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POINT LOMA NAZARENE UNIVERSITY	**Department of Kinesiology and Health Sciences** ***NUT 3020 –Nutrition Assessment*** ***2 units***
Fall 2025	

Meeting days: Tues/Thurs	**Instructor title and name:** Prof Cindy Swann, MS, RD, CDCES
Meeting times: 1:30-2:25 pm	**Phone:** 619-849-2351
Meeting location: Evans Hall 121	**E-mail:** cindyswann@pointloma.edu
Final Exam: Tues., 12/16, 1:30-4:00 pm	**Office location and hours:** Mon/ Wed 9:45-10:45 and 12:00-12:25; Tues/Thurs 9-9:45 am, 1:00-1:25 pm or by appt.

PLNU Mission:
To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of

Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

GOALS AND OUTCOMES:

COURSE DESCRIPTION

A study of nutrition status and assessments, including anthropometrics, biochemical and clinical parameters,

dietary intake, computerized dietary analysis systems, growth charts, national health and nutrition surveys and physical signs of nutritional status as related to nutritional assessment of the human. The Nutrition Care Process and basic ADIM/E charting will be introduced.

DIETETIC PROGRAM LEARNING OUTCOMES

1. PLO 1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.

2. PLO 3. Identify and assess scientific research evaluating current evidence-based research related to dietetics.

3. PLO 4. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among individuals, families and societies.

NUT 3020 COURSE STUDENT LEARNING OUTCOMES:

By the end of this class, you should be able to:

1. Identify and describe the relevance of the data required to complete a nutrition assessment.

2. Measure, calculate, and interpret specific body composition data.

3. Identify and apply methods for calculating energy needs for healthy adults.

4. Identify the role of the Dietary Reference Intakes in assessing individuals, communities and food data. Define: DRI, RDA, AI, AMDR and UL.

5. Practice nutrition assessment and recommendations using case studies.

6. Use evidence-based models to analyze nutrition recommendations and research to determine validity and value.

7. Analyze food accessibility using the MyPlate method and identify ways to improve dietary adequacy and/or to reduce dietary excess.

8. Describe the general relationship of nutrition to diabetes, cardiovascular disease, food allergies and weight maintenance.

9. Apply the NCP and write a chart note using the ADIM/E format.

ACEND's KRDN Didactic Course Core Knowledge for the RDN in DPD Programs based on 2022 Standards:

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence- based practice decisions.

KRDN 1.2: Select and use appropriate 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 Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

KRDN 3.1: Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

KRDN 3.4: Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as glucose or cholesterol).

COURSE CREDIT HOUR INFORMATION .

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 4 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ESSENTIAL INFORMATION:

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Munoz, N & Bernstein, M. Nutrition Assessment: Clinical and Research Applications. Jones & Bartlett Learning, 2019. ISBN 13 : 9781284127706

OPTIONAL RESOURCE:

Student Member of AND to gain access to the Evidence Analysis Library.

Revised 5/27/25

Annual subscription to AND's Nutrition Care Manual:
https://www.nutritioncaremanual.org/

COURSE REQUIREMENTS AND STANDARDS:

COURSE GRADING CRITERIA:	**Pts.**
Chapter Assessments	~200
2 Term Exams @ varying points	~130
4 MNT Case Studies @ varying points	150
24-hour recall/diet analysis	30
Anthropometric Lab Report	20
Comprehensive Final Exam	100
TOTAL	~530

Attention NUT Students: You are required to turn in a portfolio project as a senior. Keep any and all graded work you want to showcase.

GRADE DISTRIBUTION:

A	> 93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	≤ 59%

EXAMS:

Two exams will be given during the semester. The last exam will cover material from the entire semester. The majority of exam questions will cover lecture material. However, exam questions from the text, medical terminology, case study information or assigned reading material not discussed in lecture may also be used. Students arriving late will NOT be given any additional time to complete the exam. Emergencies forcing a student to miss an exam must be notified to the instructor PRIOR to the exam, and written documentation of health or other emergency situations must be provided to the instructor.

CHAPTER ASSIGNMENTS:

There is an assignment in Canvas following each chapter covered in class. The assignment will be due the following Tuesday at the start of class. The assignments are to reinforce what was covered and will vary in points.

