

Normal and Therapeutic Nutrition



NRS 145.I1
Winter, 2020

Number of Credits: 3

Office: JW 224

Days Class Meets: online

Contact Phone: 517-796-8483

Meeting Times: 1/13/20 – 4/30/20

Contact Email: mazurerine@jccmi.edu

Location: online

Office Hours: See office

Instructor: Erin Mazur, MSN, RN, FNP-BC

Course Description

Basic nutritional concepts presented with emphasis on application to patient care. Selected nutritional disorders and fundamentals of diet therapy are included.

Prerequisite(s)

ENG 085

Course Goals

Instructional Methods

- List of defined objectives
- Reading assignments in the required text
- Links to nutritional sites on the World Wide Web
- Explanations and graphics to explain course material
- Group work - critical thinking exercises to be done with a defined number of classmates
- Discussions via forum discussion board
- Quizzes on Line

Course Requirements

- Group work - weekly critical thinking exercises
- Discussion weekly on nutrition topics

- Quizzes weekly
- Diet Analysis Project, completed with sections that include dietary assessment, dietary analysis, and dietary interventions using scholarly sources. Due Friday, 3/6/20.
- Final test that is proctored in an academic setting by a faculty approved proctor. Test open 4/27/20 – 4/30/20.
- Submission of course contract by Friday, 1/17/20 by 12 pm (noon) or you will be dropped from the course. You may copy and paste the contract into an email. The contract can be found at the top of the course.

You will have 4 things to do each week with each module assigned. The work will be due on Sunday nights by 11:55 pm. The work includes:

1. Read and complete the Module Lessons for the week. There will be 1 - 2 lessons assigned each week. Be sure to do the Learning [Activities](#), these will help with content mastery. Determine the answers to the objectives and use them to take the quiz and also study for the final test. Do not send any of the learning [activities](#) to your instructor as they are not graded. Please note that some weeks may have more than one module or quiz due.

2. Take part in the Forum Discussions each week, after completing the module lesson, sharing information learned in the lesson, the text, or from websites of interest. There will be a discussion post assigned to each module so 2 -3 discussion posts each week. There will be a list of 1-2 questions each week In the FORUM DISCUSSION, and students can choose which questions to respond to. Please do the reading, or go to the designated links on the web first, before entering the discussion. After 2-3 people have begun the discussion, please respond to what they have said. This will be an asynchronous discussion; students may enter input whenever desired, as long as it is within the designated time frame. To receive four points for discussion, *you must enter two "discussions" per Forum Discussion (i.e. make 2 separate posts), at least one should be a discussion based on reading*. Participation in forum discussion should include responses to each other's discussion, your thoughts about the topics, and your response to the reading or to other references. No points will be given for "yes", "no", or "I agree" responses. Points will be given for forum discussion as indicated in the grading section of this syllabus.

3. Complete the designated group work each week. There will be one homework assignment for each module assigned so 1 - 2 each week. You will be choosing your group members the first week, utilizing information learned in the first discussion. Please rotate leadership of the group each week. Each member of the group is to work out what they think are the correct answers, and then work within the group to come to consensus as to what the correct answers are.

Duties of the Group Leader (Note: this duty rotates every week)

- Contact each member of the group via email or the phone.

- Designate a chat time when all group members can be on line based on group input. Hopefully this chat time will stay the same from week to week. If this is not possible, email or the phone can be used to communicate.
- During the chat time, help organize the group to come up with one answer for each question on the group exercise
- If one person cannot participate at the designated time, allow them to post their proposed answers when they can. Evaluate whether the answer should change based on the proposed answers.
- The leader will then send the answers by the course email system by the date indicated, including the names of group members who participated. Please also "cc" the members of the group so they know the answers have been sent for the week. E-mail attachments will not be accepted so please put your work into the body of an e-mail message.

Leadership of the group should be rotated week to week so everybody gets the opportunity and the responsibility. Please set up a schedule at your first meeting.

The group of students will receive one grade based on their group work. We recognize that group work can lead to frustration, but learning to work with other people is a valuable experience. For unsolvable problems doing group work, the group leader should consult with the faculty member via e-mail as soon as possible.

4. Take the Weekly Quizzes. There will be one quiz per module except for the fat module week one; there are two quizzes for this module. In order to do well on the quiz please always read the week's Module and assigned readings, and do the learning [activities](#). The learning activities are not submitted. They are designed to help you master the material. Please make sure you have a secure connection before taking the actual quiz. Quizzes are set up with 2 attempts possible. This is done in case of technical difficulties. *There will be no instructor resets* and the quizzes are closed after the due dates. Quizzes are graded by the last attempt taken so if your second attempt is a lower score then this is the grade that will be recorded. Each quiz will be due on Sunday by 11:55 pm. After the quiz due date, you will be able to review your quiz. This can be done by clicking on a quiz under "Quizzes" and then click on either the quiz attempt # or else your score to see the quiz results, including both the correct answer and the answer given.

