



## NUTRITION AND DIET THERAPY

0-3-1

Date: 7/22/2010 GCC

**COURSE NUMBER:** NUR 107

**PREREQUISITE(S):** Admission into Nursing Program and successful completion of prior program requirements.

**REQUIRED:** NUR 106, NUR 120

**ACCEPTABLE COURSE SUBSTITUTION:** Students who have received a grade of "C" or better in BIO 240 will be exempted from NUR 107.

**COURSE DESCRIPTIONS** This course is the study of basic concepts of nutrition and diet therapy.

**TEXTBOOK(S):** Grodner, M., Long, S., & Walkingshaw, B. C. (2007). *Foundations and clinical applications of nutrition: A nursing approach* (4<sup>th</sup> ed.). St. Louis, MO: Mosby Elsevier.  
ISBN-13: 978-0-323-02802-8  
Accompanying CD  
ISBN: 0-323-03464-0

**REFERENCE(S):** All textbooks used during the first semester of nursing school.

Spartanburg Community College Student Planner and Handbook 2010-2011 (A copy can be obtained in the Student Admissions and Records offices).

Spartanburg Community College Associate Degree of Nursing Handbook (2009-2010).

Spartanburg Community College Catalog (2010-2011).

**OTHER REQUIRED MATERIALS, TOOLS, AND EQUIPMENT:** Please go to the following website for current computer requirements: <http://online.sccsc.edu/techreq.htm>

**METHOD OF INSTRUCTION:** Self-study using text, journal articles and videos as assigned by instructor. Blackboard will be used for all unit exams. Bi-weekly discussion questions among students and instructor. Students and the instructor may interact via SCC e-mail services and/or in person.

Students will be required to attend a scheduled orientation to on-line courses. The date, time and location of this session will be announced by letter prior to the beginning of classes.

The course instructor will also be in attendance to discuss the course syllabus and course schedule and to answer questions.

**GRADING SYSTEM:**

94	-	100	=	A
85	-	93	=	B
80	-	84	=	C
70	-	79	=	D
Below	-	70	=	F

**GRADE  
CALCULATION  
METHOD:**

Seven unit exams (no final exam)	=	80%
Discussion questions	=	20%
Total:	=	100%

Grades are not rounded off (neither up nor down). A grade of 79.9% will be recorded and counted as 79.9%. No exceptions will be made.

To pass NUR 107, the student must achieve an overall average grade of  $\geq 80\%$  on unit exams and discussion questions.

No test grade will be dropped in NUR 107.

There will be no extra credit projects, quizzes or assignments.

A letter grade of D or F constitutes one attempt in a nursing course. After the second unsuccessful attempt of any nursing curriculum course the student will be required to withdraw from the ADN program and is not allowed to return for one year.

**CONFIDENTIALITY:**

All students' e-mail addresses will be available to other students in the class. Although some assignments in an online course may encourage or require peer communication, the instructor will make every effort to protect the confidentiality of any personal communication (for example, grades). However, you should recognize that e-mail and other electronic media are not secure; there is no guarantee of the privacy of your e-mail or other personal information. It is possible that information intended for one student may accidentally be sent to another.

**APPROPRIATE  
ONLINE BEHAVIOR:**

The use of Spartanburg Community College's website, e-mail service or course management software for creation and/or distribution of material not pertaining to course participation is prohibited and is grounds for dismissal according to College policy under "disruptive behavior." Such actions, include, but are not limited to:

- Inappropriate use of email and discussion boards for:
  - ✓ Harassment
  - ✓ Unlawful solicitation
  - ✓ "Spamming"
  - ✓ "Flaming"
- Use of online editing tools within the course management software to:
  - ✓ Create offensive material
  - ✓ Link to inappropriate materials

**ATTENDANCE  
POLICY:**

Attendance at the initial orientation session, which will take place on campus, is mandatory.

An electronic e-mail is required from each student to the instructor by the end of the drop/add period. At this time the instructor will drop the student from the course if it is not received.

**WITHDRAWAL  
POLICY:**

During the first 75% of the course, a student may initiate withdrawal and receive a grade of W. A student cannot initiate a withdrawal during the last 25% of the course. Extenuating circumstances require documentation and approval by the chair person and academic dean.

