COURSE SYLLABUS

COURSE NUMBER AND TITLE:
FDNS 1341 20ZA, Nutrition in the Life Cycle (Online Course)

COURSE (CATALOG) DESCRIPTION:
Analysis of nutrition assessment indicators for each age group. Social consideration to growth standards, maternal weight gains, eating behaviors of various age groups, and the physiology of aging as it relates to nutrient adequacy in the mature adult.

<table>
<thead>
<tr>
<th>INSTRUCTOR:</th>
<th>Gladys C. Arjona, RDH, MEd.</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFFICE:</td>
<td>U-159</td>
</tr>
<tr>
<td>OFFICE HOURS:</td>
<td>Thursday 8-12 pm, Wednesdays 8-12:00 pm</td>
</tr>
<tr>
<td>CONTACT INFORMATION (TELEPHONE AND EMAIL):</td>
<td>Phone# 956-364-4705</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:gcarjona@tstc.edu">gcarjona@tstc.edu</a></td>
</tr>
</tbody>
</table>

Instructional Units:
A: Introduction to Nutrition
B: Individualizing client care
C: The energy nutrients and balance
D: Vitamins and minerals
E: The digestive system
F: Nutrition through the life cycle
G: Nutrient delivery systems
H: Nutrition and special needs care

This course is entirely online assisted by Moodle Learning Management System. Students must take the student orientation for online courses, SOLO 0100 course, before being able to register for this class. The orientation course appears in the list of student courses.
http://mycourses.tstc.edu

For details on how to use Moodle please visit the Online Student Support website http://www.tstc.edu/harlingenol/onlinestudentsupport and watch Student Tutorials.

Students are required to meet face to face the first day of class. This meeting will provide the opportunity for students to meet each other, mingle, and socialize. The instructor will review the course layout and answer any questions. The instructor may require the students to come together during the semester for additional social activities.

This course is organized in topic modules. For each module the student will be given directions, a power point lesson, helpful resources, and weekly activities.

Students in this class have a shared goal—nursing. Therefore, team building and collaboration is imperative for student’s success. Weekly discussion forums will provide the opportunity to peer review and assist with questions and/or clarifications.
In each module the student will have the opportunity to assess knowledge through practice quizzes and graded activities. There are four chapter exams for this course that are non-proctored and a midterm and final exams that are proctored at the TSTC testing center, please open this link for details http://www.tstc.edu/harlingenol/ProctoredTesting

Students are expected to read assigned chapters, review power point lessons and learning objectives, and perform practice quizzes before attempting exams. Each module will have additional resources that enhance the book’s readings; these resources are provided to enhance the student’s understanding of the material. Student success in this course is strictly dependent on the student’s personal drive and self-directed skills.

**LEARNING OUTCOMES:**

1. Apply basic principles of nutrition to aid in the crusade for health promotions in culturally diverse populations.
2. Apply the critical thinking elements of thought to the assessment of nutritional requirements of individuals, to include meal planning and assistance with implementation and evaluation.
3. Evaluate nutritional requirements for individuals across a lifespan.
4. Evaluate and implement therapeutic diets for special needs populations
5. Assess pharmacological nutrient interactions with drugs and dietary supplements