Course Objectives

1. Identify the components of a healthy diet.
2. Evaluate dietary intake patterns compared to established standards utilizing an approved site on the Internet.
3. Explain the changes in diet necessitated by physiological changes in pregnant women, and the appropriate diets for infants, children, adolescents and the elderly.

4. Identify dietary modifications which can prevent or relieve disease processes.
5. Complete a Dietary Analysis Project that details dietary interventions and includes appropriate grammar and spelling, APA formatting, and utilizes academic literature from the academic databases to obtain correct and scholarly reference information.

Textbook

Mazur, Erin E., & Litch, Nancy A. (2019). *Lutz's Nutrition and Diet Therapy* (7th Ed.). Philadelphia, PA: F.A. Davis Company.

ISBN # 978-0-8036-8998-5

Texts can be obtained by utilizing an on line bookstore such as <http://Amazon.com> Texts can be ordered by most bookstores using the ISBN number given above.



- **Text Book Zero!** This text is available in a digital format. This text is available to rent or purchase in digital format through the JC Bookstore.

Grading Procedure

Assignment Weights

Groupwork = 10%
Forum Discussions = 10%
Quizzes = 15%
Midterm Dietary Analysis Project = 25%
Final Exam = 40%

Grading Scale

PASSING GRADES

94 - 100% = 4.0
90 - 93% = 3.5
86 - 89% = 3.0
82 - 85% = 2.5
78 - 81% = 2.0

Non-Passing Grades

74 - 77% = 1.5
70 - 73% = 1.0
66 - 69% = 0.5
< 66% = 0.0

Important Grade Policy Information

A 2.0 or "C" is a passing grade. Only courses with passing grades of a 2.0 or higher will count towards graduation. Other colleges will transfer in only courses with passing grades. Many financial aid sources and most employers, require passing grades to maintain financial aid eligibility and for reimbursement purposes. In addition, earning a grade of less than a 2.0 in a class will result in not being able to participate in the next level of courses in a discipline which requires this course as a pre-requisite. If you attempt to register for the next course sequence and have not passed the pre-requisite course, you will be dropped from that class.

Academic Honesty Policy

Nurses are highly regarded as trusted professionals. The JC Nursing Department faculty and staff are committed to the ideals that honesty and integrity are essential qualities for the profession of nursing. At Jackson College each of us has a personal responsibility to strive for veracity, integrity, and trust in our work and relationships. Academic integrity and honesty is expected of all students. Any student found to be cheating on an exam, quiz, or other assessment will be subjected to corrective action in accordance with the level of infraction as outlined in the Jackson College Nursing Handbook and Jackson College Academic Honesty Policy. Corrective action may include receiving a maximum grade of 1.5 for the course in mention.

CHEATING can take on many forms. These may include but are not limited to:

- Bringing an answer source to the testing site. This could be a cheat sheet, cell phone, smart watch, etc.
- Copying answers or work from another student's test or project.
- Making copies or taking cell phone pictures of test or course materials including PowerPoint presentations.
- Changing an answer or work after submission.
- Sharing test information, test answers and content with someone who has not yet taken the test.
- Uploading prohibited course materials to any internet site or facilitating others to do so. Periodic audits of the internet are performed. All course materials have been specifically prohibited for distribution by instructors unless specifically indicated otherwise. This includes but is not limited to graded quizzes and exams, group work answers, etc., along with any questions that are or might be intended for future quizzes and exams.
- Unauthorized possession or disposition of academic materials includes the unauthorized selling or purchasing of exams, quizzes, midterm projects, or other academic work; stealing or using another student's work; using information from or possessing exams/quizzes that a faculty member did not authorize for release to students.
- Facilitation of any act of academic misconduct includes knowingly assisting another to commit an act of misconduct; providing others with course materials to be uploaded digitally or to be shared manually.
- Taking quizzes with another student. Quizzes are to be done individually - do not share answers with others in person, through e-mail or on the phone. Sharing answers is considered cheating and will be treated as such.

- Plagiarism is another form of cheating. Plagiarism may involve but is not limited to submitting a paper written by someone else (obtained from the web or a fellow student) or using direct quotes from any source without crediting the source

Not everything is cheating. Some examples of **acceptable practices** include:

- Studying together prior to an exam.
- Sharing notes from class.
- Using quotes in papers and referencing them appropriately.

If a student is unsure if a practice might be considered cheating, he or she is advised to check with an instructor and/or do not engage in that practice.

THE BEST POLICY IS ALWAYS HONESTY AND INTEGRITY.

Course Management

This course is offered completely on line, including the final exam which is computerized and proctored. Dues dates are detailed in the Assignment Schedule which should be used to guide submission of weekly work, the DA project, and the final exam.

Instructional Methods

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Help

It is important to contact a Center for Student Success professional prior to the start of the semester in order to receive accommodations in a timely manner. While we will make every effort to coordinate accommodations in a timely manner, failure to self-identify prior to the start of the semester may delay notification to instructors and timeliness of acquiring accommodations. Accommodations do not automatically carry over to the next semester.

