>Chapter 2-3, 5</td>
<td><strong>Lab 8</strong> Diet Analysis Project</td>
<td>Part 1: In Lab Part 2: In lecture 4/7</td>
<td>Notes, Calculator</td>
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<td>Week of 4/7</td>
<td>Dietary Assessment</td>
<td>Chapter 2-3, 5</td>
<td><strong>Lab 9</strong> Dietary Assessment</td>
<td>In Lab</td>
<td>Notes, Calculator</td>
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<tr>
<td>Week of 4/14</td>
<td>Life Cycle Assessment Tools</td>
<td>Appendix K</td>
<td><strong>Lab 10</strong> Lifecycle Lab</td>
<td>In Lab</td>
<td>Notes, Lee and Neiman, Calculator</td>
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<td>Week of 4/21</td>
<td>Assessment of disease prevention</td>
<td>Chapter 8</td>
<td><strong>Lab 11</strong> Disease Prevention Lab</td>
<td>In Lab</td>
<td>Notes, Calculator</td>
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<tr>
<td>Week of 4/28</td>
<td>Nutrition Care Process</td>
<td>Chapter 1 (pg 4-11)</td>
<td><strong>Lab 12</strong> Nutrition Care Documentation</td>
<td>In Lab</td>
<td>Notes</td>
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<tr>
<td>5/5</td>
<td>Review Session</td>
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<td>Wed May 14</td>
<td><strong>Final Exam (1-3pm)</strong></td>
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* The above schedule may be adjusted as needed. Any adjustments will be announced and/or posted on Blackboard.
** Nutritional Assessment 6th Edition (Lee & Nieman)
*Designates that prelab with be available by Friday at noon during the week prior