NSG 310 section 1 Syllabus

Nutrition and Health

Course Information

Course Information:

Nutrition and Health
NSG 310 1 (3.0 Credits)
Spring 2025 Nursing [SPRING2025SON]

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.

Prerequisite(s): None

Delivery Mode
Correspondence

Department: SON Center for Lifelong Learning
College: School of Nursing

Meeting Days, Times and Locations,:

Fully online. No required in-class sessions.

Course Learning Outcomes (CLO):

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.

Assignments & Assessments

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
- Discussion board

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
- Post on the discussion board as directed

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.

5. Questions about the course or content should be emailed to the course facilitator, Nellie Wixom at SON-NSG310@URMC.Rochester.edu

Evaluation Measures/Learning Outcomes:

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.

Course Requirement	Percent of Total Grade	Alignment with Student Learning Outcome(s)
1. Online tests	90%	SLO 1, 2, 3, 4, & 5
2. Discussion Board	10%	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)

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:

Undergraduate Grading*

A student must earn an overall course average of 73.00%. Grades will not be rounded up.

The following grading scale is used for the undergraduate programs:

Numeric Grade (Blackboard)	Letter Grade (URStudent/Transcript)	Grade Points (URStudent/Transcript)
93-100	A	4.0
90-92	A-	3.7
87-89	B+	3.3

83-86	B	3.0
80-82	B-	2.7
77-79	C+	2.3
73-76	C	2.0
70-72	C-	1.7
67-69	D+	1.3
63-66	D	1
60-62	D-	.7
Below 60	E	0.0

ABSN only*: A student must earn at least an overall course and exam average of 73.00% exam average in a course and 73.00% overall average in the same course to pass the course. **Grades will not be rounded up.** *Detailed information about grading in ABSN courses can be found in Appendix J.*

Grades that carry no grade points and are not used to compute the cumulative point hour ratio are:

S	Satisfactory
P	Pass
WP	Withdraw passing
WE	Withdraw failiing
I	Incomplete
N	No grade reported
AU	Audit

e required to satisfactorily complete a course.

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

Academic Policies

Academic Policies:

🏛 Disability Statement

If you have a disability for which you may be requesting an academic accommodation, you are encouraged to contact both your instructor and the access coordinator for your school to establish eligibility for academic accommodations.

🏛 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.

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).

ADA Statement

The University of Rochester welcomes students, faculty, staff and visitors with disabilities to our campus. We strive to meet the needs of all qualified participants in our programs and services by providing reasonable accommodations for individuals with disabilities and connection to resources within the University. Students seeking accommodations on the basis of a disability should follow the steps outlined on the University's Disability Services website. The School of Nursing has designated an access coordinator to assist with implementing approved academic accommodations through an interactive process. Contact information for access coordinators can be found on the Disability Services website.

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

Holidays

See the University of Rochester School of Nursing Handbook.

Refund Policy for Dropping a Course

All full-semester courses start the first day of the semester, regardless of when the first actual class session/meeting/zoom is held. After **7 calendar days** from the semester start date, the refund schedule takes effect and students will owe money if they are dropping the course. This policy pertains to all students, regardless of any tuition benefit or scholarship. For additional details about dropping or withdrawing from courses, please see the UR SON Student Handbook

🏛 Guidelines for the Use of Artificial Intelligence (AI)

Students at the School of Nursing must comply with faculty directions about using artificial intelligence (AI) and AI-generated text (such as ChatGPT, Duolingo, etc in student assessments, which may include encouragement to use AI, a prohibition from using AI, and various considerations between these two ends. If AI is allowed, students must cite its use (see https://apastyle.apa.org/blog/how-to-cite-chatgpt). In addition, students are responsible for verifying any citations provided by AI due to the known possibility of AI generating fictitious references. In all cases, students are encouraged to speak with course faculty about their intended use of AI. The risk of not adhering to these guidelines raises the risk of breaching academic and professional integrity guidelines as described in the *SON Student Handbook.*

🏛 Safe Assign Disclosure

SafeAssign is a plagiarism prevention tool for students and instructors that may be used in your course. This tool is designed to compare your writing with other assignment submissions and published works and report any phrases or passages identical or similar to those in other assignment submissions and published works. If applicable, students are encouraged to submit their papers to a Draft SafeAssign assignment link in the course. If you have questions or are concerned about your report results, please reach out to the course faculty to discuss. Papers submitted to the Draft SafeAssign link will not count towards your grade, and students will not be penalized for any plagiarism detected in a draft. However, students are responsible for handing in final assignments that adhere to the School of Nursing Academic Honesty Policy.

Students are responsible for avoiding plagiarism and need to be attentive to writing in their voice and always cite and/or quote the ideas of others. SafeAssign will not detect all plagiarized content. Students are responsible for any plagiarized materials even if SafeAssign does not detect them.

Please see this guide (https://help.blackboard.com/SafeAssign/Student) and view Assignments: Referencing, Plagiarism and Draft SafeAssign for information on how to use SafeAssign and interpret the results.