



## Course Descriptor AHND370 Assessment of Nutritional Status

<b>ACADEMIC YEAR</b>	2020-21		
<b>Course Code &amp; Title</b>	AHND370 Assessment of Nutritional Status		
<b>Credit hours</b>	3	<b>Level of study</b>	Bachelor
<b>College / Centre</b>	CAHS		
<b>Co-requisites</b>	Nil	<b>Pre-requisites</b>	AHND 262, AHND 362

### 1. COURSE OUTLINE

[Nutritional assessment is an essential component of applied nutritional sciences that comprehensively studies various methods employed in assessing the nutritional status of individuals and populations. These methods include measuring dietary intakes and anthropometry, estimating biochemical markers of nutrient adequacy or deficiency and clinical examination of individuals in order to determine their nutritional health. Nutritional assessment forms the back bone of nutritional planning and care of patients. Nutrition screening of populations is a prerequisite for formulation of food policies by the governments]

### 2. AIMS

The purpose of this course is to train students in assessing and measuring various parameters related to nutritional status of individuals employing selected assessment techniques. The course comprises mainly of four different areas of assessment viz., dietary, anthropometric, biochemical and clinical assessments. In the practical part of the course, students get hands-on experience in doing the measurements in anthropometry, analyzing nutrients or their markers in blood analyzing diets for nutrient intakes and examining clinical symptoms of nutritional health of individuals.

### 3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

<b>Learning Outcomes (Definitive)</b>	<b>Teaching and Learning methods (Indicative)</b>	<b>Assessment (Indicative)</b>
Upon successful completion of this course, students will be able to:		
1. Discuss the factors affecting nutritional status of individual and community	Discussions ,lectures ,in class activities	Assignments , quizzes & written exams
2. Outline adequacy of ,nutrient intakes with dietary guidelines as reference.	Discussions ,lectures ,in class activities	Assignments , quizzes & written exams
3. Describe the principles and practicalities of various methods used in assessing nutrient intake and nutritional status.	Discussions ,lectures ,in class activities	Assignments , quizzes & written exams
4. Evaluate nutritional assessment methods in term of strengths, limitations and	Discussions ,lectures ,in class activities	Assignments , quizzes & written exams



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appropriateness for particular population , individuals, clinical situations and study		
5. Perform laboratory and clinical methodologies used in the assessment of nutritional status	Discussions ,lectures ,in class activities	Assignments , quizzes & written exams

**4. ASSESSMENT WEIGHTING**

Assessment	Percentage of final mark (%)
Lab	20
Quizzes	15
Midterm exam	25
Final Exam	40
<b>TOTAL</b>	<b>100%</b>

**5. ACHIEVING A PASS**

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments\**] and achieving a **minimum overall score of xx%**

**NB \*Ensure that ALL learning outcomes are taken into account**

**6. COURSE CONTENT (Indicative)**

LECTURE TOPIC	TIME (HOURS)
1. Introduction: Nutritional Assessment. Measuring diet	3
2. Nutrient intake standards	3
3. Dietary assessment: 24 hour food recall, FFQ Diet History, Dietary record, Surrogate Systems	3
4. Food consumption, food intake	3
5. Anthropometric assessment: Measuring length, stature and head circumference, Measuring weight for infants, children, adult.	3
6. Growth Charts, weight standards, height-weight indices, measuring frame size	3
7. Body fat distribution, body composition, BEI, Use of stable isotopes	3
8. Skinfold Measurements: Assessment of hospitalized patients, Determining energy and protein requirements of hospitalized patients	3
9. Nutrition screening	3
10. Biochemical assessment: Static Biochemical tests,	3
11. Functional Biochemical measurements	3
12. Measuring Protein Status	3
13. Measuring Iron and calcium status.	3
14. Vitamin Status	3
15. Clinical Assessment of Nutritional Status	3



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16. Nutritional Status of Omani young adults.	3
<b>TOTAL HOURS</b>	<b>45+15</b>
Plus <b>RECOMMENDED INDEPENDENT STUDY HOURS</b>	
<b>TOTAL COURSE HOURS</b>	<b>60</b>

**7. RECOMMENDED READING**

**Core text/s:**

1.Text: Robert D. Lee and David C. Nieman. Nutritional Assessment. McGraw Hill Publishing

**Library + online resources:**

1-[www.usda.gov/fnic](http://www.usda.gov/fnic)

2- [www.nal.usda.gov/cnpp](http://www.nal.usda.gov/cnpp)

3- <http://riskfactor.cancer/DHQ>

4- [www.dacv.ims.nci.nih.gov](http://www.dacv.ims.nci.nih.gov)