

Abilene Approval Chart for Curriculum Changes

A = Approve I = Information Item R = Respond In Writing

Course Number: NUTR 422 Nutrition Assessment

Degree Plan(s): NDPD

NUTR 422 is only 2 credit hours, but accreditation standards have increased required content. The number of hours should be increased to 3 credit hours. There has not been time to complete laboratory assignments and practice. Changing the course to 3 hours provides the necessary time to complete the assignments to fulfill accreditation standards.

	Campus-Level Academic Review ¹	I	A	I	A	I	A
	Change to a Course Include signatures from all chairs/program directors for cross-listed courses. ¹						
1.	Title (description unchanged)	A	A	A	I	I	I
2.	Description (not affecting content)	A	A	A	I	I	I
3.	Course term(s)	A	I	A	I	I	I
4.	Content (change of course outcomes)	A	A	A	I	I	A
5.	Number of credit hours	A	A	A	A	A	A
6.	Course number within the hundred	A	A	I	I	I	I
7.	Course number beyond the hundred	A	A	A	A	A	A
8.	Prerequisites	A	A	A	I	I	I
9.	Course restriction (e.g., majors only, junior standing)	A	A	A	A	A	A
10.	Level change (U to G or G to U)	A	A	A	A	A	A
11.	Cross list course	A	A	A	A	A	A
12.	Department of record	A	A	A	A	A	A
13.	Open or close a course	A	A	A	A	A	A
	Change to a Degree Plan						
14.	Educational Program — Revise	A	A	A	A	A	A
15.	Educational Program — Adopt/revise admission requirements	A	A	A	A	A	A
16.	GPA — Revise program-required GPA	A	A	A	A	A	A
17.	Minor — Revise	A	A	A	A	A	A

		Chair	Department	College	Provost	Dean	Faculty	Students	Others
	Full Review								
	Change to Catalog Information (for Campus)								
18.	General requirements for Bachelor's and Associate Degrees	-	-	-	-	A	A	A	I
19.	Policies governing academic probation and suspension	-	-	-	-	A	A	A	I
20.	Requirements for graduating with honors	-	-	-	-	A	A	A	I
	Change to a Degree Plan								
21.	Educational Program — Add or Discontinue ²³	A	A	A	A	A	A	A	I
22.	Educational Program — Discontinue (Provost-proposed)	R	-	R	A	A	A	A	I
23.	Minor — Add or Discontinue	A	A	A	A	A	A	-	A
24.	Minor — Discontinue (Provost-proposed)	R	-	R	A	A	A	-	A
25.	Degree — Add or Discontinue	A	A	A	A	A	A	A	I
26.	Degree — Discontinue (Provost-proposed)	R	-	R	A	A	A	A	I

	Change to General Education Requirements for Undergraduates (System)	Chair	Department	College	Provost	Dean	Faculty	Students	Others
27.	Change course outcomes of an included course	A	A	A	A	A	A	-	A
28.	Add or drop a required course from the General Education Requirements	A	-	A	-	A	A	A	I
29.	Add or drop a course from a menu within the General Education Requirements	A	-	A	-	A	A	-	A
30.	Comprehensive revision of General Education Requirements	-	-	-	-	A	A	A	I

Notes

² Any change to a cross-listed course requires the signature of both department chairs or program directors overseeing the course to ensure that the courses stay in sync. This includes courses taught at other campuses (e.g. BIBL 101 and BIBO 101).

³ For undergraduate majors, a minimum of 30 hours is required. These programs must have a minimum of 6 elective hours, unless the requirements of external accrediting bodies make it impossible. Master's programs must include a minimum of 30 hours, and doctoral programs must include a minimum of 30 hours beyond the master's.