CASE STUDIES:

During the course, you will work on case studies related to recent lecture material. The objective of the case study is to give you the opportunity to apply nutrition theory to "dietetic practice". At least three case studies will be

assigned, collected and graded (see class schedule for dates). These individual reports will be discussed in the following class period. Please reach out to me if you have concerns with getting your assignments completed; communication helps your professors know what you need. Make-up case studies will not be given for those not attending class without documentation of illness or emergency situations.

AND'S EVIDENCE ANALYSIS LIBRARY:

AND has an Evidence Analysis Library on-line that members can use to research topics relating to dietetics. You will need to become AND members, if you are not already, to gain access to the library. You will need to complete the tutorial section to learn how to navigate through the information.. Completion of the tutorial is one of your assignments for this class. For each case study topic assigned to turn in, develop a research question related to the topic, research

the library, and copy the summary evidence (paragraph, not pages), conclusion and grade for your research question.

Write a *brief* paragraph stating the value of the information you found. Is there evidence to support your question? Did you need to formulate a new question to find adequate evidence? Would you find the evidence helpful when counseling the patient?

DAILY SCHEDULE:

TENTATIVE CLASS SCHEDULE

Week / Dates	Lecture Topic	Text Chapter	Assignment
1) 9/02, 9/04	Introduction / Nutrition Assessment	1	

2) 9/09, 9/11	Nutrition Assessment / NCP	1	
3) 9/16, 9/18	NCP cont / PES statements	1	**Due: Chapter 1 Assignment 9/18**
4) 9/23, 9/25	Nutrient Standards	3	**Due: NCP Assignment 9/25**
5) 9/30, 10/2	Nutrient Intake Measurement	4	**Due: Chapter 3 Assignment 10/02**
6) 10/7, 10/9	National Food & Nutrition Surveys	5	**Due: Chapter 4 Assignment 10/09**
7) 10/14, 10/16	Nutrition Analysis Systems	6	**Due: Chapter 5 Assignment 10/16**
8) 10/21, 10/23	**Exam 1 10/23 / Fall Break**		**Due: Chapter 6 Assignment 10/23**
9) 10/28. 10/30	Anthropometry with Lab	7	**Body Comp lab due 10/30**
10) 11/4, 11/6	Biomarkers in Nutritional Assessment	8	**Due: Chapter 7 Assignment 11/6**
11) 11/11, 11/13	Clinical Assessment	9	**Due: Chapter 8 Assessment Case Study 11/13**

12) 11/18, 11/20	**Assessing Malnutrition – Speaker (11/20)** Nutrition Focused Physical Exam	9	
13) 11/25, 11/27	Disease Prevention and Treatment **/ Holiday**	10	**Due: Chapter 9 Malnutrition Case Study 11/25**
14) 12/2, 12/4	Exchange Diets		**Due: Chapter 10 Cardiovascular Case Study 12/4**
15) 12/9, 12/11	Practice Case Studies and Exchange Diets		**Exchange Diet Assignment 12/11**
16) Tues, 12/16	**Final Exam 1:30-4:00 pm**		

POLICIES AND PROCEDURES:

ATTENDANCE: Class attendance and participation are expected since they are part of your integrated experience in nutrition. Attendance and punctuality is important here, as in your future professional life. If absent: You are required to obtain information from your peers.

LATE POLICY: There is a **25%** penalty for any work turned in late. Due dates are enforced.

EXAMS: No makeup exams are given. Emergencies will be processed on an individual basis.

EMERGENCIES: Everyone has them. Be responsible, communicate promptly and privately, tell

the truth, don't take advantage of the instructor's goodwill. Each will be evaluated on its merits. Documentation may be requested.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the Office of Spiritual Life and Formation.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on State Authorization to view which states allow distance education outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Traditional Undergraduate Records: Final Exam Schedules site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.]

PLNU RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

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Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

LANGUAGE AND BELONGING

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by

all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

SEXUAL MISCONDUCT AND DISCRIMINATION

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

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LOMABOOKS INSTRUCTIONS FOR STUDENTS

This course is part of our course material delivery program, **LomaBooks***. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.*

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks,** *please go: HERE*

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