

Food Science and Human Nutrition (FSHN) 389: Nutritional Assessment

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Instructor (Kumu) and Teaching Assistant (Kōkua):

Kumu (Instructor): Marie Kainoa Fialkowski Revilla, PhD MS RDN LD mariekf@hawaii.edu Office Number: 808 956 8337 Office Hours: By Appointment	Kōkua (Teaching Assistant): Ric Barron Email: rbarron@hawaii.edu Office Hours: By Appointment
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Course Description:

FSHN 389 is a 3 credit upper level writing intensive (WI) FSHN course that focuses on methods of human nutritional assessment, including anthropometric (A), biochemical (B), clinical (C), and dietary (D) approaches (the A,B,C,Ds). Students will learn how to apply nutrition assessment methods across various settings ranging from the individual level (e.g., clinic) to the population level (e.g., community). Students will also develop knowledge and skills in the Nutrition Care Process, which includes nutrition screening, assessment, diagnosis, and preparing and writing nutrition assessments.

Student Learning Objectives:

1. Describe the Nutrition Care Process (NCP) and the role of nutrition assessment in the NCP
2. Identify types of A,B,C, & D assessment methods
3. Identify when to use each type of A,B,C, or D method and the limitations of each A,B,C, or D methods
4. Identify medical terminology and abbreviations
5. Use current information technologies to identify appropriate reference data, evidence based guidelines, & protocols such as the Academy for Nutrition & Dietetics (AND) Evidence Analysis Library (EAL), AND Nutrition Care Manual, Agency for Healthcare Research and Quality (AHRQ), Centers for Disease Control and World Health Organization Growth Charts, to apply to the interpretation of A,B,C, or D data
6. Able to perform mathematical calculations related to nutrition assessment
7. Develop skills for doing A, B, C and D
8. Able to use A (e.g., Epi Info) & D (e.g., Food Processor, Pacific Tracker) computer software
9. Identify differences in A,B,C, or D methods due to physiologic state (e.g., gender & age)
10. Demonstrate effective & professional written communication and documentation
11. Describe the governance of dietetics practice & interdisciplinary relationships using the AND scope of Dietetics Practice Framework, the Standards of Professional Performance & the Code of Ethics with respect to nutrition assessment
12. Identify & describe the roles of others with whom the Registered Dietitian Nutritionist (RDN) collaborates with in nutrition assessment

Dietetics Knowledge Areas Addressed:

Activities in this course are designed to contribute to student achievement of the following outcomes defined by the Commission on Accreditation for Dietetics Education. This course fulfills the core Knowledge Requirements for Dietetics (KRDNs) as listed below:

- KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
- KRDN 1.2 Use current information technologies to locate and apply evidence-based guidelines and protocols.
- KRDN 1.3 Apply critical thinking skills.
- KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.
- KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe inter professional relationships in various practice settings.
- KRDN 2.5 Identify and describe the work of inter professional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

Writing Intensive Designation:

This course also fulfills the University of Hawai'i at Mānoa Writing Intensive Hallmarks:

- W1. The class uses writing to promote the learning of course materials.
- W2. The class provides interaction between the instructor and students while students do assigned writing.
- W3. Written assignments contribute significantly to each student's course grade.
- W4. The class requires students to do a substantial amount of writing—a minimum of 4,000 words, or about 16 pages.
- W5. To allow for meaningful professor-student interaction on each student's writing, the class is restricted to 20 students.

Mode of Instruction:

The mode of instruction in this class is the flipped approach. Prior to each face-to-face session, you will gain exposure to new concepts and material by reviewing slides, watching videos, doing guided readings, and completing the required activities online. During class, you will do active work that calls for analysis and/or application of the concepts and material learned prior to class.

It is very important to recognize that the flipped method of learning is somewhat different from the traditional classroom learning. For example, in this mode of instruction, direct instruction from the professor often takes the form of reviewing slides, and you are expected to learn new material on your own before class (by watching videos, doing guided readings or hands-on activities, etc.). This may be a bit frustrating at first, but if you are patient and take the time to get accustomed to it, you will find the experience rewarding and powerful as it promotes self-regulated learning and fosters intellectual qualities (such as openness, adaptability,

responsibility, and persistence) that are key to your success in today's highly competitive job marketplace.

In this mode of instruction, you are expected to:

- Gain basic fluency with new concepts/topics/materials before class by reviewing lesson slides, watching the lesson videos, completing the readings and other required activities.
- Come to class prepared to work on application/analysis of the basic material. Class time will be devoted to active work, with peers and the kumu on your side to provide assistance. Lectures, if given, will be in limited quantity in class with the exception of guest lectures.
- Generate specific questions to be addressed in class if you are struggling with the pre-class material.

