

NSG 310: Nutrition and Health

Pre-Requisite(s)

None.

Co-Requisite(s)

None.

Credit Hours

3 Credits

Course Format

Complete Online Course

Meeting Days, Times, and Locations

Fully online. No required in-class sessions.

Course Description

This online course focuses on basic concepts of nutrition for those students that are pursuing careers in nursing and other allied health fields. This course covers healthy nutrition through the life cycle, selected cultural variation, diet and physical activity, medical nutrition therapy and selected diseases, and food safety. Open to nonmatriculated students.

Student Learning Outcomes

At the conclusion of this course, the student will achieve the following identified outcomes.

1. Describe nutritional requirements across the life cycle including selected cultural groups.
2. Discuss the role of nutrition in promoting and maintaining health.
3. Describe the appropriate methods for safe tracking, storage and preparation of food to prevent illness.
4. State interventions to provide adequate nutrition for clients with specific clinical disorders including diabetes, cardiovascular disease, renal insufficiency, and hepatic insufficiency.
5. Develop patient and family teaching plans for healthy nutrition.

Teaching Methods/Activities

This course uses a combination of methods to facilitate learning/mastery of content:

- Online lectures
- Selected literature search
- Online activities
- Readings
- Case studies
- Online testing

Online Activities and Expectations

1. Remember to budget your time! Typically you will spend at least 9 hours per session on class activities for this online class. For a 3 credit class of nutrition education you are expected to:

- Review the online lecture/study notes
- Complete all assigned readings in the required text
- Access and review online web resources as needed
- Complete activities as directed
- Submit the online test for each session

2. Online sessions will include lecture/study notes (supplemented with your readings in the required text), web resources, activities, and a test to be completed for each session.
3. Online tests, although taken at your geographical and time convenience, should be treated as a classroom based examination experience. This means you should study prior to taking the examination and refrain from using study and lecture material during the test. To prepare for the test you are encouraged to review lecture and reading material, and complete all activities.
4. All online tests must be submitted prior to the end of the course. Please NOTE You can access the test only once. Therefore, once you start the test you must finish it! Academic honesty requires you not share test information with others.

Evaluation Methods/Learning Outcomes

Course Requirement	Percent of Total Grade	Alignment with Student Learning Outcome(s)
1. Online tests	100%	SLO 1, 2, 3, 4, & 5

The final grade entered is based on School of Nursing grading system. See *Student Handbook page 22* (<https://www.son.rochester.edu/assets/pdf/studenthandbook.pdf>)

Online tests are 100% of the final grade. Each first 11 tests are 8% of the final grade, and the twelfth and final test is 12% of the final grade.

This course is entirely online, so the only way course faculty have to contact you is through the email you used to sign up for this course. You should be checking your email at least 3-4 times per week in case course faculty are trying to contact you. This is extremely important. Please feel free to contact course faculty with any questions.

Grading System (for Undergraduate Programs)

The student's final numerical grade will be converted to a letter grade based on the following University of Rochester undergraduate student grading criteria:

A	93-100	C	73-76	"C-" is considered unsatisfactory work for undergraduate students; see <i>Student Handbook</i> for implications.
A-	90-92	C-	70-72	
B+	87-89	D+	67-69	
B	83-86	D	63-66	
B-	80-82	D-	60-62	Failing grade; see <i>Student Handbook</i> for implications.
C+	77-79	E	<60	

The Center for Lifelong Learning wants to make sure you have the time you need to do your best work in this course. It is your responsibility to reach out to course faculty to ask for more time if you need it, and to sign the contract that is sent to you and return it before the end of the semester. Failure to do so will result in zero points posted for any outstanding work and a final grade being calculated and posted.

Required Textbook(s)

Grodner, M., Escott-Stump, S., & Dorner, S. (2023). *Nutritional foundations and clinical applications: A nursing approach* (8th ed.). St. Louis, MO: Elsevier Mosby.

PLEASE NOTE: The textbook is required for class activities, readings and to supplement the online lectures! The book can be purchased through the bookstore.

Course Outline

Session One: Wellness, Nutrition, and Community Health

Session Two: Digestion, Absorption, & Metabolism; Carbohydrates; and Fats

Session Three: Protein; Vitamins; and Water & Minerals

Session Four: Energy, Weight & Fitness

Session Five: Nutrition Across the Life Span

Session Six: Nutrition care, support and Metabolic Stress (surgery)

Session Seven: Complementary and Alternative Medicine, Dietary Supplements, and Medications

Session Eight: Disorders of the GI Tract and Liver, Gallbladder, & Pancreas

Session Nine: Diabetes Mellitus

Session Ten: Cardiopulmonary Diseases

Session Eleven: Diseases of the Kidney

Session Twelve: Nutrition in Neuro-psychiatric Disorders, Cancer, and HIV/AIDS

ADA Statement and Holidays

See *Student Handbook* (<https://www.son.rochester.edu/assets/pdf/studenthandbook.pdf>)

Academic Honesty Statement

Students are responsible for their own work. Students are expected to have read and to practice principles of academic honesty. See *Student Handbook* (<https://www.son.rochester.edu/assets/pdf/studenthandbook.pdf>)

Student attestation is completed on Blackboard for each course.

Professional Behavior/Civility Statement

The University of Rochester, School of Nursing (SON) seeks to provide an environment for learning and teaching that is respectful of diverse persons and points of view in all classroom, electronic, and clinical settings. Consistent with this goal, it is expected that diverse perspectives and opinions will be expressed and received in a respectful and professional manner. Incivility, intolerance, hate speech, and abusive behaviors are considered professional misconduct and will be acted upon in accordance with the statement in the *Student Handbook*. (<https://www.son.rochester.edu/assets/pdf/studenthandbook.pdf>)

TITLE IX/Sexual Harassment Policy

All members of the University community have the right to learn and work in a safe environment free from all forms of harassment, including harassment on the basis of sex or gender. Students who have been subjected to sexual harassment, including sexual assault, dating/domestic violence or stalking, have the right to receive academic, housing, transportation or other accommodations, to receive counseling and health services and to make a report about such behavior to the University and to law enforcement. For more information please visit www.rochester.edu/sexualmisconduct.

HIPAA Compliance

Students are to abide by the University of Rochester HIPAA Compliance Guidelines which can be found on the SON website (<http://son.rochester.edu/r/HIPAA-Video>).