**MAJOR COURSE LECTURE, TOPICS DESCRIPTION/REQUIRED/RECOMMENDED READINGS/ELECTRONIC RESOURCES TO VIEW:**

**Tentative Schedule (Subject to change by your instructor)**

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic/Lecture/Event</th>
<th>Required/Recommended Readings/Electronic Resources to View</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Course Introduction</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moodle management system.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Icebreaker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Review syllabus</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mandatory face to face class meeting.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday January 13h, 2014 at 3:00pm. Building U, Room 203</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Introduction to Nutrition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chapters 1, lesson 1</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Chapter 1, lesson 2</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Individualizing client care</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chapter 2.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Food Label</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 2</td>
<td></td>
</tr>
<tr>
<td>Week</td>
<td>Topic/Lecture/Event</td>
<td>Required/Recommended Readings/Electronic Resources to View</td>
</tr>
<tr>
<td>------</td>
<td>---------------------</td>
<td>----------------------------------------------------------</td>
</tr>
</tbody>
</table>
| 5    | Energy nutrients and balance  
• Chapters 3  
EXAM 1 (Chapters 1,2,3) | Module 3 |
| 6    | Energy nutrients cont.  
• Chapter 4 | Module 3 |
| 7    | Energy nutrients cont.  
• Chapter 5 & 6  
EXAM 2 (chapters 4,5 & 6) | Module 3 |
| 8    | Vitamins  
• Chapters 7 | Module 4  
MID TERM Proctored Exam (chapters 1-6) |
| 9    | Minerals and water  
• Chapter 8 | Module 5 |
| 10   | The digestive system  
• Chapter 9  
Exam 3 (chapters 7,8 & 9) | Module 5 |
| 11   | Family nutrition, pregnancy, lactation, childhood-adolescence  
• Chapters 10  
• Chapter 11 | Module 6 |
| 12   | Family nutrition adult stage. Delivery systems and drug interaction  
• Chapter 12  
Exam 4 (chapters 10, 11, & 12) | Module 6 |
| 13   | Nutrition and special needs care—Diabetes  
• Chapter 17 | Module 7 |
| 14   | Nutrition and special needs care—Cardiovascular Disease  
• Chapter 18 | Module 7 |
| 15   | DUE: Nutritional Counseling Project | |
| 16   | Final—Proctored (chapters 7-18) | |
REQUIRED TEXT AND MATERIALS:
ISBN# 10:0-8036-2202-3

Technical Skills and Software Requirements:
- Students must have high speed internet access. TSTC Leaning Center and Building U computer lab are excellent resources.
- Skills in using the web browser to navigate the web to locate educational resources and download files.
- The ability to use email to send messages and attachments.
- Word, PDF, and web based programs will be needed to complete assignments.
- Web browser software. Firefox is recommended for TSTC Moodle.
- Enable popups
- Java, Adobe Acrobat reader, Flash Player, and Quick Time Player can be downloaded for free.
- Moodle student resources. [http://www.tstc.edu/harlingenol/onlinestudentsupport](http://www.tstc.edu/harlingenol/onlinestudentsupport)
- Access to Moodle (https://mycourses.tstc.edu). *For questions, contact the Distance Learning Department (956-364-4950) or Help Desk via phone: 1-800-592-8784, email: tstchelpdesk@tstc.edu, or Yahoo IM: tstchelpdesk.*
- On the Moodle site run the Moodle Browser check to ensure that your computer will run Moodle and course quizzes and tests properly.

GRADING CRITERIA:

Students must achieve a minimum of a “C” grade to successfully complete the course.

Final course grades will be calculated and determine as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93 to 100%</td>
</tr>
<tr>
<td>B</td>
<td>86 to 92%</td>
</tr>
<tr>
<td>C</td>
<td>78 to 85%</td>
</tr>
<tr>
<td>F</td>
<td>0 to 77%</td>
</tr>
</tbody>
</table>

**Critical thinking assignment**

GRADING SCALE:

Your grade will be dependent on:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>25%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>5%</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>10%</td>
</tr>
<tr>
<td>Weekly Assignment/Discussions</td>
<td>40%</td>
</tr>
<tr>
<td><strong>CT Assignment</strong></td>
<td>10%</td>
</tr>
</tbody>
</table>

100%

EXAMINATIONS

Exams are non-proctored and may be taken from any computer; the student may use his/her notes. However be advised that the exams are timed; therefore prior review of material is necessary to be successful. Exams are comprised of Multiple Choice and True or False questions; no more than 35 questions per exam.
Quizzes offer an immediate review of the textbook chapters, they are non-proctored and timed; the student has two attempts for quizzes, the highest score stands.

Midterm and Final proctored exams are password protected; student must register to take the proctored exam at http://www.tstc.edu/harlingenol/ProctoredTesting

If the student resides out of the area and needs to set up a proctored testing site, the student must call the office of distance learning at least 2 weeks before the proctored exam date. This will help ensure that all necessary paperwork is faxed to, and from, the approved proctored testing site.

DISCUSSIONS and ACTIVITIES
There will be weekly discussions and activities in this course via Moodle. Students will be responsible to post answers to discussions on-line. Weekly discussions will be about topics from the reading assignments. Responses will be evaluated by means of a rubric. Each student will be responsible for an initial response; thereafter, each student will respond to at least two other classmates (this is a total of 3 posts) to receive full credit. The purpose of this activity is to facilitate discussion and learn from each other. Discussion questions are due by midnight of the assigned due date. Late postings will not be accepted.

