

ARIZONA WESTERN COLLEGE  
SYLLABUS

NTR 225 FOUNDATIONAL SKILLS IN NUTRITIONAL SCIENCES

Credit Hours: 2 Lec 2

PREREQUISITE: NTR 201

COURSE DESCRIPTION

The course will build on fundamental concepts presented in introductory nutrition courses. Extensive practice in nutrition calculations and basic nutrition assessment will be utilized to apply core concepts around analyzing nutrition adequacy, food composition (macro- and micronutrient), and meal planning. Students will also develop foundational skills in interpreting nutrition data, communicating findings to clients, and conveying appropriate assessment information within interprofessional healthcare settings.

1. COURSE GOAL

Apply foundational nutrition skills to assess dietary intake, develop nutritionally sound plans, and communicate nutrition recommendations effectively, while demonstrating an understanding of the clinical relevance and practical implications of nutrition calculations and assessment data.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Evaluate the use of nutrition calculations and individual kilocalorie and macronutrient needs when assessing individuals.
- 2.2 Conduct basic nutrition assessments which include evaluation of anthropometric and diet data, and identification of nutrition diagnoses.
- 2.3 Conduct diet data collection and analysis using methods consistent with nutrition and dietetics practice and national recommendations.
- 2.4 Evaluate dietary intake and food composition with regard to macro- and micronutrients using the exchange system, diet analysis software, and the Dietary Reference Intakes.
- 2.5 Create meal plans utilizing the exchange system and recommendations from major health organizations.
- 2.6 Identify and model basic client-centered approaches when working with clients.
- 2.7 Describe how nutrition assessment data is used within interprofessional healthcare teams to support safe, effective patient care.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Appropriate audio-visual and multi-media aids
- 3.3 Reading and/or watching assigned materials

4. LEARNING ACTIVITIES

- 4.1 Group Discussions
- 4.2 Reading Assignments
- 4.3 Writing Assignments

- 4.4 Participation in class activities
- 4.5 Viewing audio-visual and multi-media materials

5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or looseleaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.  
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
  - Submitting an academic assignment

- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course