Instructors maintain attendance records. However, **it is the student's responsibility to withdraw from a course.** A student who stops attending the online class and fails to initiate a withdrawal will remain on the class roster. *With this in mind, for every assignment, test or exam not completed while still enrolled in the course, the student will receive a grade of zero and the final course grade will be calculated accordingly.*

**ACADEMIC  
CONDUCT:**

**ACADEMIC DISHONESTY:** Students are expected to uphold the integrity of the College's standard of conduct, specifically in regards to academic honesty. All forms of academic dishonesty including, but not limited to, cheating on assignments/tests, plagiarism, collusion, and falsification of information will call for disciplinary action. Disciplinary

action imposed may include one or more of the following: written reprimand, loss of credit for assignment/test, termination from course, and probation, suspension, or expulsion from the College. For further explanation of this and other conduct codes, please refer to the Student Handbook.

All forms of academic dishonesty including, but not limited to, cheating on tests, plagiarism<sup>^</sup>, collusion, and falsification of information\* will be subject to disciplinary action.

Cheating is identified as (but is not limited to):

- Copying another student's work or test
- Using unauthorized materials during a test
- Collaborating with another student during a test
- Knowingly obtaining, using, buying, selling, transporting, or soliciting, in whole or in part, the contents of a test or another person's work
- Bribing another person to obtain the contents of or information about a quiz or test
- Sharing information about a quiz/test with another nursing student who has not yet taken the quiz/test
- Substituting for another student, or permitting another student to substitute for oneself
- Sharing of any passwords assigned by the College or one of the College's collaborating facilities
- Unauthorized printing of computer-administered tests
- Sharing or discussing test questions with other students before the closing time of an on-line test.

<sup>^</sup>Plagiarism is defined as the appropriation of another individual's work and the unacknowledged incorporation of that work into one's on work offered for credit. Students committing plagiarism will be subject to disciplinary action.

\*Falsification of information includes, but is not limited to:

- Forgery; alteration or misuse of college documents, records, or identification
- Destruction of evidence with the intent to deny its presentation during a hearing or to a panel

Academic dishonesty policies apply to online tests.

Proven cases of academic dishonesty will result in disciplinary action up to and including administrative withdrawal from the nursing program.

## CLASS/LAB PROCEDURES:

### DISCUSSION QUESTIONS

A discussion question will be posted by the course instructor on Blackboard by 9:00 a.m. every other Wednesday morning while school is in session. If a school holiday is scheduled for a Wednesday a discussion question should have been posted, it will, instead, be posted at 9:00 a.m. on the following Wednesday.

Each student will have exactly **one week** to post a thoughtful response to each discussion question. Discussions will be graded as following:

- The discussion portion of this course will account for 20% of your grade.
  - The student submitting a thorough and well-thought-out response to the material read or viewed within the allotted time will receive a grade of 100% for that discussion question.
  - The student who submits a response which is submitted within the allotted time frame but who has not given the discussion topic sufficient thought will receive feedback from the instructor and will be asked to submit a more complete response. If the student submits a high-quality follow-up response as requested, s/he will receive a grade of 50% for that discussion question.
    - If the student's second attempt at submission is of poor-quality, s/he will receive a 0% for that discussion topic.
  - The student who does not submit a response to a discussion question within the allotted timeframe will receive a grade of 0% for that particular discussion question. S/he will not have an opportunity to make this up.
    - Students who fail to submit a response to 3 difference discussion questions will fail NUR 107.
- This will count as one attempt at a course.

Discussion questions may require that you read an e-article (on-line article) and/or view a video prior to posting a thoughtful comment on the article read and/or video viewed. Either the article itself or the article's Web address will be provided by the instructor.

In summary, each student will respond to each posted discussion question within one week of the question's posting. The student has from 9:00 a.m. of the day the question is posted until 9:00 a.m. on the same day of the following week to respond. Students not responding **within the established time frame** will receive a 0% for that discussion question.

In rare circumstances, a student may be unable to post a

response to a discussion question. If this occurs, ***the student must contact the course instructor by 1:30 p.m. on the Friday before the response is due.*** The reason for the student's inability to post a response will be reviewed by the course instructor, and, if the need arises, the nursing program chair. These individuals will review the student's situation and determine if her/his inability to post a response is valid. If it is deemed *invalid* and the student does not post a response by the day and time it is due, the student will not receive credit for that discussion question.

