



**Course Descriptor**  
**FSHNN 370 Assessment of Nutritional Status**

<b>Proposed Academic Year</b>	2021-22	<b>Last Reviewed Academic Year</b>	
<b>Course Code</b>	FSHNN370	<b>Course Title</b>	Assessment of Nutritional Status
<b>Credit hours</b>	3(2+1)	<b>Level of study</b>	Beachelor
<b>College / Centre</b>	CAHS	<b>Department</b>	FSHN
<b>Co-requisites</b>	Nil	<b>Pre-requisites</b>	FSHN362

**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	Discussions, lectures ,in class activities	Assignments, quizzes & written exams



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,nutrient intakes with dietary guidelines as reference.		
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 appropriateness for particular population , individuals, clinical situations and study	Discussions, lectures, in class activities	Assignments, quizzes & written exams
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	10
Midterm	30
Final	40
<b>TOTAL</b>	<b>100%</b>

### 5. ACHIEVING A PASS

Students will achieve 3 credit hours for this course by passing **ALL** of the course assessments and achieving a **minimum overall score of 50%**

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

### 6. COURSE CONTENT (Indicative)

1. Introduction: Nutritional Assessment. Measuring diet
2. Nutrient intake standards
3. Dietary assessment: 24 hour food recall, FFQ Diet History, Dietary record, Surrogate Systems
4. Food consumption, food intake
5. Anthropometric assessment: Measuring length, stature and head circumference, Measuring weight for infants, children, adult.



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6. Growth Charts, weight standards, height-weight indices, measuring frame size	
7. Body fat distribution, body composition, BEI, Use of stable isotopes	
8. Skinfold Measurements: Assessment of hospitalized patients, Determining energy and protein requirements of hospitalized patients	
9. Nutrition screening	
10. Biochemical assessment: Static Biochemical tests,	
11. Functional Biochemical measurements	
12. Measuring Protein Status	
13. Measuring Iron and calcium status.	
14. Vitamin Status	
15. Clinical Assessment of Nutritional Status	
<b>TOTAL HOURS</b>	<b>45+16</b>
Plus <b>RECOMMENDED INDEPENDENT STUDY HOURS</b>	
<b>TOTAL COURSE HOURS</b>	<b>60</b>

**7. RECOMMENDED REFERENCES**

**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)

**Open Educational Resources:**



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