⁴ When a department/school or dean proposes closing a program, approval routing follows the typical process beginning with the department/school. An administrative proposal by the provost or senior vice president for academic affairs would follow the "provost-proposed" routing on the chart.

dated 8/1/2023

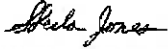

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Department/School(s)

10/01/2025

Chair Signature

Date



10/01/2025

Chair/Program Director Signature

Date

College Academic Council(s)



10/30/2025

Chair Signature

Date

Chair Signature

Date

Dean(s)



10/31/2025

Signature

Date

Signature

Date

Teacher Education Council

Signature

Date

**Campus Academic Council:
Abilene Undergraduate or Abilene Graduate**

Signature

Date

Provost

Signature

Date

University General Education Council

Signature

Date

University Faculty

University Faculty

Abilene Faculty Senate Chair signature	Date
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Dallas Faculty Council Chair signature	Date
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Senior Vice President for Academic Affairs

Signature	Date
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President

Signature	Date
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NUTR 422
Nutrition Assessment
Fall 2027 SYLLABUS
ABILENE CHRISTIAN UNIVERSITY

Instructor: Assistant College Professor Sonya Bartz, MS, RD, LD

Email: sef17b@acu.edu

Office Location: Teague 162

Office Phone Number: 325-674-2751

Office hours:

Monday	Tuesday	Wednesday	Thursday	Friday

ACU Mission: Our mission at Abilene Christian University is to educate our students for Christian service and leadership throughout the world.

College of Health and Behavioral Sciences: to prepare students for Christian service and leadership with a collaborative commitment to holistic health and wellness by means of high-quality professional and pre-professional programs.

Department of Kinesiology and Nutrition Mission: to prepare students to serve and lead through the development of healthful lifestyles.

Didactic Program in Dietetics Mission: to prepare graduates to enter supervised practice and graduate school leading to eligibility for the CDR credentialing exam to become Registered Dietitian Nutritionists who serve and lead through exemplary practice in fields of nutrition and dietetics while modeling Christian values.

Course Description:

Credit: 3 hours

Prerequisites: NUTR 221

When: Monday/Wednesday: 9:30-10:50 a.m.

Location: Teague Special Events Center 124

Course Description: This course provides information concerning objective and subjective measurement of nutritional status and determination of responsiveness to medical nutritional therapy. Assessment of diet history, anthropometrics, biochemical data, nutrition-focused physical exams, and clinical history as it relates to nutrition will be explored.

Purpose and audience: This course is required for students on the DPD track and an option for students on the nutrition general track.

Format: Lecture, skills labs, and related assignments, case studies, discussion, final exam

Required Textbook:

1. Raymond, Janice. & Morrow, Kelly. (2023). Krause and Mahan's Food and the Nutrition Care Process, 16th Edition, Saunders. ISBN: 9780323810258
2. Mordarski, Beth. (3031). Nutrition Focused Physical Exam. 3rd edition, Academy of Nutrition and Dietetics. ISBN: 978-0-88091

Required Supplies: Calculator (separate from phone/computer)**Recommended (Not Required!) Textbook:**

1. Charney, Pamela; Malone, Ainsley. (2021). Pocket Guide to Nutrition Assessment. 4th edition, Academy of Nutrition and Dietetics. ISBN: 978-0-88091-188-7

Course Outcomes

By completing this course, students will be able to explain and perform various types of anthropometric, biochemical, clinical, and dietary assessments.

Competencies	Measurements
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)"	Blood pressure assessment lab; glucose assessment lab
Differentiate various guidelines available to assess diet quality	Final Exam, Quizzes, lab assignments
Assess diet history using established steps.	Final Exam, Quizzes, lab assignments
Assessing various techniques involved in anthropometric assessment	Lab assignments
Implement indicators for diagnosing malnutrition	Final Exam, lab assignments
Execute a nutrition-focused physical exam	Lab assignment
Assess the client/patient's social history	Lab assignment
Assess biochemical tests are used in assessing nutritional status	Final Project, lab assignment

Assessment Activities and Grading

Assessment Activities	Points Possible	Weighting
Attendance	240	14.08%
Quizzes (11 total)	340	19.94%
Lab Assignments (11 total – 50 points each)	550	32.27%
Micronutrient Assessment Video Project	200	11.73%
Midterm	75	4.40%
Final	300	17.60%
Total	1705	100%

Grading Scale:

Range of Points	Final Letter Grade
90%-100%	A
80%- 89.9%	B
70%-79.9%	C
60%-69.9%	D
59.9% and below	F

KRDN 3.4: NUTR 422 – Nutrition Assessment

* 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).

