

**ARKANSAS TECH UNIVERSITY**

**DEPARTMENT OF NURSING**



**NUTRITION**

**NUR 2303-TC3**

**Dr. Susan Self**

**Fall 2020**

**ARKANSAS TECH UNIVERSITY**  
**Department of Nursing**

**Course:** NUR 2303

**Title:** Nutrition

**Credit Hours:** 3 Semester Hours

**Contact Hours:** 3 clock hours per week

**Placement:** Spring, Summer or Fall Semester, Freshman or Sophomore year

**Faculty:** Dr. Susan Self, DNP, RN

Office: Dean 218-A

Phone: 964-0583 x4668

Email: sself3@atu.edu

Office Hours: see office door

**Course/Catalog Description:**

The focus of this course is on the maintenance of nutritional wellness. Principles of normal nutrition at all stages of the life cycle are emphasized. Growth and development needs are incorporated into the maintenance and restoration of nutritional health and in the prevention of nutritional deficit. Exploration is conducted in the social, religious, and cultural factors which affect the family's nutritional health.

**Discrimination Statement:**

Arkansas Tech University does not discriminate on the basis of color, sex, sexual orientation, gender identity, race, age, national origin, religion, veteran status, genetic information, or disability in any of our practices, policies, or procedures. If you have experienced any form of discrimination or harassment, including sexual misconduct (e.g. sexual assault, sexual harassment, stalking, domestic or dating violence), we encourage you to report this to the institution. If you report such an incident of misconduct to a faculty or staff member, they are required by law to notify Arkansas Tech University's Title IX Coordinator and share the basic fact of your experience. The Title IX Coordinator will then be available to assist you in understanding all of your options and in connecting you with all possible resources on and off campus. For more information, please visit: <http://www.atu.edu/titleix/index.php>.

**Disability/Special Accommodations:**

Arkansas Tech University values diversity and inclusion and is committed to a climate of mutual respect and full participation of all students. My goal is to create a learning environment that is useable, equitable, inclusive and welcoming. If there are aspects of the instruction or design of this course that result in barriers to your inclusion or prevent an accurate assessment of your achievement, please meet with me privately to discuss your needs and concerns. You may also contact the Office of Disability Services, located in Doc Bryan Student Center, Suite 141, in person, via phone at (479) 968-0302 or TTY (479) 964-3290, via email at [disabilities@atu.edu](mailto:disabilities@atu.edu), or visit their website at <https://www.atu.edu/disabilities/index.php> in order to initiate a request for accommodations.

**Required Textbook:**

Online access code that includes the online book:

LMS Integrated for Mind Tap Nutrition, 1 term (6 months). Printed access card forSizer/Whitney's Nutrition: Concepts and Controversies (15<sup>th</sup>).

\*Please note hard copy of book isn't required. Book is available through Mind Tap Access.

## **Justification/Rationale for the Course**

By the completion of this course the student will progress toward student learning outcome #2.

This upper division professional nursing course provides opportunities for the student to apply knowledge and skills from the general education component and from nursing courses to the care of individuals and families.

## **Course Objectives:**

Upon satisfactory completion of this course, the student should be able to:

1. Discuss the basic nutrients required to maintain a state of wellness.
2. Apply concepts of basic nutrition in order to modify individual dietary patterns.
3. Demonstrate an understanding of scientific concepts necessary to maintain nutritional balance.
4. Compute the caloric content of certain foods in order to establish a 24-hour balanced meal plan.
5. Discuss the significance of religious, social, and cultural influences on dietary health.
6. Recognize the impact of life cycle events that require adaptations in nutritional planning.
7. Develop strategies for health teaching that would help the individual in maintaining normal weight.
8. Explore the relationships dealing with cell energy production, the building and restructuring of tissue, and the control of cell functions exerted by water, electrolytes, vitamins, and minerals.
9. Discuss the intricate processes of digestion and absorption.
10. Utilize scientific principles in order to explain how nutrition helps the cell in adapting to changing environmental factors.

## **CONDUCT OF THE COURSE**

### **Evaluation/Assessment Methods:**

#### *1. Grading Scale-PLEASE REVIEW CAREFULLY*

- A = 90-100
- B = 80-89
- C = 75-79
- D = 68-74
- F = 67 and below

2. A grade of "I" may be recorded for a student whose work is incomplete due to circumstances beyond the student's control. The student must take responsibility for removal of the "incomplete" grade according to the Arkansas Tech University's catalog requirements. Nursing majors must remove the "I" before progressing to the next level of nursing courses.

