



**22 Spring Semester**

## Normal and Therapeutic Nutrition

### NRS 145.I1 & NRS 145.I2

**Number of Credits:** 3

**Days Class Meets:** NA

**Meeting Times:** None – asynchronous fully online

**Location/Venue:** online

**Instructor:** Professor Erin Mazur, MSN, RN

**Contact Phone:** 517.812.1479

**Contact Email:** mazurerine@jccmi.edu

**Online Office Hours:** online by appointment

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### 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)

None

### 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 online

### 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 (chose appropriate options below, delete what does not apply)**

- 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.

**Digital Format:** This text is available in a digital format to rent or purchase through the JC Bookstore. Please see the links posted on your class JetNet site.

Please review the cost of your required materials to determine the best option for you to purchase your materials.

Please note, your opt out selection is for your *entire* semester schedule. You cannot opt out/opt into individual courses. And you must opt out by the due date of your first class, which is the 3<sup>rd</sup> day after the start of your earliest course.

### [Learn new textbook program at JC](#)

For account billing questions, please contact the Jackson College Cashier at [jccashier@jccmi.edu](mailto:jccashier@jccmi.edu)

### **Exam Process- Respondus**

To protect the fairness and integrity of the exams, students will be required to take exams using Respondus Lockdown Browser and Monitor. This is an online test proctoring software that requires a download to your computer. Training and practice of Respondus technology will be provided in advance of the first exam. A Mac or PC that has a webcam and microphone is required to use Respondus. If you do not have this technology, please contact your instructor right away. Students are expected to complete the Respondus Practice quiz on time. This is to give our IT department time to help troubleshoot issues **before** the date of the final exam. Failure to complete the Respondus quiz on time may result in instructor-initiated drop.

### **Grading Procedure**

#### **Assignment Weights**

Groupwork = 10%

Forum Discussions = 10%

Quizzes = 15%

Midterm Dietary Analysis Project = 25%

Final Exam = 40%

## Grading Scale

<b>GPA</b>	<b>GRADE RANGE</b>
4.0	94-100%
3.5	90-93%
3.0	86-89%
2.5	82-85%
<b><u>2.0</u></b>	<b><u>78-81%</u></b>
1.5	74-77%
1.0	70-73%
0.5	66-69%
0.0	0-64%

## Failure

### Important Grade Policy Information

A 2.0 (78% - 81%) 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.***

## **Accessibility**

Jackson College understands that cultivating a broadly diverse community is crucial to our educational mission and to our foundational commitment to leadership and service. Jackson College is fully committed to ensuring our courses are accessible to everyone including those with disabilities. We are currently working to increase accessibility and usability of our course materials in order to meet or exceed the requirements of Section 508 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1991 and Web Content Accessibility Guidelines (WCAG) 2.0. For more information about Jackson College's efforts to ensure accessibility please visit the [Jackson College accessibility web page](#).

If you have an accessibility need in any of our classes please e-mail the Center for Student Success at [JCCSS@jccmi.edu](mailto:JCCSS@jccmi.edu) or visit the [Center for Student Success web page](#).

## Support

At the Center for Student Success (CSS), we are committed to providing all students the opportunity to achieve academic success by providing a variety of support services free of charge to Jackson College students. This includes, but is not limited to, peer and faculty tutoring, mental health referral, temporary assistance with transportation, various workshops/seminars, and the TRIO program.

In addition, the CSS staff is committed to adapting the College's general services to meet the individual needs of otherwise qualified students with disabilities, for the purpose of providing equal access to all programs and facilities.

## Oasis Center

During a student's college experience, one might encounter situations that impact their learning environment. When these situations occur, support from the Oasis Center is available to provide short-term assistance. If the situation requires ongoing support, the Oasis Center staff can provide that level of support or will assist the individual in securing an outside agency to provide it.

For more information visit the Jackson College Oasis Center webpage <https://www.jccmi.edu/the-oasis-center/>

## Health Clinic

Jackson College has partnered with Henry Ford Allegiance Health to offer healthcare to Jackson College students and employees. The Jackson College Health Clinic (JCHC) is located on Central Campus in the Justin Whiting Hall, Room 111. The caring and professional staff at the JCHC provides quality healthcare, including annual exams (physicals, program physicals and sports physicals), acute and chronic illness care and preventative health care (It's Your Life).

For more information visit the Jackson College Health Clinic webpage <https://www.jccmi.edu/health-clinic/>

## Dental Clinic

Community members may utilize Jackson College Dental Hygiene Clinic, which offers dental hygiene services while helping students gain experience. Students work under the supervision of license dental hygiene instructor and dentist as they offer preventative services.

For more information visit the Jackson College Dental Clinic webpage <https://www.jccmi.edu/dental-hygiene/dental-hygiene-dental-clinic/>

## Course Management

See Student Responsibilities and Attendance-Participation Policy.

## Makeup Policy

If students have unforeseen life circumstances that prevent them from completing the course requirements according to the assignment schedule it is the student's responsibility to contact the instructor to discuss the situation and explore options for completing the course.

## Help

Available learning services or opportunities for students seeking help with their course work. May include information about tutors, learning centers, reserved library materials, counseling services.