100% of students will score an 80% or more on the Cardiometabolic Lab and the Blood Pressure Lab.]

Extra Credit opportunities may arise and will be given at the discretion of the professor.

University Resources

I care about your class experience. The university also has a number of resources in place to support the ACU community both in this class and all aspects of university life.

Bias Education and Response Team (BERT):

Bias incidents affect our ability to work with, instruct and learn from each other. For more information about the reporting process of bias incidents at ACU, see <https://acu.edu/about/diversity-and-inclusion/bert/>.

SOAR (Student Opportunities, Advocacy, and Resources): SOAR partners with faculty, staff, parents and students to assist ACU students and connect them to resources available to support their path to success. For more information about SOAR or to make a SOAR recommendation, see <https://acu.edu/soar-program/>.

Mental Health Resources

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. Abilene Christian University is committed to supporting students addressing any of these concerns. You can contact the [Medical Care and Counseling Center](#) at counseling@acu.edu, or by calling 325-674-2626. In addition, you can access free confidential counseling services through the Timely Care app by googling "timely.md acu" or calling (833) 484-6359.

In a crisis situation contact the National Suicide Prevention Hotline open 24/7 by dialing 988, or call the Police at 911.

University and Course Policies

ADA Compliance Statement: Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The ACU website provides more information at <https://acu.edu/accessibility-statement/>. Please contact me to discuss any approved accommodations that you require for this class.

Title IX Policy: At ACU, we strive to comply with all applicable legal requirements prohibiting, preventing, and responding to sexual misconduct against any member of the ACU community. The full Title IX policy and process can be found at <https://acu.edu/human-resources/title-ix-and-sexual-misconduct-information/>.

Academic Integrity: Academic integrity is demonstrated by behavior that honors the learning environment, regardless of setting, context, location or modality. ACU's Academic Integrity Policy can be found at <https://acu.edu/office-of-the-provost/academic-policies/>. Academic integrity is defined as academic work completed as assigned for each class by the individual or group responsible for the work. Violations of academic integrity and other forms of cheating involve the intention to deceive, mislead, or misrepresent and therefore are a form of lying. Such actions are contrary to behavioral norms that flow from the nature of God. Academic misconduct includes, but is not limited to, the following: 1) Failure to give credit to sources used in a work in an attempt to present the work as one's own, 2) Submission of papers or projects obtained from another source (e.g., research service or club paper file) as one's own, and 3) Falsifying information orally or in writing. Academic misconduct may result in, but is not limited to, a zero on the assignment and/or an F in the course. Additionally, the department chair, Dean of your school, and the Dean of Student Life will be notified. See the full university policy, including how to appeal a decision, by following this link.

AI Policy: You may use Chatbots to explore and grow your knowledge as you brainstorm for an assignment prompt. Except for help with brainstorming, you may not use AI or submit AI-generated work or text. The work submitted must be your own work in its entirety. The consequences of submitting AI-generated work will be a zero for the work submitted. Further submissions will follow the guidelines of the Academic Integrity Policy. Academic misconduct includes, but is not limited to, the following: 1) Failure to give credit to sources used in a work in an attempt to present the work as one's own, 2) Submission of papers or projects obtained from another source (e.g., research service or club paper file) as one's own, and 3) Falsifying information orally or in writing. Academic misconduct may result in, but is not limited to, a zero on the assignment and/or an F in the course. Additionally, the department chair, Dean of your school, and the Dean of Student Life will be notified. See the full university policy, including how to appeal a decision, by following this link.