In this mode of instruction, you are NOT expected to:

- “Teach yourself” the entire course. You will be self-teaching with guidance – your kumu is the “guide on the side.”
- Attain complete mastery of a new concept/material before class. Rather, you are expected to gain basic fluency of the pre-class material. If you are struggling with it, develop the habit of generating targeted questions that your peers and kumu can clarify/answer for you during class.

Course Communication:

If you have a question, use email to contact the kumu or kōkua. You can expect an email reply within 24 hours during the school week (M-F). **On weekends and university holidays, in order to maintain work-life balance, the kumu or kōkua will not respond to course inquiries.**

Required Readings and Resources:

- Robert D. Lee and David C. Nieman. *Nutritional Assessment (6th Ed.)*. New York, NY: McGraw-Hill College, 2013. ISBN 9780078021336
 - Also available electronically [here](#)
- Pamela Charney and Ainsley Malone. *Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment, 3rd Ed.* 2015. ISBN 9780880914895
- [Nutrition Care Manual \(NCM\)](#). Available through the University of Hawai'i at Mānoa library (requires UH username and password)
- [Evidence Analysis Library \(EAL\)](#). Available through the University of Hawai'i at Mānoa library (requires UH username and password)
- Dietary Reference Intakes (DRI): The Essential Guide to Nutrient Requirements, 2006. Available as a pdf on Laulima (Resources > Other Readings)

Course Website:

Course content is available on the course GoogleSite:

<https://sites.google.com/a/hawaii.edu/fshn-389-nutrition-assessment/>

Course Supplies:

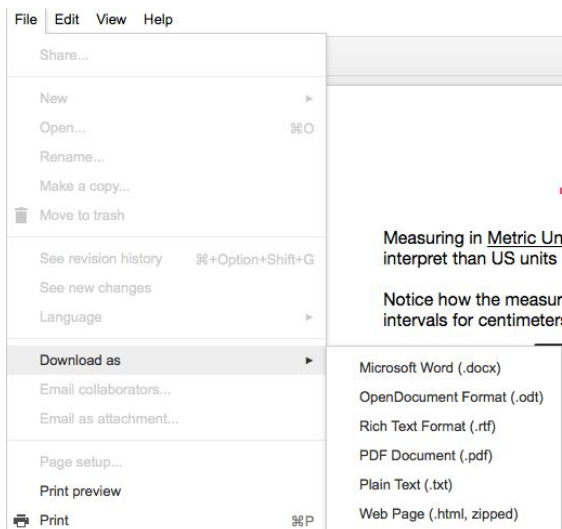
During this course we will be doing a number of A,B,C,D activities that require supplies to be purchased. Therefore, each student is required to **pay \$20** to cover the costs of the supplies by the date indicated in the [course schedule](#).

You are required to bring a calculator to each class.

Technical Requirements:

Students must have a reliable internet connection with updated versions of the Mozilla Firefox web browser and all plug-ins installed. Students must also have the most current version of Adobe Acrobat Reader installed on their computer. Please DO NOT use Adobe Preview for editing pdfs.

Many of the resources in the course are presented using Google Docs. You can download a Google Doc in a number of formats to refer to offline. When viewing a Google Doc online, go to File > Download as then choose your preferred format to save to your own computer. This same principle applies to Google Slides. You must be logged into your **hawaii.edu** account to view course documents.



Downloading a Google Doc

Course Location and Policies:

This course requires access to Lulima each class and will be held in the Agricultural Sciences Computer Lab (AgSci 215). The Door Access Code to the AgSci 215 Computer Lab is **251 0389** (access time: Monday - Friday, 7:30am - 4:30pm). **Do not use the computer to email, text, participate in social media, watch movies, play video games, or “surf the net” during class sessions, class discussions, presentations or activities.** Only use the computer for class related activities.

To limit distractions during the class period, **no Cell Phones are allowed to be visible during class.** All cell phones must remain in bags/pockets throughout the duration of class. All cell phones must also be **turned to silent/vibrate mode or completely turned off.** **Any student seen using a cell phone will be asked to leave class. If there is an emergency please take the call outside of class.** Please keep in mind that this policy is in place to promote an engaged learning environment and contributes to your professional development.

