INSTRUCTOR INFORMATION

Name: Brian Clark
Phone: 540-674-3600 ext. 4249
Email: bclark@nr.edu
Office: Godbey Hall, Room 46
Office Hours: Posted in Blackboard

IMPORTANT:

☑️ The recommended browser to use with the current version of Blackboard is Mozilla Firefox. Other browsers are inconsistent in their performance with Blackboard. When taking tests or quizzes, USE a wired connection.
☑️ Check your VCCS email regularly and respond/keep in touch with your instructor.

COURSE DESCRIPTION

Description: Teaches the relationship between nutrition and human development. Emphasizes nutrients, balanced diet, weight control, and the nutritional needs of an individual.

Credits: 3
Submissions: 2
Assessments: 8
Online Activities: Required

COURSE MATERIALS

Textbook: Understanding Normal and Clinical Nutrition, 9 ed. by Rolfes, Pinna, and Whitney
ISBN: 978-0-495-55655-8

Software: Diet Analysis +, Online Version 9.0
ISBN: 978-1-1119-8586-8

The textbook and software may be purchased as a bundle from the NRCC bookstore.

Note: NRCC assumes no liability for virus, loss of data, or damage to software or computer when a student downloads software for classes.

The Student’s Guide to Distance Education is available at http://www.nr.edu/de/pdf/stuguide.pdf.
COURSE INFORMATION

Prepared By: Brian Clark

Approved By: Dr. Janice Shelton

A. INTRODUCTION

This is a Distance Education course designed specifically for those students whose learning styles are best served by providing instructional opportunities beyond the traditional classroom setting.

Leading a happy and healthy life requires taking personal responsibility for your health and wellbeing. Over two-thirds of all deaths in America are due to some form of chronic disease, and it is estimated that over 80 percent of chronic disease is controllable through lifestyle choices. That is to say, most diseases and deaths are caused by poor choices.

Unfortunately, most people do not even know they are making poor choices due to lack of health education. This is especially true as it relates to dietary intake. Americans are surrounded by unhealthy choices nearly every minute of every day. Vending machines are present in almost every building, fast food restaurants are located in every community, and almost every kitchen has a snack cabinet filled with high fat and high sugar choices. As individuals are raised with these types of choices, they very quickly perceive their own diet as being normal—not healthy or unhealthy, but simply normal. As a student of human nutrition, it is imperative to accept the well-documented fact that the normal American diet is unhealthy.

B. COURSE OBJECTIVES

Upon the successful completion of this course, the student will be able to do the following:

1) Collect anthropometric data relevant to nutrition care and assessment.
2) Appropriately document nutrition care.
3) Identify dietary risk factor for chronic disease.
4) Convey information pertaining to the USDA Food Guide.
5) Identify the effects of illness on nutrition status.
6) Recognize the responsibility for care of the physician, registered dietitian, & nurses.
7) Recognize the effects of illness on nutrition status.
8) Implement nutrition care.
9) Document nutrition care in ADIME, SOAP, and PES format/statement.
10) Identify conditions and situations when NPO is appropriate.
11) Recognize safety risks associated with herbal products and potential drug interactions.
12) Explain the importance of proper nutrition prior to pregnancy.
13) Explain the importance of folate supplementation.
14) Explain the association between nutrition and fetal growth and development.
15) Identify diabetic ketoacidosis in type 1 diabetes.
16) Identify Hyperosmolar hyperglycemic state in type 2 diabetes.
17) Distinguish between members of the lipid family and the health effects associated with lipid intake.
18) State the antioxidant effects of specified vitamins.
19) Explain the impact of nutrition and lifestyle choices on the immune system.
20) Describe how to properly design individualized eating plans by utilizing diet planning principles, the USDA Food Guide, and other food guide plans that incorporate personal food preferences.