Anti-Harassment Policy: As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Harassment is defined as unwelcome behavior or conduct based on sex, religion, race, age, color, national origin, veteran's status, disability, or any other characteristic protected by law when (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, education, or participation in University programs or activities, (2) submission to, or rejection of, such conduct by an individual is used as the basis for a decision affecting an individual's employment, education, or participation in University programs of activities, or (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive environment for work, education, or participation in a University program or activity. See the full university policy by following this link:

<http://www.acu.edu/campusoffices/hr/title-ix/anti-harassment-policy.html>

Attendance: Class attendance and laboratory experiences are mandatory and count toward your final grade. Attendance will be recorded at each class through the use of the Qwickly App, either by QR or Pin in the first 10 minutes of class. For every day you attend, you will add 10 points to your overall attendance grade, providing an opportunity to earn up to 240 points by the end of the semester. Students who have more than 20% unexcused absences may be dropped from the course.

or receive a final grade of “F,” at the discretion of the instructor.

Unexcused absences include any absences not covered by the criteria below.

Excused absences include:

- Serious illness of the student (requires a note from a primary care provider)
- Death or critical illness in the immediate family (documentation required)
- Approved university-sponsored off-campus activities (requires documentation and prior approval)
- Other unavoidable circumstances, subject to instructor approval on a case-by-case basis (documentation required)

Tardiness: Arriving late is disruptive. Please arrive to class on time.

Quizzes: There are 9 quizzes available from the beginning of the semester for each chapter. The quizzes are open-book quizzes to be completed at home as homework, but should be completed individually. The quizzes are designed to supplement your lecture and textbook reading.

Exams: There is a midterm exam. The midterm will consist of questions from the lecture, quizzes, and labs leading up to the midterm.

Final Exam: The final is cumulative across all quizzes, lectures, and laboratory experiences. Final exams will be administered according to the official ACU exam schedule. Early or late exams are not permitted. If you do not take your exam, you will get a zero.

Communication: I am in your corner. The best way to contact this professor is through your ACU email. Please indicate which class you are taking with this professor and the assignment or consideration you would like to address. You can also reach me by phone, either by calling or texting. My phone number is at the top of the syllabus and on the welcome page. I typically respond to messages within one to two hours, Monday through Friday, from 8 a.m. to 5 p.m. Emails, calls, and texts received after 5 p.m. may be delayed due to family time. If it is a holiday, please anticipate that spending time with family may cause a delay in responses.

Computer/phone policy: Please silence your phone before class begins. Electronic devices are to be used for taking notes or class activities only. If electronic devices are suspected of being used otherwise, you may be asked to put away all electronic devices. If you are obviously using your phone during this professor's course, you may be marked absent.

Assignment Submission and Late Assignments: All assignments are to be submitted via Canvas. Emailing of assignments is not permitted unless there is a technical issue related to Canvas. Please include your name on all Canvas submissions. Submitting late assignments via email does not constitute a technical failure and will not be accepted. If you know your assignment is going to be late, communicate that to your instructor ahead of time.

Laboratory Experiences:

You have 11 labs throughout the semester. You will have 1 week to complete each lab document that is assigned in the course schedule.

Grading of KRDN Assignments: Students in the Didactic Program in Dietetics (DPD) must pass all KRDN-aligned assignments to meet graduation requirements. While resubmission is allowed for a passing KRDN score, the original late penalty will still apply to the course grade.

If a KRDN assignment receives a failing grade for reasons *other than lateness*, students will be given one opportunity to

revise and resubmit the assignment to achieve a passing score for DPD competency. This policy applies to all students enrolled in the course.