## Academic Advising

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. Please e-mail [JCCSS@jccmi.edu](mailto:JCCSS@jccmi.edu) or visit the [Accommodations for Students with Disabilities](#) web page

## Student Responsibilities

### 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, 2/25/2022. Failure to submit the project will result in the student being dropped from the course.
- Final test that is proctored in an academic setting by a faculty approved proctor. Test open 4/21/22 – 4/26/22. Students will need a web camera and need to download Respondus for secured, proctored testing.
- Submission of course contract by Friday, 1/14/22 by 12 pm (noon) or you will be dropped from the course. **The contract link can be found in the course welcome, week 1, under number 12.**

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 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 if 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 online 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.

## Required Project

In addition to the 4 things, you must 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, February 25, 2022, by 12 pm (noon). **Students who submit their project after the due date of February 25, 2022, 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 3/13/22. Failure to submit the DA Project by 3/13/22 will result in being dropped from the course.**

### **Attendance- Participation Policy**

Regular class participation and keeping up on the reading and assignments is strongly correlated with survival in college. It is my recommendation that you plan to do your assignments and take your exams BEFORE the last day they are due. If problems occur, there is time to fix them before the deadline.

In compliance with Federal Title IV funding requirements, as well as college initiatives, I will be monitoring student participation on a regular basis and officially reporting student activity throughout the term to assure compliance with college policy and federal regulations. It is imperative that you log in to the course and actively participate within the first couple of days of the term to validate your enrollment in the course. After that, not actively participating in class may result in you being withdrawn from the course. Being withdrawn from a course can have an impact on financial aid, billing, athletic eligibility, and housing status. As a college student you are responsible for how your participation impacts your academic progress; the accountability lies with you.

***Students who have not log into the course and completed the discussion and quizzes for a two-week timeframe will be dropped from the course.***

### **Caveat**

Please note: The format and timing of this course may need to change due to unforeseen circumstances. In particular: school closings, instructor illness, weather, or other situations that may arise.

If you are taking an in -person class, you will be required to complete a Reintegration Video Training course in JetNet prior to being admitted to campus.

All COVID safety protocols in place are based on current guidelines and will be enforced while students are on campus.

### **Calendar**

*Below is a calendar of assignments. Students should print the assignment schedule posted in the course for grading guidelines and due dates. Due dates are subject to change. **Each week the student must complete assigned module, discussion, groupwork, and quiz.***

<b>WEEK #</b>	<b>DATE</b>	<b>TOPIC</b>	<b>HOMEWORK</b>
1	1/10/22 – 1/16/22	TOUR/NUTRITIONAL POWER	
2	1/17/22 – 1/23/22	NUTRITION/CULTURE/ CARBOHYDRATE	CHAPTERS 1, 2
3	1/24/22 – 1/30/22	FATS/PROTEINS	CHAPTERS 3, 4 *THERE ARE TWO QUIZZES DUE THIS WEEK**
4	1/31/22 – 2/6/22	LABELS/DRI/RDA/ENERGY	CHAPTER 1, 13, 5 AND PAGES 233, 16-17
5	2/7/22 – 2/13/22	VITAMINS/PHYTOCHEMICALS	CHAPTER 6
6	2/14/22 – 2/20/22	MINERALS/FLUID BALANCE	CHAPTER 7, 8
7	2/21/22 – 2/27/22	DIGESTION/NUTRITIONAL ASSESSMENT	CHAPTER 9, REVIEW CHAPTER 1
8	2/28/22 – 3/6/22	LIFECYCLE PREG/LACTATION/INFANCY/CHILD ADULT/ELDER	CHAPTER 10, 11, 12
	3/7/22 – 3/13/22	MID-SEMESTER BREAK	
9	3/14/22 – 3/20/22	NUTRIENT DELIVERY/FOOD INTERACTIONS/FOOD PREP	CHAPTER 14, 15, 13
10	3/21/22 – 3/27/22	WEIGHT MANAGEMENT/DIABETES	CHAPTER 16, 17
11	3/28/22 – 4/3/22	CARDIOVASCULAR/RENAL	CHAPTER 18, 19
12	4/4/22 – 4/10/22	GASTROINTESTINAL/CANCER	CHAPTER 20,21
13	4/11/22 – 4/17/22	STRESS/HIV & AIDS	CHAPTER 22, 23

14	4/18/22 – 4/24/22	DYING/REVIEW	CHAPTER 24
15	4/21/22 – 4/26/22	<b>FINAL EXAM</b>	<b>ALL – COMPREHENSIVE FINAL NO BOOKS, NO NOTES</b>

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

### Important Dates:

<b>MONDAY 1/10/22</b>	<b>CLASSES BEGIN</b>
<b>MONDAY 1/17/22</b>	<b>MLK DAY – NO CLASSES</b>
<b>FRIDAY 2/25/22</b>	<b>DA PROJECT DUE</b>
<b>WEDNESDAY 3/7/22 – 3/11/22</b>	<b>MID-SEMESTER BREAK – NO CLASSES</b>
<b>4/21/22 – 4/26/22</b>	<b>FINAL EXAM OPEN – MUST HAVE RESPONDUS LOCKDOWN BROWSER AND WEB CAMERA</b>
<b>SATURDAY 4/30/22</b>	<b>END OF SPRING SEMESTER</b>

### Contacting Your Instructor

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 24 -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, you will be notified.

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