

# NUFD 121: NUTRITION ASSESSMENT, METHODS AND SUPPORT

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## In Workflow

1. FACS Committee Chair (shiltsm@csus.edu)
2. FACS Chair (lhanna@csus.edu)
3. SSIS College Committee Chair (wickelgr@csus.edu)
4. SSIS Dean (mendriga@csus.edu)
5. Academic Services (catalog@csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (james.german@csus.edu; renee.leonard@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (catalog@csus.edu)
10. Registrar's Office (wlindsey@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Sat, 17 Sep 2022 20:32:21 GMT  
Mical Shilts (shiltsm): Approved for FACS Committee Chair
2. Mon, 19 Sep 2022 23:22:25 GMT  
Lynn Hanna (lhanna): Approved for FACS Chair
3. Fri, 14 Oct 2022 19:53:27 GMT  
Emily Wickelgren (wickelgr): Rollback to Initiator
4. Tue, 18 Oct 2022 15:50:58 GMT  
Mical Shilts (shiltsm): Approved for FACS Committee Chair
5. Tue, 18 Oct 2022 15:55:03 GMT  
Lynn Hanna (lhanna): Approved for FACS Chair
6. Tue, 18 Oct 2022 20:07:56 GMT  
Emily Wickelgren (wickelgr): Approved for SSIS College Committee Chair
7. Thu, 20 Oct 2022 04:18:47 GMT  
Marya Endriga (mendriga): Approved for SSIS Dean

Date Submitted: Tue, 18 Oct 2022 00:05:06 GMT

**Viewing: NUFD 121 : Nutrition Assessment, Methods and Support**

**Last edit: Tue, 18 Oct 2022 00:05:05 GMT**

Changes proposed by: Urvashi Mulasi (219178129)

**Contact(s):**

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Mical Shilts	shiltsm@csus.edu	916-278-4288

**Catalog Title:**

Nutrition Assessment, Methods and Support

**Class Schedule Title:**

Nutrition Assessment

**Academic Group: (College)**

SSIS - Social Sciences & Interdisciplinary Studies

**Academic Organization: (Department)**

Family and Consumer Sciences

**Will this course be offered through the College of Continuing Education (CCE)?**

No

**Catalog Year Effective:**

Spring 2023 (2022/2023 Catalog)

**Subject Area: (prefix)**

NUFD - Nutrition and Food

**Catalog Number: (course number)**

121

**Course ID: (For administrative use only.)**

202711

**Units:**

3

**Is the only purpose of this change to update the term typically offered or the enforcement of existing prerequisites at registration?**

No

**In what term(s) will this course typically be offered?**

Fall, Spring, Summer

**Does this course require a room for its final exam?**

Yes, final exam requires a room

**This course complies with the credit hour policy:**

Yes

**Justification for course proposal:**

We are proposing to update the prerequisite course codes from FACS to NUFD. The changes are due to the NUFD degree/concentration elevation from FACS that took place in 2019 due to EO 1071. This is merely an administrative update as all nutrition course codes were changed to NUFD but the prerequisites were not and this has led to student confusion.

Expected Learning Outcomes are updated to incorporate measurable Bloom's Verbs.

**Course Description: (Not to exceed 80 words and language should conform to catalog copy.)**

Study of health care systems, the nutrition care process including assessment and support, and clinical implications of malnutrition. Topics include nutrition-focused physical examination, anthropometric, biochemical, dietary, body composition, and functional status evaluation and an understanding of advantages and disadvantages of assessment approaches. Application of various assessment methods and problem solving will be achieved through hands on training and clinical case studies in the context of malnutrition, nutrition support, cancer, eating disorders, and obesity.

**Are one or more field trips required with this course?**

No

**Fee Course?**

No

**Is this course designated as Service Learning?**

No

**Is this course designated as Curricular Community Engaged Learning?**

No

**Does this course require safety training?**

No

**Does this course require personal protective equipment (PPE)?**

No

**Does this course have prerequisites?**

Yes

**Prerequisite:**

NUFD 113

**Prerequisites Enforced at Registration?**

Yes

**Does this course have corequisites?**

No

**Graded:**

Letter

**Approval required for enrollment?**

No Approval Required

**Course Component(s) and Classification(s):**

Discussion

**Discussion Classification**

CS#02 - Lecture/Discussion (K-factor=1 WTU per unit)

**Discussion Units**

3

**Is this a paired course?**

No

**Is this course crosslisted?**

No

**Can this course be repeated for credit?**

No

**Can the course be taken for credit more than once during the same term?**

No

**Description of the Expected Learning Outcomes and Assessment Strategies:**

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Apply nutrition research and technology into the delivery of optimal nutritional care for patients/clients.	Exams, Article Reflections, Quizzes, Discussions, Inclass activities
2	Describe the Nutrition Care Process and its components and be trained in nutrition assessment as part of the Nutrition Care Process.	Exams, Measurement Worksheet, Article Reflections, Quizzes, Discussions, Inclass activities
3	Differentiate between nutrition screening and nutrition assessment tools and their usage.	Exams, Measurement Worksheet, Article Reflections, Inclass activities
4	Demonstrate proficiency in the collection and interpretation of dietary, anthropometric, body composition, and functional status data.	Exams, Measurement Worksheet, Inclass activities
5	Practice the technique of conducting a nutrition-focused physical examination.	Exams, Measurement Worksheet, Inclass activities
6	Apply optimal nutrition care through systematic assessment, diagnosis, intervention, monitoring, and evaluation.	Exams, Case Studies, Quizzes, Discussions, Inclass activities
7	Examine the different forms of nutritional support, including enteral and parenteral feedings, and their use in clinical care.	Exams, Case Studies, Inclass activities
8	Describe the etiology, metabolic consequences, and appropriate assessment strategies and dietary interventions for malnutrition, obesity, and cancer.	Exams, Case Studies, Inclass activities

**Attach a list of the required/recommended course readings and activities:**

NUFD 121\_Syllabus.pdf

**Is this course required in a degree program (major, minor, graduate degree, certificate?)**

Yes

**Has a corresponding Program Change been submitted to Workflow?**

No

**Identify the program(s) in which this course is required:**

**Programs:**

BS in Nutrition and Food (Dietetics)

**Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?**

No

**Will there be any departments affected by this proposed course?**

No

**I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.**

I/we agree

## **University Learning Goals**

**Undergraduate Learning Goals:**

Competence in the disciplines  
Integrative learning  
Personal and social responsibility  
Intellectual and practical skills

**Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

## **GE Course and GE Goal(s)**

**Is this a General Education (GE) course or is it being considered for GE?**

No

**Please attach any additional files not requested above:**

NUFD 121\_Syllabus F22.pdf

**Reviewer Comments:**

**Emily Wickelgren (wickelgr) (Fri, 14 Oct 2022 19:53:27 GMT):** Rollback: Please see email on 10/14 for revisions.

Key: 13999