C. **GRADING/EVALUATION**

Students are required to complete an introductory letter, seven multiple choice tests, and a dietary analysis.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eight Unit tests (100 pts each)</td>
<td>800</td>
</tr>
<tr>
<td>Dietary Analysis Project</td>
<td>200</td>
</tr>
<tr>
<td>Introductory Quiz</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1010</strong></td>
</tr>
</tbody>
</table>

**Final Grades**
The lowest test score will be dropped and will not be used in calculating a final letter grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>80-89%</td>
<td>B</td>
</tr>
<tr>
<td>70-79%</td>
<td>C</td>
</tr>
<tr>
<td>60-70%</td>
<td>D</td>
</tr>
<tr>
<td>Less than 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

**Testing Problems & Late Policy**
Late assignments or tests are not accepted in this course. The nature of this course allows students to submit assignments well before the due date, and students are expected to appropriately manage course work. If a student misses an assignment due to a major illness, death of a family member, or other extenuating circumstance a written request including documentation must be submitted to the instructor before consideration will be given for the assignment to be excused. An excused test or assignment will not count toward a student’s final grade.

Testing problems periodically occur due to technical difficulties. Students who experience technical difficulties are to immediately contact the instructor. If the instructor cannot be reached, a detailed voicemail or email should be left indicating the nature of the problem.

D. **WITHDRAWAL POLICY**

**Student Initiated Withdrawal Policy**
A student may drop or withdraw from a class without academic penalty during the first sixty percent (60%) of a session. For purposes of enrollment reporting, the following procedures apply:

a. If a student withdraws from a class prior to the termination of the add/drop period for the session, the student will be removed from the class roll and no grade will be awarded.

b. After the add/drop period, but prior to completion of sixty percent (60%) of a session, a student who withdraws or is withdrawn from a course will be assigned a grade of "W." A grade of “W” implies that the student was making satisfactory progress in the class at the
time of withdrawal, that the withdrawal was officially made before the deadline published in the college calendar, or that the student was administratively transferred to a different program.

c. After that time, if a student withdraws from a class, a grade of "F" will be assigned. Exceptions to this policy may be made under documented mitigating circumstances if the student was passing the course at the last date of attendance.

A retroactive grade of “W” may be awarded only if the student would have been eligible under the previously stated policy to receive a “W” on the last date of class attendance. The last date of attendance for a distance education course will be the last date that work was submitted.

Late withdrawal appeals will be reviewed and a decision made by the Coordinator of Admissions and Records.

**Instructor Initiated Withdrawal**

Since attendance is not a valid measurement for Distance Education (DE) courses, a student may be withdrawn due to non-performance. A student should refer to his/her DE course plan for the instructor’s policy.

In accordance with the No-Show Policy, a student who has not attended class or requested/accessed distance learning materials by the last day to drop the class and receive a refund must be withdrawn by the instructor during the following week. No refund will be applicable.

The student will be notified of the withdrawal by the Admissions and Records Office. An appeal of reinstatement into the class may be approved only by the instructor.

Students who fail to submit work by the deadlines will be withdrawn after they have missed two assignment deadlines. Students who are withdrawn in this manner after the withdrawal date set each semester receive a grade of “F” in the course.

Students must submit at least one of the first two assignments by the designated due dates to remain enrolled in the course.

**No-Show Policy**

A student must either attend face-to-face courses or demonstrate participation in distance learning courses by the last date to drop for a refund. A student who does not meet this deadline will be reported to the Admissions and Records Office and will be withdrawn as a no-show student. No refund will be applicable, and the student will not be allowed to attend/participate in the class or submit assignments. Failure to attend or participate in a course will adversely impact a student’s financial aid award.

**E. CHEATING/PLAGIARISM POLICY**

A grade of zero will be awarded to any writing assignments or tests that show cheating or plagiarism. To plagiarize is “To use and pass off as one’s own the ideas or writings of another.” (Definition adapted from the American Heritage Dictionary.) Plagiarism includes lifting words or ideas from Internet sites, as well as copying from print sources.
F. **DIVERSITY STATEMENT**

The NRCC community values the pluralistic nature of our society. We recognize diversity including, but not limited to, race, ethnicity, religion, culture, social class, age, gender, sexual orientation and physical or mental capability. We respect the variety of ideas, experiences and practices that such diversity entails. It is our commitment to ensure equal opportunity and to sustain a climate of civility for all who work or study at NRCC or who otherwise participate in the life of the college.

New River Community College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dr. Mark C. Rowh, Vice President for Workforce Development and External Relations, 217 Edwards Hall, 540-674-3600, ext. 4241.

G. **DISABILITY STATEMENT**

If you are a student with a documented disability who will require accommodations in this course, please register with the Center for Disabilities Services located in the Advising Center in Rooker Hall for assistance in developing a plan to address your academic needs.