PNC 103: Basic Nutrition

Catalog description: PNC 103: Basic Nutrition (2-0-2)
Credit hours--Didactic: 2, Clinical: 0, Total: 2; Clock hours--32
This course introduces the novice practical nursing student to basic principles of nutrition. Concepts include nutrients, food sources, weight management, food safety, government recommended food guides, and cultural aspects of nutrition. Integrated concepts include age-related factors and the role of the LPN related to nutritional management of the client.

Prerequisite and Co-requisites: Admission to the PN program, following course sequence and BIO209.

Text: Title: William’s Basic Nutrition and Diet Therapy
Author: Nix, Staci
Edition: 16th
Publisher: Elsevier

Other Required Materials: Course Syllabus (in Canvas)

Purpose of course:
This course is designed to give a practical knowledge of basic nutrition as applied to health and wellness across the lifespan. Emphasis is placed on promoting adequate nutrition and the concept of planning diets based on the health needs of the clients along their wellness continuum.

Course Objectives:
After completion of this course the student is prepared to:
1. Identify ways in which nutrition is vital to one’s health, the health of the family and the health of the community.
2. Identify and describe common nutrients and the food sources of those nutrients.
4. Identify psychosocial, economic and cultural factors that influence nutrition.
5. Describe the nutritional needs of the health adult.
6. Identify and utilize food labeling and my plate in diet planning and client teaching.
7. List programs and agencies that promote nutrition as a part of wellness.
8. Apply concepts of energy and metabolism.
9. Discuss nutritional issues and interventions related to weight management.
10. Discuss concepts of food safety.

Course Content:
- Definition of terms
- Healthy people 2020 Objective regarding nutrition
- 3 Basic overall functions of nutrients in the body
- 6 Basic Nutrients and Fiber
- Calculation of Nutrients
- Optimal Nutrition
- Nutrition Guidelines
- Considerations for today’s society
- Nutrient standards
- Digestion, Absorption, Metabolism
- Energy Balance
- Nutrition for adults: Diets associated with pathophysiology are integrated into Nursing Care of Adults I and II
- Community Nutrition and Health Care

Connection with Health Sciences Division (HSD) Outcome Statement:
In compliance with MACC’s HSD outcomes, the student who successfully completes this course will be able to:

Outcome I:
Students will demonstrate effective written and oral communication skills.
- Students will complete nutrition research, use critical thinking and prepare short papers and projects on provided nutrition topics for a grade.

Outcome II:
Students will demonstrate an understanding of discipline-related math and scientific principles.
- Students will complete worksheets, read food labels, interpret and calculate calorie/nutrient contents, understand and calculate body requirements for healthy individuals and those who desire to develop healthy eating habits.

Outcome III:
Students will think critically while systematically assessing problems, identifying issues and implementing solutions.
- Students will learn and understand sources of food within the community, and will develop and communicate ideas for nutrition issues in our country (ie: poverty, school lunches, cultural considerations, obesity, etc.)

ASSESSMENT OF STUDENT LEARNING:
Grade Scale:
90-100% : A
83-89% : B
Grading in this course will be determined as follows:

Exams and Major Assignments: 65% of total grade
Homework: 10% of total grade
Comprehensive Final Exam: 25% of total grade

Students must achieve a final percentage grade of 78% to successfully complete the course.

Assessment: Students will attend lecture, participate in discussion, complete student-led presentations and submit projects for grades. The exams will be provided through MACC's online "Canvas Instructure" in a quiet environment. Exams will be timed and questions will be in a variety of formats. Homework and quizzes will be provided. There will be a major assignment that builds on itself, and the semester will conclude with a cumulative final exam.

Program Outcomes and Assessment: The practical nursing faculty continually strives to meet the needs of the practical nursing student through program improvements. This is a cooperative effort that includes input from the faculty, students, the Practical Nursing Advisory Board and other appropriate agencies or entities. Students are assessed on mastery of the course concepts and essential skills throughout the courses of the Practical Nursing program. Other program assessments are part of the Comprehensive Nursing Assessment Plan that includes clinical performance criteria, essential skills mastery, the clinical process evaluation, NCLEX-PN testing, successful licensure, placement rates, follow-up surveys, and approval by the Missouri State Board of Nursing.

Expected Study Time Commitments: Students should expect to spend approximately 2 to 4 hours per week studying, reading, and working on assignments for each registered credit hour. For example, 6 to 12 study hours per week may be expected for a 3 credit hour class.

Description of Assignments/Projects: Available on calendar and subject to changes and additions.

INSTRUCTOR POLICIES

Attendance:
Tardiness, make-up and late work:
Extra-credit work:

Schedule of Student Assignments/Activities:
There will be a calendar provided with chapters to be covered in lecture. Reading ahead is strongly encouraged. All other assignments are provided on the enclosed calendar for the course and are subject to change. Notice will be provided to students for any changes. This notice will be in the
form of Canvas messaging/announcements and verbally within the classroom setting.