3. Examinations/Quizzes will be taken at designated times. **IF A STUDENT CANNOT TAKE THE EXAMINATION AT THE REGULARLY SCHEDULED TIME, HE/SHE IS RESPONSIBLE FOR CONTACTING THE INSTRUCTOR ON OR BEFORE THE SCHEDULED EXAM DAY TO MAKE ARRANGEMENTS FOR THE EXAMINATION MAKE UP. ANY STUDENT NOT MAKING THE APPROPRIATE ARRANGEMENTS WILL RECEIVE AN “O” FOR THE MISSED EXAM.** Makeup examinations may be essay or objective in nature at the discretion of the instructor.

4. Quizzes and other assignments will be completed through the online modules. If any student is suspected of being dishonest with the online quizzes, they may be asked to take their quizzes on campus or via a proctor. The instructor reserves the right to request any student to take their quizzes on campus or via a proctor no matter if suspected of cheating or not.

5. **Discussion board:** You are required to submit an initial response, which is your answer to the posted question, and you are required to respond to one of your classmate’s initial post. All discussion board post should have referenced substantial material. See Discussion board rubric for grading guidelines.

6. **Course Grade**

<u>Weekly Assignments</u>	<u>60%</u>
<u>Final Exam</u>	<u>40%</u>

7. Every student will be expected to complete assignments on time.

8. **LATE ASSIGNMENTS (Even 1 minute late ) WILL NOT BE ACCEPTED AND A GRADE OF “0” WILL BE ASSIGNED UNLESS ARRANGEMENTS HAVE BEEN MADE PRIOR TO THE DUE DATE WITH THE INSTRUCTOR.** If you get locked out of a quiz, immediately call Campus Support at 968-0646 and have them email me to reset quiz. Quizzes will not be reset if I do not receive email from Campus Support. There is no extra credit offered.

9. If a consistent pattern of not accessing the online course several times a week, or incomplete assignments or a pattern in testing absences develops, the situation will result in the removal of the student from the course at the discretion of the instructor.

10. Students must sign in and complete the first assignment by the due date. If a student does not participate in the first assignment they will be dropped from the course at the discretion of the instructor. **Assignments received after the due date will result in a zero** (unless prior arrangements have not been made and accepted by the instructor).

11. **Computer Requirements:** Please refer to the Blackboard Campus Support website for computer requirements. For this online course we will utilize search engines, Microsoft Word, Microsoft PowerPoint, **Respondus Lockdown browser, and Real Player (a free link is provided to view any videos during your course work) and you will need a webcam. It is highly recommended that you obtain high-speed internet access.**

**University Policies:** Please refer to your student handbook for further guidelines and explanations.

## **Academic Integrity**

Falsification of your participation and attendance into this online course will result in an automatic failure and will be turned over for further academic discipline. All exams will not be copied or printed for any use. **Exams are not a collaborative process.** Academic Dishonesty will not be tolerated and will result in a failure for this course. Plagiarism will not be tolerated. If any suspicion of cheating during online quizzes or exams or printing off these testing materials to keep or share will result in the IT department to be consulted. They have the technology to look into your user history for this course and by accessing this syllabus you have agreed to these terms. Any reasonable suspicion will result in failing the course with an F.

Because you are seeking to further your education you are demonstrating your willingness and responsibility for learning. We expect that all the work you do for this course will be your own. If you plagiarize or cheat on your assignments, the first offense will result in a written warning. A second offense will result in dismissal from this class. You are referred to the ATU Student Handbook ([www.atu.edu/studenthandbook](http://www.atu.edu/studenthandbook)) and a dictionary for the definition of the terms plagiarism and cheating. We don't expect this to happen, but we do want it perfectly clear what the consequences are if it does occur. After researching the stated resources and you are still unclear as to what constitutes plagiarism or cheating, please contact an instructor for further clarification.

## **Plagiarism**

The term "**plagiarism**" is stealing the ideas or writing of another person and using them as one's own. This includes not only passages, but also sentences and phrases that are incorporated in the student's written work without acknowledgement to the true author. Any paper written by cutting and pasting from Internet or any other source is plagiarized. Slight modifications in wording do not change the fact the sentence or phrase is plagiarized. Acknowledgement of the source of ideas must be made through a recognized footnoting or citation format. Plagiarism includes recasting the phrase or passage in the student's own words of another's ideas that are not considered common knowledge. Acknowledgement of source must be made in this case as well. (ATU Student Handbook, 2019-2020, please refer to the student handbook for disciplinary actions for plagiarism)