NUTR 422 Course Schedule*
Fall 2026

**Please note, the course schedule is subject to change at the discretion of the professor.*

Week	Day	Class Content	Assignments Due This Week
1		Course Overview Scope of Practice 2024, Ch 9: Overview of Nutrition Diagnosis and Intervention– Nutrition Care Process, Assessment Snapshot, Standardized Language, Looking ahead to your Nutrition Diagnosis	
		What information is nutritionally relevant? Lab Nutrition Assessment Table Charting Nutrition Assessment Finding	
2		Determining Calorie and Macronutrients (Completing Mifflin St. Joer, Harris Benedict, IBW, Penn State Equation in class)	
		Determining Calorie and Macronutrients Lab (Completing Mifflin St. Joer, Harris Benedict, IBW, Penn State Equation in class)	Quiz 1, Lab 1
3		Labor Day- Campus Closed	
		Manual/Automatic Blood Pressure Lecture (demonstration and practice) Pulse Ox Lecture (demonstration and practice) Blood Glucose Lecture (demonstration and practice)	Quiz 2, Lab 2
4		Ch. 2 Energy, Ch 4 Assessment of Food and Nutrition Related History,	
		Dietary Assessment (completed with lab partner in class) ● Take blood pressure manually and with an automatic cuff ● 24-hour Food Recall ● Three-Day Food Record ● Complete the Fruit and Vegetable Screener ● Complete the MEDFICTS Dietary Assessment Questionnaire ● Assessing and charting the results of the recalls, screeners, and blood pressure ● Table of Assessment Methods (completed as homework) ● Reflection (completed as homework)	

5		Ch 1 Intake: Gastrointestinal Digestion, Absorption, and Excretion of Nutrients	Quiz 3, Lab 3
		Standards of Nutrient Intake Lab	
6		Ch 5: Biochemical, Physical, and Functional Assessment Glucometer Lecture, Calibration, Demonstration, and Practice	Quiz 4, Lab 4
		Biochemical Assessment Lab Blood Glucose- Self Administer	
7		-Abbott Nutrition Health Institute NFPE (Nutrition-Focused Physical Exam) Part 1 (~58:00) —>Pausing the video to go through each point of NFPE with the lab partner Abbott Nutrition Health Institute NFPE Part 2 (~43:00) —>Pausing the video to go through each point of NFPE with the lab partner	
		Abbott Nutrition Health Institute NFPE Part 2 continued (~43:00) —>Pausing the the video to go through each point of NFPE with the the lab partner NFPE, Manual Blood Pressure, Blood Glucose (on lab partner) Charting the NFPE Assessment and Blood Pressure Results	
8		Anthropometric Measurements	Quiz 5, Lab 5
		Anthropometric Measurement Lab	
9		Midterm: Ch 1,2, 4, 5, 9, NFPE	
		Hands-On Skills: NFPE, Blood Pressure, Blood Glucose, Pulse Oximeter	
10		BIA, DEXA, and Skin Calipers Lab (Lab held both days to complete Dexa and 7-point Skin Calipers Test)	Quiz 6, Lab 6
		BIA, DEXA, and Skin Calipers Lab (Lab held both days to complete Dexa and 7-point Skin Calipers Test)	
11		Malnutrition Lecture	Quiz 7, Lab 7
		Assessment of the Hospitalized Patient Meet for blood pressure and blood glucose monitoring Clinical Assessment Lab	

12		Nutritional Assessment of Cardiovascular Disease	Quiz 8, Lab 8
		Cardiometabolic Lab (KRDN 3.4)	
13		Swallow Screening for Dysphagia Webinar (~1h:48)	Quiz 9, Lab 9
		Swallow Screening Lab	
14		National Dietary Surveys	Quiz 10, Lab 10
		No Lab (Thanksgiving Break)	
15		Social Determinants of Health	Quiz 11
		Assessing Social Determinants Lab	Lab 11
16		Dead Day! You made it!	
Finals Week		Praying for you all! Finals Week: Finals will be held according to MyACU's final schedule. Please note that the final is not an open-book, <u>cumulative</u> exam.	