## **TESTING**

As stated earlier, there will be seven (7) unit exams. There is **no final exam** for this course. Students will be informed (during orientation) the dates and times the exams will be available for the student to access on-line. (This information is also available on the NUR 107 Blackboard site). Students must take each unit exam within the time frame provided. Tests will be available from 8:00 a.m. on a Thursday through 11:00 p.m. the following Sunday.

Due to rare and extenuating circumstances, a student may not be able to take an exam during the assigned "testing window." ***If a student will be unable to take an exam during the scheduled time, s/he must notify and speak with the course instructor prior to the day and time that exam is first made available on-line.*** Leaving either a voice message and/or an e-mail message does not constitute notification of, or speaking to, the instructor.

Failure to submit an on-line exam prior to the closing date/time set for that exam and without discussing it with the course instructor, will result in a significant loss of points. When the test *is* taken, the student's beginning score will be an 80% (instead of 100%). Any missed test questions will be deducted from 80 instead of from 100.

For example, a student forgets to take a scheduled test. There are 50 questions on the test, so each question counts 2 points. The student misses 10 questions (worth a total of 20 points). 20 points will be deducted from 80, and the student's grade for that exam will be a 60%.

It is **not** advisable to wait until the last hour that the exam is available to you (on-line) to take it. We strongly advise students take each exam as soon as possible after it becomes available – if you have technical difficulties taking the exam, you would still have time to review other test-taking options (e.g., taking the exam in one of the computer labs on campus). Difficulty accessing the Internet may not constitute a valid reason for failing to complete an exam.

If the student experiences **problems accessing or taking/completing an on-line exam**, s/he should **contact the**

**SCC Blackboard support staff (24x7) for assistance** (864-592-4682).

Although the student may also call the course instructor (see contact information below) between the hours of 8:00 am – 8:00 pm Monday – Friday and between 8:00 am and 5:00 pm Saturday and Sunday, s/he cannot provide computer/Blackboard troubleshooting assistance.

All tests must be taken through the “Respondus Lockdown Browser” feature of Blackboard. This can be done by going to <http://online.sccsc.edu/>. This site also has a tutorial that you can complete to learn how to use Respondus Lockdown Browser.

**Students with a “dial-up” Internet connection are strongly discouraged from using that connection to take course tests.**

Exams are timed. Depending on the number of exam questions, the student usually has between 60 and 90 minutes to complete the exam. Former “dial-up” students have informed us that they did poorly on exams either because they’d lost their Internet connection during an exam or because the questions loaded so slowly that they were unable to complete the exam within the allotted time frame.

***Remember.*** “Computer problems” may not constitute a valid excuse in this course. Plan ahead and do not procrastinate.

### **MAKE-UP EXAMS**

Students who have contacted the course instructor prior to the day and time an exam is first posted and who have a valid excuse\* for being unable to take the exam at the posted times will be eligible to take a make-up exam without penalty. The course instructor will have the final-say about scheduling a make-up exam.

Make-up exams will test the same basic content area as the original test but may not be identical to it. Make-up exams may incorporate any or all types of test questions: essay, fill-in-the-blank, true/false, matching, multiple-choice, etc.

\* The course instructor will determine if the student’s excuse for being unable to take a test at the time it is scheduled is “**valid**”.

Please see above under “Testing” for grading of tests taken late without prior instructor approval.

### **HIPPA:**

If a student is known to have violated HIPAA laws and/or protocols as determined by a healthcare facility and/or the student’s clinical instructor, he/she will be dismissed from the program and will not be eligible to reapply to the program for one (1) year.

**ACCOMMODATIONS:** Students who need special accommodations in this class because of a documented disability should notify Student Disability Services. You may contact Student Disability Services by calling, (864) 592-4811, toll-free 1-800-922-3679; via email through the Spartanburg Community College web site at [www.sccsc.edu/SDS/](http://www.sccsc.edu/SDS/); or by visiting the office located in the Dan Lee Terhune Student Services Building, room 112 of the Spartanburg Community College campus. By contacting Student Disability Services early in the semester, students with disabilities give the College an opportunity to provide necessary support services and appropriate accommodations.