<https://www.jccmi.edu/center-for-student-success/accommodations-for-students-with-disabilities/>

Calendar/Assignment Schedule

Lessons/Tutorials/Modules	Quizzes	Discussion	Group Work	Due Date	Chapters
1. Tour/Nutritional Power	15	4	5	Jan 19	None
2. Nutrition/Cultural/Carbohydrates	15	4	5	Jan 26	1, 2
3. Fats/Proteins Also 20 point quiz on Fat Percentages	15	4	5	Feb 2	3, 4
4. Labels/DRI/RDA/Energy	15 20	4	5	Feb 9	13, pp. 298 - 300, 1, pp. 19, 5
5. Vitamins/Phytochemicals	15	4	5	Feb 16	6
6. Minerals/Fluid Balance	15	4	5	Feb 23	7, 8
7. Digestion/Nutritional Assessment	15	4	5	Mar 1	9, Review Chapter 1
8. Preg/Lactation/Infancy/Child	15	4	5	Mar 8	10, 11
9. Adults/Elderly	15	4	5	Mar 8	12
10. Nutrient Delivery/Food Interactions/Food Prep	15	4	5	Mar 22	14, 15, & 13
11. Weight Control/Diabetes	15	4	5	Mar 29	16, 17
12. CV/Renal	15	4	5	April 5	18, 19
13. GI/Cancer	15	4	5	April 12	20, 21
14. Stress/HIV/AIDS	15	4	5	April 19	22, 23
15. Dying/Review	15	4	5	April 26	24
Totals	245	60	75		

In addition to the points available above, there will be one project and a Final Test.

The Course Contract is due by 12 pm (noon) on Friday, January 17, 2020.

The Diet Analysis Project is due by 12 pm (noon) on Friday, March 6, 2020.

The Final Exam can be taken between Monday, April 27 - Thursday, April 30, 2020.

Please Note:

Projects can be submitted for review and feedback before the final submission that can be done until 12 pm (noon) February 21, 2020. Please be sure to tell your instructor that you would like your project reviewed, so that it isn't assumed you just sent your paper in early!

**Calendar timelines and assignments are an approximation and could be changed.*

Important Dates: Winter 2020

DATE	EVENT
JANUARY 13, 2020	DAY AND EVENING CLASSES BEGIN
JAN 13 – JAN 30, 2020	SEMESTER DATES
MARCH 9 – 15, 2020	MID-SEMESTER BREAK
APRIL 30, 2020	LAST DAY TO TAKE FINAL EXAM

Student Responsibilities

Required Project

In addition to the 4 things you have to do each week, you will also need to complete a Midterm Diet Analysis Project which is explained in the documents titled “Getting Started on Your Dietary Analysis” and “DA Grading Guidelines and Sample”. The Midterm Dietary Analysis Project is worth 130 points or 25% of your grade. This project is due Friday, March 6, 2020 by 12 pm (noon). The project may be emailed as an email attachment. **Students who submit their project after the due date of March 6, 2020 will have a 1 point per day deduction for each day the project is late. The last day projects will be accepted with point deduction will be 3/20/2020. Failure to submit the DA Project by 3/20/2020 will result in being dropped from the course.**

Final Exam

The final exam is computerized and password protected. The exam is proctored by a faculty approved proctor. Your proctor information is due to me by Friday, April 3, 2020 by 12 pm (noon). Proctoring is offered at no cost through the Testing Center on main campus or at JCC@LISD in Lenawee County. The exam is open and available for testing 4/27/20 – 4/30/20.

Attendance Policy

In compliance with Federal Title IV funding requirements, as well as college initiatives, instructors will take attendance at each scheduled meeting time. Students will be automatically dropped if, within the first week of class, they do not attend class or do not engage in academic activity of an online class. If a student has not engaged in academic activity over a two-week timeframe, instructors will input a last date of attendance for that student, who will then be administratively withdrawn.”

Contacting Your Instructor

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You should contact your faculty member as needed for clarification or questions. I want this experience to go well for you. Please email your instructor when needed, utilizing the course email system. You can email me through the course e-mail system. Email messages will be returned

within 48 hours if possible. I am off the system over weekends and holidays. I will respond to emails sent late Friday and over the weekend on Monday. If I will be unavailable for a period of time, you will be notified. If you can't reach me by email at mazurerine@jccmi.edu, my office number is (517) 796-8483. I am in and out of my office so again email is the best way to reach me. My fax number is 517-768-7023. Please put my name any anything you fax as the fax machine is shared by multiple departments.

When sending an email message to your instructor, please include *your name and the name of any fellow students relevant (especially when sending in group work-no name no credit) in the body of the email so that when the instructor addresses the message, she will know who it came from and give you the credit you deserve!!* There are multiple computer viruses, worms, spyware and malware that can be transmitted by attached files so attached files will not be accepted for weekly group work, but I do accept attachments for your DA project.

I hope you will enjoy this course.

I want you to be successful and will be with you every step of the way!!!!

Erin