

**FLORIDA ATLANTIC UNIVERSITY
CHRISTINE E. LYNN COLLEGE OF NURSING
COURSE OVERVIEW**

COURSE NUMBER: NUR 3183 section

COURSE TITLE: Food, Nutrition, and Health

COURSE FORMAT: Live lecture course

CREDIT HOURS: 3 credits

COURSE PREREQUISITES: BSC 2085/2085L or BSC 2086/2086L or BCH 3034

COURSE SCHEDULE: Fridays 1:00 to 3:50 pm, NU 201 College of Nursing Bldg, Boca campus

PLACEMENT IN CURRICULUM: Required prerequisite course for Traditional and Accelerated BSN tracks. Can be pre or co-requisite for RN-BSN track. Offered each semester.

FACULTY: Name and credentials: Sareen S. Gropper, PhD, RDN, LD
Title: Professor – Nutrition and Registered and Licensed Dietitian/Nutritionist
Office: 322 Christine E. Lynn College of Nursing
Campus Phone: 561 297 3614
Email: sgropper@fau.edu (do not send emails through Blackboard)

OFFICE HOURS: Thursdays 9 am to 3 pm, or by appointment

COURSE DESCRIPTION: Course examines the foundations of nutrition, including digestive system physiology, nutrients, standards, and therapeutic diets for common health concerns.

COURSE OBJECTIVES: Upon completion of NUR 3183 the student will be able to:

1. Discuss standards for health and nutrition.
2. Describe normal digestive processes.
3. Discuss basic nutrients and their characteristics (carbohydrates, fats, proteins).
4. Describe vitamins, major minerals, and water needs for health.
5. Develop therapeutic diets for common health concerns.
6. Evaluate common foods and meal patterns for nutritional values.

TEACHING-LEARNING STRATEGIES:

Lectures and activities are employed. In order to enhance and maintain a productive atmosphere for education, personal communication devices, such as cellular telephones and pagers, are to be disabled in class sessions. In addition, personal conversations with other students during lectures should be avoided.

GRADING AND EVALUATION METHODS:

Activity / Assignment	Points	Percent of total grade
Exam 1	100	23.5%
Exam 2	100	23.5%
Quizzes (two total)	30	7.1%
Diet Analysis Project	70	16.5%
Final (cumulative)	<u>125</u>	<u>29.4%</u>
	425	100%

Extra credit assignments are not provided. All exams will be multiple choice. You will need a blue scantron (that is NOT WRINKLED), a #2 pencil with eraser, and your owl ID card for all exams. **Cell phones, backpacks and other personal items will not be allowed at your seats during exams.** Exams are not returned to students; however, you may review the exam during office hours or by making an appointment. A make-up exam will only be permitted if a student has a valid university-approved excuse. Students missing an exam due to an approved absence must contact the instructor within 1 week of the scheduled exam.

Two quizzes will be given during the semester. The quizzes will be posted on Blackboard, announced in class, and must be taken during the designated (announced) time periods.

Directions for the **diet analysis project**, in which you will analyze foods consumed as part of your own diet, will be posted on Blackboard and announced in class. The diet analysis project, part of course objective #6, is due in class or before March 28, 2014. Points (25 points) will be deducted for any project submitted after the due date and additional points may be deducted for incorrect work and if the directions have not been followed.

Course Comments: NUR 3183 is a *science* course requiring an understanding of scientific concepts and the memorization of large amounts of scientific facts. Make sure you can devote the time that is needed to *understand* and *memorize* the lecture material.

Class attendance is highly encouraged. Information on the exams will come primarily from notes given in class. While notes will be posted on Blackboard, selected information from the notes will be emphasized during lecture. It is your responsibility to find a classmate to obtain lecture information in the event that you miss or arrive late to class. The option to earn bonus points will also be provided during some lectures. The purchase of an "iclicker2" is required to earn these bonus points. Bonus points can not be made up due to class absence.

GRADING SCALE:

A grade below C is not passing in the undergraduate program.

93-100 = A	70-72 = C-
90-92 = A-	67-69 = D+
87-89 = B+	63-66 = D
80-82 = B-	60-62 = D-
77-79 = C+	0 - 59 = F
73-76 = C	

REQUIRED TEXT and TECHNOLOGY:

Required Text – Smolin LA and Grosvenor MB. Nutrition Science and Applications, 3rd ed. Hoboken, NJ: John Wiley & Sons, 2013.

Technology - The purchase of an iclicker2 is strongly encouraged. Opportunities for bonus points will be provided during lectures and can only be attained with the use an iclicker. Contact FAU Bookstore.

TOPICAL OUTLINE:

Class date	Class Content	Assignments and Assigned Readings
Lecture 1	Introduction Standards for health and nutrition – objective 1	Chapters 1 and 2
Lecture 2	The Digestive and other Body Systems – objectives 2 and 5 Dietary modifications associated with GI tract disorders	Chapter 3
Lecture 3	Carbohydrates – objectives 3 and 2 Diseases needing carbohydrate-modified diets – objective 5	Chapter 4
Lecture 4	Fats / Lipids – objectives 3 and 2 Diseases necessitating Fat-modified Diets – objective 5	Chapter 5
Lecture 5	Proteins – objectives 3, 2 and 5 Diseases associated with protein-modified diets	Chapter 6
	Test One	Quiz on Blackboard this week Bring Owl ID card, blue scantron, and #2 pencils with eraser
Lecture 6	Fat Soluble Vitamins – objectives 4 and 5 Impact of diseases on vitamin needs	Chapter 9
Lecture 7	Water Soluble Vitamins – objectives 4 and 5 Impact of diseases on vitamin needs	Chapter 8
March 7	<i>Spring Break – No Class</i>	
Lecture 8	Major Minerals – objectives 4 and 5 Minerals and diseases	Chapters 10 and 11
Lecture 9	Trace Minerals part 1 – objectives 4 and 5 Minerals and diseases	Chapter 12
Lecture 10	Trace Minerals part 2 and Water – objectives 4 and 5	Chapter 12 Chapter 10
	Test Two	Diet Analysis Project due –objective 6 Quiz on Blackboard this week Bring Owl ID card, blue scantron and #2 pencils with eraser
Lecture 11	Energy Needs and Balance	Chapter 7
Lecture 12	Review for Final	
	Final Exam (cumulative)	Bring Owl ID card, blue scantron, and #2 pencils with eraser

COLLEGE OF NURSING AND UNIVERSITY POLICIES

Policies below may be found in:

- a). The faculty reserves the right to make changes in course content and requirements.
- b). The Christine E. Lynn College of Nursing Undergraduate Handbook located at <http://nursing.fau.edu/index.php?main=3&nav=526>
- c). Florida Atlantic University's Academic Policies and Regulations
<http://www.fau.edu/academic/registrar/catalogRevs/academics.php>
and <http://www.fau.edu/regulations>

CODE OF ACADEMIC INTEGRITY:

The University policy regarding academic integrity is enforced in this course. Students at Florida Atlantic University are expected to maintain the highest ethical standards. Dishonesty is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see: http://www.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf

The College of Nursing regards adherence to the Code of Academic Integrity as a professional competency and an expectation of all students. **ANY** act of dishonesty that violates the code of academic integrity and misrepresents your efforts or ability is grounds for immediate failure of the course.

DISABILITY STATEMENT:

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute course work must register with the Office for Students with Disabilities (OSD) located in Boca Raton – SU 133 (561-297-3880) and follow all OSD procedures.

INCOMPLETE POLICY:

The Incomplete Grade Policy is enforced. A student who registers for a course but fails to complete the course requirements, without dropping the course, will normally receive a grade of "F" from the course instructor. A student who is passing a course but has not completed all the required work because of exceptional circumstances may, with the approval of the instructor, temporarily receive a grade of "I" (incomplete). This must be changed to a grade other than "I" within a specified time frame, not to exceed one calendar year from the end of the semester during which the course was taken.

**COLLEGE OF NURSING AND UNIVERSITY
POLICIES – continued**

ATTENDANCE AND UNIVERSITY APPROVED ABSENCE POLICIES:

Students are expected to attend all of their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of nonattendance. Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-approved activities. Examples of University approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances, and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absence and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence.

RELIGIOUS ACCOMMODATION:

In accordance with rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs with regard to admissions, registration, class attendance, and the scheduling of examinations and work assignments. Students who wish to be excused from coursework, class activities, or examinations must notify the instructor in advance of their intention to participate in religious observation and request an excused absence. The instructor will provide a reasonable opportunity to make up such excused absences. Any student who feels aggrieved regarding religious accommodations may present a grievance to the director of Equal Opportunity Programs. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination.

USE OF STUDENT COURSE MATERIAL:

The Christine E. Lynn College of Nursing may use students' course-related materials for legitimate institutional purposes, such as accreditation, university review process, or state board of nursing review process, etc. In such cases, materials will be used within the college and university.



CHRISTINE E. LYNN COLLEGE OF NURSING

STATEMENT OF PHILOSOPHY

Nursing is a discipline of knowledge and professional practice grounded in caring. Nursing makes a unique contribution to society by nurturing the wholeness of persons and environment in caring. Caring in nursing is an intentional mutual human process in which the nurse artistically responds with authentic presence to calls from persons to enhance well-being. Nursing occurs in nursing situations: co-created lived experiences in which the caring between nurses and persons enhance well-being. Nursing is both science and art. Nursing science is the evolving body of distinctive nursing knowledge developed through systematic inquiry and research. The art of nursing is the creative use of nursing knowledge in practice. Knowledge development and practice in nursing require the complex integration of multiple patterns of knowing. Nurses collaborate and lead interprofessional research and practice to support the health and well-being of persons inextricably connected within a diverse global society.

Persons as participant in the co-created nursing situation, refers to individual, families or communities. Person is unique and irreducible, dynamically interconnected with others and the environment in caring relationships. The nature of being human is to be caring. Humans choose values that give meaning to living and enhance well-being. Well-being is creating and living the meaning of life. Persons are nurtured in their wholeness and well-being through caring relationships.

Beliefs about learning and environments that foster learning are grounded in our view of person, the nature of nursing and nursing knowledge and the mission of the University. Learning involves the lifelong creation of understanding through the integration of knowledge within a context of value and meaning. A supportive environment for learning is a caring environment. A caring environment is one in which all aspects of the person are respected, nurtured and celebrated. The learning environment supports faculty-student relationships that honor and value the contributions of all and the shared learning and growth.

The above fundamental beliefs concerning Nursing, Person and Learning express our values and guides the actions of Faculty as they pursue the missions of teaching, research/scholarship and service shared by the Christine E. Lynn College of Nursing and Florida Atlantic University.