The course syllabus has been carefully planned out and every effort will be made to follow the course syllabus. Due dates must be strictly adhered to. **Late work will not be accepted.** Due dates may possibly be modified under extenuating circumstances and with instructor approval. **If something comes up that prevents you from meeting a deadline please contact kumu immediately (do not wait until the last minute) to see what can be adjusted.** Certain circumstances may require amendments to the preplanned schedule and grading criteria and the instructor reserves the right to make adjustments necessary for the learning of the students. Students will be made aware of changes as soon as they are known via Lulima announcements.

Academic Honesty Policy:

Honesty

Because the university is an academic community with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes, but is not limited to, cheating which includes giving/receiving unauthorized assistance during an examination; obtaining information about an examination before it is given; using inappropriate/unallowed sources of information during an examination; altering answers after an examination has been submitted; and altering the record of any grade. (Refer to the University of Hawai'i at Mānoa Student Conduct Code for further information.)

Plagiarism

Plagiarism includes, but is not limited to, submitting, to satisfy an academic requirement, any document that has been copied in whole or in part from another individual's work without identifying that individual; neglecting to identify as a quotation a documented idea that has not been assimilated into the student's language and style; paraphrasing a passage so closely that the reader is misled as to the source; submitting the same written or oral material in more than one course without obtaining authorization from the instructors involved; and "dry-labbing," which includes obtaining and using experimental data from other students without the express consent of the instructor, utilizing experimental data and laboratory write-ups from other sections of the course or from previous terms, and fabricating data to fit the expected results.

PLAGIARISM WILL NOT BE TOLERATED. ANY PLAGIARIZED WORK WILL RECEIVE A SCORE OF 0 (ZERO). (Refer to the University of Hawai'i at Mānoa Student Conduct Code for further information.)

Special Accommodations:

Classroom accommodations will be provided for class members with documented disabilities or special learning needs. Please contact the instructor for accommodations for the course prior to or within the first week of class. Please contact the KOKUA Program on campus at 956-7511 located in the Student Services center on the ground floor, Room 013, to coordinate reasonable accommodations.

Class Schedule:

Click [here](#) to view the class schedule. The schedule may be subject to change.

Class Grading and Tasks:

A:	B:	C:	D:	F:
90–100%	80–89%	70–79%	69–60%	59–50%

A key component of being able to complete a nutrition assessment is the ability to evaluate, prepare and write the assessment components. Students have the opportunity to develop knowledge and skills in the Nutrition Care Process, which includes nutrition screening, assessment, diagnosis, preparing and writing nutrition assessments, by completing the various class tasks. **All graded activities are due by 11:55 pm on the due dates stated below through Laulima.** A summary of tasks and their contribution to the overall grade is listed below. Any extenuating circumstances will be shared regarding grading.

Tasks	Points (% of grade)	Pages of writing	Date due
Course Waiver Form (must be completed in order to complete Mini-Assignments)	1 (0.25%)	N/A	September 1 (submitted via Laulima Assignments, Tests, & Surveys)
Course Supplies Fee (must be completed in order to complete Mini-Assignments)	1 (0.25%)	N/A	September 4 in class
Blood Borne Pathogen Training (must be completed in order to complete Mini-Assignments)	4 (1%)	N/A	September 1 (submitted via Laulima Assignments, Tests, & Surveys)
Mini-Assignments (5 points each) (Hallmark W1 – W4)	100 (26%)	~5 pages of writing total (will vary by activity)	By 1155 pm on Sundays via Laulima Assignments, Tests, & Surveys
Knowledge Checks (2 points each)	24 (6%)	N/A	Completed by 11:30 am on Wednesdays (via Laulima Assignments, Tests, & Surveys)

Assignment #1 – EAL Part 1 Part 2 (Hallmark W1 – W4)	25 (6%)	3 pages	September 8 September 22 (via Laulima Assignments by 1155 pm)
Assignment #2 – Evidence Analysis Paper - Part 1 Checkpoint 1 - Part 1 Checkpoint 2 - Part 1 Checkpoint 3 - Part 2 Research Summary - Part 3 Peer-to-Peer Review - Part 4 Final Research Summary (Hallmark W1 – W4)	75 (19%)	~13 pages total	September 22 October 6 October 27 November 17 November 24 December 1 (via Laulima Assignments) <i>All at 11:55 pm</i>
Midterm (allowed ONE 8x11.5 page note sheet)	50 (13%)		October 30 in class (via Laulima Assignments, Tests, & Surveys)
Final Project (Hallmark W1 – W4)	100 (26%)	8 pages	December 16 by 11:55 pm
Total	380 (100%)		