

**UNIVERSITY OF NORTHERN COLORADO
OFFICE OF EXTENDED STUDIES
INDEPENDENT STUDY SYLLABUS**

FND 357-931 Nutrition in Health and Illness
(online, independent study); 4 credits

Instructor: Jamie Erskine, PhD, RD

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Office Hours: Vary by academic semester; a reply will be sent to e-mails by the next business day.

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Prerequisite: BIO 245 Introduction to Human Anatomy & Physiology

Course Description:

Basic nutrition concepts including individual nutrients and their association with disease states. Course is intended for nursing and other allied health professional students.

More specifically, the first part of the course covers normal nutrition including defining nutrients and their functions. Next, application of normal nutrition concepts to various stages of the life cycle is studied. The second portion of the course covers the Nutrition Care Process that includes nutrition screening, assessment, care plan development and Medical Nutrition Therapy applied to several conditions of acute and chronic illness. Practice with case studies and researching current nutrition issues are learning techniques used to apply information.

Course Objectives:

Upon completion of the course, the student will:

1. Identify essential nutrients in the diet, how they are digested, metabolized and their function in the body.
2. Apply dietary recommendations to specific populations for health and prevention of disease.
3. Recognize the roles of nutrition in prevention and treatment of chronic disease and acute conditions.
4. Describe the multi-disciplinary approach to medical nutrition therapy by identifying roles of various health care professionals and resources used in nutrition care planning.
5. Practice screening for nutritional risk in stages of the life cycle.

Required Text and Resources:

Rolfes SR, Pinna K, Whitney E. *Understanding Normal and Clinical Nutrition*, 8th ed., Wadsworth, CA, 2009. (ISBN 0495556467)

Diet Analysis Plus 9.0 CD-ROM, Wadsworth.

Course Overview and Schedule:

As stated in the Course Description, the first portion of the course is normal nutrition and the second portion focuses on medical nutrition therapy. The assignments, reading, and activities during the first portion of the course orient you to the nutrients, their sources, and functions. You will also learn how to evaluate diets using accepted guidelines and recommendations. You will learn nutritional deficiencies, toxicities, and nutrition risks that exist. In the third assignment you will apply these concepts to different stages of the life cycle. In the second portion of the course you will study medical nutrition therapy which is the accepted term for nutrition intervention and education for disease prevention and treatment of disease and illness. **It is strongly recommended that you complete assignments 1 and 2 prior to taking the first exam. Likewise, it is recommended that you complete assignment 3 prior to taking the second exam, and assignment 4 prior to taking the final exam.** Emphasis is placed on the roles of various health care professionals in providing nutritional care and education.

The text book offers several methods for learning. Included in these are 'Nutrition Calculations' and Study Questions at the end of each chapter. Though they are not assigned for points, completing these features are essential for studying for the midterm and final exam. Additionally, there are excellent resources at nutrition.wadsworth.com including chapter outlines, flashcards and glossaries for each chapter. There are also test reviews, sample quizzes, lecture presentations, and more. Reference to these online study resources is also on Week 1 of the Course Materials page and each subsequent week. ***It is strongly suggested that you review the Glossary Terms and complete the practice tests.*** These activities are not graded, however they will help you to determine how well you have learned the material.

Because this course is an independent study course and students can enroll at any time, it is not possible to fill in dates for a recommended schedule of study. Many students like to complete this course in the time frame of a semester. Therefore, on the Course Materials page I have organized the course content into 15 weeks, the length of a typical semester. You might find it helpful to fill in dates beginning with the week you enrolled in the course and ending with your target date for completing the course. Remember you have a maximum of one year from your date of enrollment to complete the course. Again, it is strongly recommended that you complete the course in the order specified on the Course Materials page.

Course Schedule

Week 1: Introduction and Overview of Nutrition and Diet Planning Guides and Assignment 1

Week 2: The Nutrients – Carbohydrates

Week 3: Lipids

Week 4: Protein, Assignment 2, and Exam 1

Week 5: The Vitamins – Water Soluble and Fat Soluble

Week 6: Water and the Minerals

Week 7: Nutrition through the Life Cycle, Assignment 3, and Exam 2

Week 8: Begin Medical Nutrition Therapy (MNT), Nutrition Assessment and MNT, Energy Balance

Week 9: Nutrition and Upper and Lower GI Disorders

Week 10: Nutrition Support

Week 11: Nutrition during Stress, Respiratory Disease, and Liver Disease

Week 12: Diabetes

Week 13: Nutrition and Cardiovascular Disease

Week 14: Nutrition and Renal Disease

Week 15: Nutrition and Cancer, Final Exam

Course Requirements:

All assignments are explained on the Assignments link.

Assignment 1: Grocery Store Tour - 20 points

Assignment 2: Dietary Intake and Analysis - 50 points

Assignment 3: Life Cycle Assessment - 30 points

Assignment 4: Case Study - 50 points

Exam 1 – 50 points*

Exam 2 - 50 points*

Exam 3 - 50 points*

Final exam - 50 points*

Total points possible = 350

*The exams have 50 multiple choice questions and they are to be taken online in the presence of a proctor. You have a maximum of 60 minutes to take each exam. You must use a high speed Internet connection to take the exams. Instructions for selecting a proctor and gaining access to the exams are on the Course Materials page under the units with exams scheduled.

Rubrics are posted on the Assignments Page with the appropriate assignment to guide you in completing quality assignments.

Grading:

A standard percentage system of total points earned will be used to determine your final course grade as follows:

95 - 100% = A

90 – 94% = A-

87 – 89% = B+

83 – 86% = B

80 – 82% = B-

77 – 79% = C+

73 – 76% = C

70 – 72% = C-

67 – 69% = D+

63 – 66% = D

60 – 62% = D-

0 – 59% = F D- and above is a passing grade.

Your point total is always visible under the 'My Grades' link on the Tools page.

Honor Code

All members of the University of Northern Colorado community are entrusted with the responsibility to uphold and promote five fundamental values: *Honesty, Trust, Respect, Fairness, and Responsibility*. These core elements foster an atmosphere, inside and outside of the classroom, which serves as a foundation and guides the UNC community's academic, professional, and personal growth. Endorsement of these core elements by students, faculty, staff, administration, and trustees strengthens the integrity and value of our academic climate.

UNC's Policies

UNC's policies and recommendations for academic misconduct will be followed

Disability Support Services Students who believe that they may need accommodations in this class are encouraged to contact the Disability Support Services (970)351-2289 as soon as possible to ensure that accommodations are implemented in a timely fashion.