Care plans and peer review: Students will apply nutrition knowledge to the development of patient care plans. Care plan will be peer reviewed by two classmates. These assignments will be evaluated by rubric.

Plagiarism is a crime and will not be tolerated. The student may share thoughts with classmates; however, copying someone else’s work will result in a grade of “0” zero for all people involved and class dismissal.

In an effort to facilitate learning, weekly activities will provide hands-on opportunities and immediate application of theory. Activities may consist of weekly homework assignments to be uploaded in Moodle. Activities may be performed in teams or individually as applicable. Grading will be subject to the type of activity and communicated respectively.

CRITICAL THINKING ACTIVITY
For this activity the student will be asked to perform a dietary analysis on a client of choice, create a comprehensive care plan for the client, and provide nutritional counseling as appropriate. This assignment will be due after midterm and will be evaluated by rubric.

CLASS PARTICIPATION
The student is expected to contribute to class by means of online class discussion and weekly activities. This will be an ongoing evaluation based on instructor(s) observations.

GRADING
Students will be able to check grades by selecting the “Grade” tab on the left panel. Discussion and weekly activities must be manually entered to the grade book; the instructor will make an effort to plug in your grades on a weekly basis. If the student has any questions about his or her grades at any given time, feel free to email the instructor. Please allow at least a 24 hour time period for replies.
DEPARTMENT PARTICIPATION POLICY:

It is the responsibility of the STUDENT, not the instructor, to arrange for make-up work. You must make arrangements to make up your work on the first day of your return to class or in advanced. The make-up work must be completed as soon as possible.

It is the student's responsibility to "W" (withdraw) from the course when he/she feels they cannot meet the class participation standard. This withdrawal process will no longer be initiated by the Instructor. Students must remain in constant contact with Instructor to understand what their class participation status is at any time during the term.

Students wishing to withdraw must file a Schedule Change Form with the Admissions Office.

ACCOMMODATION STATEMENT:

If you have a documented disability which will make it difficult for you to carry out class work as outlined and/or if you need special accommodations due to a disability, please contact (956) 364-4520 or visit the Support Services Office in the Auxiliary Services Building as soon as possible to make appropriate arrangements.

COPYRIGHT STATEMENT

The materials used in the course [textbooks, handouts, media files (podcast, MP3, Videos, RSS (Feeds), and all instructional resources on the colleges Learning Management System (Moodle)] are intended for use only by students registered and enrolled in this course and are only to be used for instructional use.

Materials generated for this course, which includes but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and any additional materials, may not be retained in another medium or disseminated further. They are provided in compliance with the provisions of the Teach Act. These materials may not be reproduced, displayed, modified or distributed without the express prior written permission of the copyright holder. For further information contact your instructor.

Communicating with your instructor

Once the course has begun, the instructor will send correspondence via News Forum. To communicate with the instructor use the Moodle Message box on the course homepage. It is the student’s responsibility to check the News Forum frequently.

The instructor will make an effort to respond to your emails within 24 hours, except on Saturdays/Sundays and holidays. Any technical questions should be directed to the TSTC Help Desk at 1-800-592-8784, tstchelpdesk@tstc.edu. Please be advised that all communication from and within the college will use your Mymail student e-mail address.
**Academic Honesty:**
The student is responsible for submitting his or her own work and completing assignments on an individual basis unless stated by the instructor. Copying work from **any source** including another student or the instructor is plagiarism. Use of information must be properly cited. All forms of scholastic dishonesty described in the TSTC handbook are forbidden in this course. See the student handbook at http://harlingen.tstc.edu. Students found engaging in forms of academic dishonesty will receive a “0” zero on the work, and “F” in the course.

**Netiquette:**
The student is expected to abide by these rules of netiquette in this course.

- Even though you are “speaking” to someone online, think about how and what you are “saying”.
- Pay attention to spelling and grammar. Others are reading your work; do not make it difficult for them by using poor spelling and grammar. In addition, there is no place for inappropriate language in this course.
- Be willing to share your knowledge with others.
- When it comes to discussion boards, post comments in a timely manner. Other course members may be waiting for you so they can post replies or finish an assignment; do not make them wait until the deadline. This is not fair, and shows that you are not setting aside appropriate time for your coursework.

**NOTE:** The instructor reserves the right to makes changes to this syllabus as necessary to support student’s learning. Any changes to this course syllabus will be provided to the student in writing via Moodle.