DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS: Spring 2026
NUTR 350 01E: Nutrition Assessment

Instructor: Rebecca Bridgefarmer, M.S., RDN, LD
Office Location: NHS
Office Hours:
- *TBD*

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Preferred Form of Communication: e-mail
Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required
Munoz, N., & Bernstein, M. (2019). *Nutrition assessment: Clinical and research applications*. Jones & Bartlett Learning. E-book located within D2L course.

Course Description

Study of the principles and techniques of assessing nutrition status. Application of NFPE and the development of nutrition care plans.

Student Learning Outcomes (Should be measurable; observable; use action verbs) After taking this course, you will have the knowledge and skills to:

1. Accurately and effectively utilize medical terminology.
2. Complete a comprehensive nutrition assessment, including anthropometric measurements, body composition measurements, and biochemical and dietary analyses.
3. Calculate energy requirements and energy expenditure for adult and pediatric populations.
4. Identify and document malnutrition based on the Subjective Global Assessment tool.
5. Identify relevant drug and nutrient interactions.
6. Apply the Nutrition Care Process for nutrition assessment, diagnosis, and treatment plans.

The *syllabus/schedule are subject to change.*

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

Instructional Methods

This is a face-to-face course. Information will be delivered through a combination of resources such as the e-book, PowerPoints, supplementary multimedia content, or reading materials. Quizzes, discussion boards, projects, and exams can serve as assessment methods for this course.

Student Responsibilities or Tips for Success in the Course

- Communicate effectively: Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.

- Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.

- Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

LATE WORK POLICY

Late work will not be accepted unless accompanied by a documented medical reason. Please note that vacations are not excepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an extension, as determined by the instructor on a case-by-case basis.

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GRADING

Final grades in this course will be based on the following scale:

Letter Grade / Point Value
A   900-1000
B   800-899
C   700-799
D   600-699
F   0-599

Assessments

Practical Exams

Exams will be closed book and may include multiple choice, matching, and short answer questions. Content of exams may include information from lectures (slides and verbal presentations), readings, and assignments. Make-up exams are generally not permitted. Exceptions, although uncommon, will be made at the discretion of the instructor. All make-up exams will be given in essay format and must be completed within 7 calendar days of the scheduled exam or a zero for the exam will be assigned. To request a make-up exam, students must notify the instructor in person or via phone 24 hours prior to the scheduled exam date/time. Email notification is not acceptable. The final exam will be offered during final exam week and will include a cumulative portion (approximately 65% new material, 35% cumulative material). A calculator will be provided to you at all exams. Personal calculators will not be permitted during exams.

Laboratory Assignments

All lab activities should be submitted in a legible format and on time (see syllabus for lab due dates). Most lab assignments are due at the end of class. No extra time will be permitted, see late policy above in syllabus. No electronic submissions will be accepted. A pre-lab assignment will be provided most weeks (refer to syllabus for specifics). This assignment will prepare you for the upcoming laboratory assignment. It will be available on D2L the week prior to the corresponding lab. Although this assignment will not be collected, I highly recommend that you complete it prior to attending lab, as it will help you succeed with the in-class laboratory assignment.

KRDN 1.3 Apply critical thinking skills

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

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 blood glucose or cholesterol).

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:
https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:
https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

AI USE POLICY

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

BRIDGEFARMER AI USE POLICY

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the students to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

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ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu**.**

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

https://community.brightspace.com/support/s/contactsupport

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.etamu.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: https://www.britannica.com/topic/netiquette

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ETAMU Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 13.99.99.R0.01
http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form

http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf

Graduate Student Academic Dishonesty Form

[13.99.99.R0.03UndergraduateAcademicDishonesty.pdf (etamu.edu)](13.99.99.R0.03UndergraduateAcademicDishonesty.pdf)

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148 Email: studentdisabilityservices@etamu.edu Website: Office of Student Disability Resources and Services
http://www.etamu.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

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Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ET A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Mental Health and Well-Being
The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

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Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Week	Topic	Assignments Due (All assignments due Sunday's at 11:59pm unless noted otherwise)
1 1/12-1/18	Orientation Intro to NCP	**Quiz 1**
2 1/19-1/25	Nutrition-Related Medical Terminology	**Quiz 2**
3 1/26-2/1	Nutritional Assessment	**Quiz 3**
4 2/2-2/8	Health Research Methods	**Quiz 4**
5 2/9-2/15	Standards for Desirable Nutrient Intake	**Quiz 5**
6 2/16-2/22	Measuring Nutrient Intake	**Quiz 6**
7 2/23-3/1	National Food and Nutrition Surveys	**Quiz 7**
8 3/2-3/8	Computerized Food and Nutrition Analysis Systems	**Quiz 8** **Midterm**
3/9-3/13	**Spring Break**	**No Assignments**
9 3/16-3/22	Anthropometry	**Quiz 9**
10 3/23-3/29	Biomarkers in Nutritional Assessment	**Quiz 10**
11 3/30-4/5	Clinical Assessment of Nutritional Status	**Quiz 11**
12 4/6-4/12	Nutrition Assessment in Health Promotion, Disease Prevention, and Treatment (P1)	**Quiz 12**

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13 4/13-4/19	Nutrition Assessment in Health Promotion, Disease Prevention, and Treatment (P2)	**Quiz 13**
14 4/20-4/26	Counseling and Health Coach Theory and Approaches (P1)	**Quiz 14**
15 4/27-5/3	Counseling and Health Coach Theory and Approaches (P2)	**Quiz 15**
16 5/4-5/8	**Final Exam Week**	<mark>**FINAL EXAM**</mark>

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