COLLEGE POLICIES

Attendance Policy: Students are expected to attend all class sessions for which they are enrolled. The College reserves the right to drop or withdraw students from courses due to lack of attendance.

Students need to be aware that dropping/being dropped from a course and their last date of attendance in the course may impact their financial aid.

MACC faculty are required to track attendance and report lack of attendance. An instructor must complete the appropriate steps to drop a student within one week following the student’s violation of the attendance policy. Additionally, a student’s attendance rate will be calculated based upon the first day the academic session begins (not the student’s date of enrollment in the course). If a student does not attend a course as defined below, the student will be dropped as “Never Attended.”

Term Length Drop Calculations

16-week: Any student who misses two (2) consecutive weeks of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

8-week: Any student who misses one (1) consecutive week of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

4-week: Any student who misses two (2) consecutive days of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

Intersession: Any student who misses one (1) day of class will be dropped from the course by the instructor unless acceptable justification is provided by the student and the student still has the opportunity to be successful in the course.

Acceptable justification may include, but is not limited to, family emergencies, illness or injury, college-approved co-curricular and extra-curricular activities, and religious holidays.

Definition of Course Attendance

<p>| In Seat Course | Physically attending scheduled, face-to-face, class meetings |</p>
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<th>Being present, via appropriate platform, for scheduled class meetings/activities</th>
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<tr>
<td>Virtual</td>
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<td><strong>Course</strong></td>
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<tr>
<td>Hybrid</td>
<td>Physically attending scheduled, face-to-face, class meetings and active participation in the online portion of the course which may include any or all of the following:</td>
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<td>· Completion of quizzes or exams during class meetings and online</td>
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<td>· Submission of assignments during class meetings and online</td>
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<td></td>
<td>· Participation in discussions during class meetings and online</td>
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<td>Online</td>
<td>Active participation in an online course includes the following:</td>
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<td><strong>Course</strong></td>
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<tr>
<td></td>
<td>· Completion of quizzes or exams</td>
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<td>· Submission of assignments</td>
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<td>· Participation in threaded discussions</td>
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Simply logging into the Learning Management System (Canvas) and/or accessing the course and course related material does not constitute active participation for the online component of hybrid courses or for online courses. (*Policy Handbook*, I.090 & M.095)

**Academic Dishonesty**
MACC board policy is as follows: “Academic dishonesty by students damages institutional credibility and unfairly jeopardizes honest students; therefore, it will not be tolerated in any form.” Forms of academic dishonesty include but are not limited to the following: violations of copyright law, plagiarism, fabrication, cheating, collusion, and other academic misconduct. Incidents of dishonesty regarding assignments, examinations, classroom/laboratory activities, and/or the submission of misleading or false information to the College will be treated seriously. The procedure for handling academic dishonesty is outlined in the Student Handbook (Policy Handbook M.010). In cases of alleged academic dishonesty, the burden of proof is on the student, not on the instructor.

**Student Email**
MACC Mail is the official student email system at MACC. Official college communication is sent via this email system. Students are responsible for checking their MACC Mail account regularly. Students may also receive notifications and reminders from MACC through the online learning platform. However, students should remain aware that the online learning platform messaging system and MACC Mail (student email) system are two separate systems.

**Recording Class Sessions Using Zoom**
The privacy of students is a priority in live or virtual meetings. Recordings of lectures or class
meetings that share student information constitute an educational record and are protected under FERPA. Instructors may share recordings within the course section where they were originally recorded and only with the students enrolled in the section. Documented consent from each student identified in the recording is required to distribute outside of the course where it was originally recorded, or student identity must be redacted.

**ADA Statement**
Students who have disabilities that qualify under the Americans with Disabilities Act may register for assistance through the Office of Access and ADA Services. Students are invited to contact the Access Office to confidentially discuss disability information, academic accommodations, appropriate documentation and procedures. For more information, please call either the Moberly office at (660) 263-4100 x 11240 or the Columbia office at (573) 234-1067 x 12120, or visit our web page at [http://www.macc.edu/services/access-office](http://www.macc.edu/services/access-office).

**Title IX Statement**
MACC maintains a strict policy prohibiting sexual misconduct in any form, including sexual harassment, sexual discrimination, and sexual violence. All MACC employees, including faculty members, are considered mandated reporters of sexual misconduct and as such are expected to contact the Title IX Coordinator when they become aware, in conversation or in writing, of an incident of sexual misconduct. For more information on this policy or to learn about support resources, please see [http://www.macc.edu/sexual-misconduct-policy](http://www.macc.edu/sexual-misconduct-policy) or contact Cheryl Lybarger, MACC’s Title IX Coordinator, at 660-263-4110, ext. 11369 or cheryll@macc.edu.