

Course Syllabus

1	Course title	Assessment of Nutritional Status/
2	Course number	0603454
3	Credit hours (theory, practical)	(3)
	Contact hours (theory, practical)	(2, 3)
4	Prerequisites/corequisites	603353
5	Program title	Human Nutrition and Dietetics
6	Program code	043
7	Awarding institution	University of Jordan
8	School	Agriculture
9	Department	Nutrition and food technology
10	Level of course	03
11	Year of study and semester (s)	2019/2020
12	Final Qualification	BSc
13	Other department (s) involved in teaching the course	-
14	Language of Instruction	English
15	Date of production/revision	1/12/2019

16. Course Coordinator:

Office numbers, office hours, phone numbers, and email addresses should be listed.

64/1-2 Saturday and Monday/ 22417/ r.tayyem@ju.edu.jo

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

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18. Course Description:

As stated in the approved study plan.

Fundamentals of nutritional status assessment in health and disease using the dietary, nutritional, anthropometrical, clinical, biochemical, health and psychosocial indicators for a suitable nutrition intervention.

19. Course aims and outcomes:

<p>A- Aims:</p> <ol style="list-style-type: none">1. Know the purposes of food and nutrition surveys and its role in nutrition intervention planning.2. Know the principles of assessment of the nutritional status of individuals, household and communities.3. Be able to select and perform the most appropriate methods to be used for assessment of the nutritional status of individuals, households and communities.
<p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to:</p>
<p>A. Knowledge and Understanding: Student is expected to</p> <p>A1- Know means of assessing dietary intake, body composition and growth, and micronutrient status and under what circumstances they would be used.</p> <p>A2- Describe performance characteristics (validity, reliability, dependability, sensitivity and specificity) of nutritional status indicators and measures and how they are assessed.</p> <p>A3- To gain an understanding of the rationales, advantages, and disadvantages of various approaches of nutritional assessment.</p> <p>A4- Identify principles of biochemical assessment focusing on Vitamin A, Vitamin D, Folic acid and vitamin B₁₂, iron, calcium and zinc.</p> <p>A5- Use the nutrition care process (NCP) to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.</p>
<p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- Know the techniques required to plan, conduct, analyze and interpret food and nutrition surveys of individuals, household and communities.</p> <p>B2- Gain an understanding of the appropriate applications of the various methods and the interpretation of results.</p> <p>B3- Identify and compare/contrast methods of assessing body size and composition, dietary intake.</p> <p>B4- Know all the medical terminology that could be used to write the PES statement.</p>
<p>C. Subject- Specific Skills: Students is expected to:</p> <p>C1- Obtain hands-on experience and basic training in common anthropometric methods.</p> <p>C2- Collect, analyze, and interpret nutritional status data and be able to summarize findings in a report.</p> <p>C3- Gain skills on identifying and interpreting clinical signs and symptoms in nutritional assessment of individuals.</p> <p>C4- Perform nutrition assessment practically using NCP by visiting the hospital and assess patients.</p>
<p>D. Transferable Key Skills: Students is expected to</p> <p>D1- Participate in discussions about current controversies in nutritional status assessment.</p> <p>D2- Understand questions that can be addressed in populations using nutritional status indicators</p> <p>D3- Apply the tools of nutritional assessment to clinical cases including it's use in the planning, intervention, and evaluation of patient care.</p>

20. Topic Outline and Schedule:

Topic	Week	Achieved ILOs	Evaluation Methods	Reference
1- Definitions and introduction	1	A1	-	Lecture notes
2. Methods for the assessment of nutritional status of individual a. anthropometric assessment b. Biochemical measurements c. Clinical and Physical signs of malnutrition d. Dietary assessment: i. Methods for assessment of dietary intake of individuals ii. Methods for assessment of dietary intake of the community iii. Evaluation and interpretation of dietary data.	2-8	A3,A4,B1 ,C3, D3	Quizzes and exams	Ref. 1
3. Nutrition Care Process (NCP): a. Nutrition Assessment b. Nutrition Diagnosis c. Nutrition Intervention d. Nutrition Monitoring & Evaluation	9	A4, B4, C4	Practice and exams	Ref. 1
4. Assessment of hospitalized patients a. Assessing of the nutritional status b. Determination of energy and protein requirements.	10	A1, A3, B1, B3	Practice and exams	Ref. 1
5. Physical activity assessment	11	A1	Quiz	Handouts
6. Nutritional assessment systems: Factors affecting the design of nutritional assessment systems: a. Validity, sensitivity, accuracy, etc. b. Goals and objectives of food and nutrition surveys c. iii. Information needed for assessment of nutritional status	12-13	A2	Practice and exams	Handouts.

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:

- 1- Regular class periods will be in a lecture and discussion format. Laboratory sessions for anthropometric and dietary assessment will provide hands-on experience with basic anthropometric measurements and concepts. Students are expected to attend class and labs, complete all assignments, and to participate in

discussions.

- 2- students will collect data throughout the term on their own nutritional status (dietary intake from a 24-h recall and 3-d record; anthropometry and body composition). Based on their analysis of the data, they will come up with reports summarizing your findings.

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Exam	%
Mid-term	30
Practical part	20
Final	50

23. Course Policies:

A- Attendance policies: as indicated by students laws and regulations.

B- Absences from exams and handing in assignments on time: Make-up will be performed after accepting the cause of missing the exam.

C- Health and safety procedures: all taken into consideration

D- Honesty policy regarding cheating, plagiarism, misbehavior: students will be treated as indicated by students laws and regulations.

E- Grading policy: Average grading system will be used.

F- Available university services that support achievement in the course: Few of the required services are available.

24. Required equipment: (Facilities, Tools, Labs, Training....)

Assessment lab and some of its tools are available.

25. References:

Required book (s), assigned reading and audio-visuals:

Main Reference/s:

1. Lee, R. D., and Nieman, D. C. Nutritional Assessment. 6th edition. McGraw-Hill Higher Education, 2013.
2. Gibson, Rosalind S. Nutritional Assessment: A Laboratory Manual. Oxford University Press, 1993.

References:

- ❖ Moore, M.C. Nutritional Assessment and Care. 6th Edition. Mosby, Inc., Elsevier Inc., 2009.
- ❖ Jelliffe, D. B., and Jelliffe, E. F. Patrice. Community Nutritional Assessment: with special Reference

to Less Technically Developed Countries.
New York, N. Y.: Oxford University Press, 1989.

26. Additional information:

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Name of Course Coordinator: -----Signature: ----- Date: -----

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----