Spartanburg Community College  
ADN Program Core Competencies:

- Assessment
- Critical thinking
- Managing care
- Teaching and learning
- Communication
- Caring
- Collaboration
- Professional behavior

**COURSE OUTCOMES  
& OBJECTIVES:**

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

I. Assessment:

- A. Identify nutrition assessment modalities
- B. List topics potentially covered in an RN nutritional assessment.
- C. Recognize the differences between an RN-administered nutritional assessment and a nutrition professional-administered nutrition assessment.

II. Critical Thinking:

- A. Recognize the importance of nutrition in the promotion and maintenance of health.
- B. Apply didactic concepts/principles to clinical practice.
- C. Discuss the need to include a client's cultural practices and preferences when providing nutritional counseling.
- D. Maintain a non-judgmental attitude toward clients whose BMIs categorize them as obese.
- E. Provide evidence-based nursing care to the client whose nutritional status is not in balance.
- F. Utilize a variety of resources to enhance understanding of nutritional concepts.
- G. Develop a comprehensive nutrition vocabulary.
- H. Approach NUR 107 discussion questions in a thoughtful and analytical manner.
- I. Under supervision, document relevant client nutrition data in the client's medical record.
- J. Recognize the nutrition professional as a critical member of the healthcare team.
- K. Function as a role model to clients and others by leading a healthful nutritional lifestyle.

- L. Maintain an open mind regarding “alternative” nutrition and healing practices.
- III. Teaching and Learning:
    - A. Identify nutrition topics to be included in nutritional education and counseling.
- IV. Collaboration:
    - A. Identify members of the nutrition healthcare team.
    - B. Describe the professional relationship between members of nutrition and nursing healthcare teams.
- V. Professional Behavior:
    - A. Practice appropriate on-line behavior.
    - B. Practice academic honesty (please refer to the most current edition of the ADN Student Handbook re: Academic Dishonesty policies).

NUR 107 Course Instructor:

Gibby Cates, CNM, MS  
(Certified Nurse-Midwife)  
Office: HSB 237  
Office Phone number: (864) 592-4889  
Cell phone number: (864) 237-2727

## **Acknowledgement of Responsibility**

As evidenced by my signature below, I acknowledge that I have in my possession the most current copy of the NUR 107 syllabus, the Associate Degree in Nursing Student Handbook, the SCC Catalog, and the SCC Student Planner and Handbook. It has been explained to me that I am held to the rules, regulations, standards of conduct and time frames of all the documents listed above. I understand that I must maintain a current copy of these handbooks throughout my nursing program. I have been further advised that the contents of the NUR 107 syllabus, the Associate Degree in Nursing Student Handbook, the SCC Catalog, and the SCC Student Planner and Handbook may be subject to change when deemed necessary and appropriate by the college, its administrators and/or the course instructor(s). When changes are made, I will receive a copy of these changes in writing.

My signature also acknowledges that the NUR 107 syllabus has been explained to me by the course instructor; that I have personally reviewed the course syllabus; and that I was given the opportunity to ask questions and seek clarification regarding the syllabus and its contents. I fully understand the NUR 107 course requirements as described in the course syllabus.

My signature also acknowledges that the procedure for dropping classes has been reviewed and my responsibility regarding the procedure for dropping classes has been explained to me by my instructor. I have had an opportunity to ask questions, and I understand my role in this process and accept that responsibility.

My signature also acknowledges that I have read, and have had explained to me, the policy statement on confidentiality for client/patient health and financial information. I understand and agree that in the performance of my duties as an Associate Degree Nursing student at Spartanburg Community College, I must, and will, hold in strict confidence all client/patient information. Furthermore, I understand that violation of this policy, whether intentional or unintentional, will result in disciplinary action.

My signature gives permission for Spartanburg Community College to release information about me to prospective employers concerning my academic performance, attitude, appearance, and any otherwise pertinent information while I am an Associate Degree in Nursing student at Spartanburg Community College.

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(Student name - printed)

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(Date)

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(Student signature)

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(Faculty signature)

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(Date)

Rev. 7/22/2010