

**Syllabus for BIOL 104-001: Nutrition for Health Careers**  
**Montana State University-Billings, College of Technology, Fall 2009**

**Class meetings: Wed & Fri 11:30 am – 12:30 pm, HSCT 113**

**Prerequisites:** None **Co-requisites:** None **Credits:** 2 credits

**Instructor:** Michele McMullen, M.S., M.A., R.D., L.N.

**E-Mail Address:** [mtmcmullen@msubillings.edu](mailto:mtmcmullen@msubillings.edu) PLEASE give your full name & section!

**Office Phone:** Leave message for me with secretary, Jeanie, 247-3077, Room HSCT 226 or  
Melanie, 657-2031, Science Building (Main Campus) Rm. 110

**Office Hours:** Before class, or Wed & Fri 1:40-2:00, or by appointment

### **Required Materials**

- Text: Whitney, DeBruyne, Pinna, and Rolfes (2007) *Nutrition for Health and Health Care*, 3<sup>rd</sup> Edition.
- #2 pencils for exams
- Calculator for tests (non-programmable), homework, and in-class exercises
- Access to a computer compatible with MSU-Billings Online University (D2L)

### **Course Description**

“Introduces the importance of a nutritious diet in the maintenance and promotion of health. Emphasizes clinical aspects of human nutrition and appropriate uses of diet therapy in the clinical setting. Designed for students in health care pathways. Restricted to ASN/PN majors at MSUB COT.”

### **Course Objectives**

On completion of BIOL 104, the student will be able to:

1. Comprehend terminology frequently communicated by other health care workers regarding nutrition. **(Communication, Adaptability, Knowledge/Nursing Process)**
2. Identify the nursing role when caring for their patients’ nutritional needs. **(Knowledge/Nursing Process, Adaptability, Initiative)**
3. Recognize important characteristics of the patient (such as age or medical history) that impact nutrition care strategies. **(Knowledge/Nursing Process, Adaptability, Communication)**
4. Encourage patients to reach healthy nutrition goals such as those established by U.S. government-endorsed health authorities. **(Knowledge/Nursing Process, Skills, Communication, Adaptability)**
5. Analyze the validity of information about nutrition trends in the media. **(Knowledge/Nursing Process, Communication)**

### **Course Requirements**

- Preparation, attendance, participation, and professional behavior in class sessions.
- Take all tests on established dates.
- Complete all homework assignments and submit them as scheduled.
- Check e-mail and MSU-Billings Online regularly for updates and additional information.
- Adherence to the MSU-Billings Student Handbook Guidelines.

### **Attendance:**

Class attendance is important for success in this course! Lecture material is the primary source of exam and homework questions. If unable to attend class, it is the student’s responsibility to obtain notes from a classmate. Attendance may be taken periodically in this class, but is not mandatory. Cell phones are to be turned off during lecture so as not to disrupt the class.

**Tests:**

Multiple-choice tests, based on material from lecture and assigned text readings, are scheduled on six dates. Each test will consist of about 15 questions, and you will be allotted the first fifteen minutes of the class period to complete the test, so don't be late! After 15 minutes, the tests will be handed in, and the correct responses briefly reviewed. Lecture will then resume. No cell phones or other recording devices are permitted during either the test or correct response period. Your test with the lowest score will be dropped from your final grade. Please see "Emergency Clause" regarding missed tests.

The **final exam** (75 items, multiple choice) is cumulative, although about half the questions will come from the material since the last exam. Its score cannot be dropped. **Please note: The final is scheduled during finals week at a different date/time than our usual meetings.**

**Homework Assignments:**

Throughout the semester, there are six homework (HW) assignments, most of which will be through MSU-Billings Online. Assignments will be available the week before they are due. All assignments must be completed by the beginning of class on the specified dates. **Late assignments will be penalized, unless approved by me (see "Emergency Clause").**

How to log in: Go to <http://www.msubillings.edu/msubonline/>. On the left, click on "D2L connection". You will get options for logging in (there are also tutorials under "Student Support"). Your username is probably your full name (firstname.lastname) and your password is probably the last 6 digits of your ID number, unless you've set it to something else. [If you have login/technical issues, contact the IT Helpdesk at 406-247-5755, 8 am- 5pm.] Once logged in, you will see mid-screen: "My Courses" → click on our course. In the center of our home page, you see "News", which is where **announcements** will be posted. **Homework assignments** can be accessed under "Quizzes". **Documents** (e.g., the syllabus, additional readings) will be posted under "Content". I urge you to try logging in well before our first due date, so if there is a problem you can address it!

**Emergency Clause:** If a student is unable to take a test or complete an assignment as scheduled because of a *verifiable* emergency (e.g., documented personal illness or death in the family), it is the student's responsibility to notify the instructor prior to the time of class. **IF YOU DO NOT CONTACT ME AHEAD OF TIME, you will lose a full grade (ten percentage points) on that test/assignment for every calendar day past the regular test time or due date.** If a make-up exam or alternative HW due date is arranged and the student does not complete it as planned, they will automatically get a "0" for it. (Online assignments are automatically time-stamped by the computer. Paper-based late assignments should be left with the Nursing Dept. secretary (HSCT 226) who will date & time them.) At the instructor's discretion, make-up tests may be in essay format. If some other situation arises, I will evaluate your circumstances as needed.

**Extra Credit:**

In class, optional extra credit assignments will be announced periodically. Their point value will vary depending on the assignment. All extra credit assignments (whether online or paper-based)

are due at the beginning of class on the due dates. Occasionally, attendance and class participation will also be counted as extra credit. You may accumulate up to 20 points (about half of a letter grade) of extra credit in this fashion. **These are the only ways to get extra credit in this class.**

**I reserve the right to make changes and/or additions to this syllabus. I will give the class as much forewarning as possible if modifications are needed. Remember: check your e-mail & our online university course home page!**

**Grading System: A letter grade will be based on the following scale:**

	<b>Points</b>
5 best test grades @ 30 points each	150
6 homework grades @ 20 points each	120
Final Exam	<u>100</u>
<b>Total Possible Points:</b>	<b>370</b>

**Therefore, using the Nursing Program grading scale:**

A= 339 points and above (92 to 100%); B= 309 to 338 points (84 to 91%); C= 276 to 308 points (75 to 83%); D= 252 to 275 points (74 to 68%); F= 251 points and below  
Additional curving and/or grade adjustment may be used at discretion of the instructor.

**Students must obtain a 75% or better in this course to meet nursing program requirements.**

Periodically, I will your distribute “average grade so far”. If it is not meeting nursing program criteria, please contact me to discuss improving your study strategies. The last day to drop this course without instructor permission is October 27.

**Tutoring**

Based on identified need and as a component of the COT nursing retention program, it may be recommended/required that a student participate in a tutoring. Tutoring services for students are available in the Academic Support Center, A035, Monday through Friday, 8 a.m. – 5 p.m. The Academic Support Center on the main campus is open from 8 a.m. – 8 p.m. Monday – Thursday, 8 a.m. – 5 p.m. Friday, and 9 a.m. – 2 p.m. Saturday. Tutors specialize in math, writing, anatomy and physiology, and other specialty areas for specific majors. See <http://www.msubillings.edu/asc/> for more information or call 247-3022 (COT) or 657-1641 (main campus).

**Reasonable Accommodations / Disability Support Services**

Students with disabilities, whether physical, learning or psychological, who believe that they may need accommodations in this class are encouraged to contact Disability Support Services as soon as possible to ensure that such accommodations are implemented in a timely fashion. Please contact DSS to verify your eligibility for any classroom accommodations and for academic assistance related to your disability by calling 247-3029 or 657-2283. The DSS contact person at the College of Technology is Kelley Williford, Room A071. She is available Monday – Friday, 9 a.m. – 2 p.m.

## **BIOL 104 Tentative Schedule and Topics**

Chapters are listed as a guide to help you prepare for class and to reinforce lecture information. Portions that you will be responsible to know for tests will be announced during lecture.

<b><u>Date</u></b>	<b><u>Lecture , Text Topic , Due/Test dates</u></b>
Wed Sept 9	Welcome to Nutrition in Health Care!
Fri Sept 11	Nutrition Assessment: Who's at Risk? (Chap 13)
Wed Sept 16	Overview: Nutrients and their Roles (Chap 3,4,5,8,9)
<b>Fri Sept 18</b>	Our "Nutrition Toolkit" (Chap 1) *** <b>Assessment HW due</b> ***
Wed Sept 23	Energy Balance & Weight, Part 1 (Chap 6,7)
<b>Fri Sept 25</b>	Energy Balance & Weight, Part 2 (Chap 6,7) & ***** <b>Test #1</b> *****
Wed Sept 30	Digestion & Common GI Dysfunctions (Chap 2)
<b>Fri Oct 2</b>	Digestion & Common GI Dysfunctions (Chap 2) *** <b>Fad Diet HW due</b> ***
<b>Wed Oct 7</b>	Lifecycle Nutrition, Part 1 (Chap 10) & ***** <b>Test #2</b> *****
Fri Oct 9	Lifecycle Nutrition, Part 2 (Chap 11)
Wed Oct 14	Lifecycle Nutrition, Part 3 (Chap 12)
<b>Fri Oct 16</b>	Therapeutic Diet Modifications (Chap 14) *** <b>Child Nutrition HW due</b> ***
<b>Wed Oct 21</b>	GI disorders, Part 1 (Chap 17) ***** <b>Test #3</b> *****
Fri Oct 23	GI disorders, Part 2 (Chap 18)
Wed Oct 28	Diabetes, Part 1 (Chap 20)
<b>Fri Oct 30</b>	Diabetes, Part 2 (Chap 20) ***** <b>Test #4</b> *****
Wed Nov 4	Cardiac Disease, Part 1 (Chap 21)
<b>Fri Nov 6</b>	Cardiac Disease, Part 2 (Chap 21) *** <b>Chronic Disease HW due</b> ***
Wed Nov 11	<b>NO CLASS--Veteran's Day</b>
<b>Fri Nov 13</b>	Fluids & Alcohol (Chap 9, 19) ***** <b>Test #5</b> *****
Wed Nov 18	Renal Disease (Chap 9, 22)
Fri Nov 20	Liver Disease (Chap 19)
Nov 25 & 27	<b>NO CLASSES-- Thanksgiving Break</b>
<b>Wed Dec 2</b>	Severe Stress and Nutrition Status (Chap 16, 23) ***** <b>Test #6</b> *****
<b>Fri Dec 4</b>	Hypermetabolic Conditions (Chap 16, 23) *** <b>Liver Disease HW due</b> ***
Fri Dec 9	Enteral Nutrition Support (Chap 15)
<b>Wed Dec 11</b>	Parenteral Nutrition Support (Chap 15) *** <b>Critical Care HW due</b> ***
<b>Wed Dec 16</b> <b>11am-1pm</b>	<b>FINAL EXAM--NOTE: not our usual day or time!</b>