



**BIOL 1322**  
**Nutrition & Diet Therapy**  
**Fall 2024**



**INSTRUCTOR CONTACT INFORMATION**

Instructor: Katie Fondrick MS,RDN,LD,CNSC

Email: Kfondrick1@lit.edu

Office Phone: none

Office Location: none

Office Hours: none

**CREDIT:** 3 semester credit hours (3 hours lecture)

**MODE OF INSTRUCTION:** Online

**PREREQUISITE/COREQUISITE:**

None- a basic understanding of chemistry and general biology is helpful.

**COURSE DESCRIPTION**

This course introduces general nutritional concepts in health and disease and includes practical applications of that knowledge. Special emphasis is given to nutrients and nutritional processes, including function, food sources, digestion, absorption, metabolism, interaction, storage, and excretion. Food safety, availability, and nutritional information, including food labels, advertising, and nationally established guidelines, are addressed.

**COURSE OBJECTIVES**

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

- Apply nutritional knowledge to analyze personal dietary intakes, to plan nutritious meals using nationally established criteria to meet recommended goals, and to evaluate food labels and the validity of nutritional claims
- Trace pathways and processes that occur in the body to handle nutrients and alcohol through consumption, digestion, absorption, transport, metabolism, storage and waste excretion
- Discuss functions, sources, deficiencies, and toxicities of macro-and micronutrients, including carbohydrates, lipids, water, vitamins, and minerals

- Apply the concept of energy balance and its influences at the physical, emotional, societal, and cellular level to evaluate advantages and disadvantages of various methods used to correct energy imbalances
- Utilize concepts of aerobic and anaerobic energy systems, and knowledge about macronutrients, vitamins, minerals, ergogenics, and supplements and relate them to fitness and health
- Describe health and disease related to nutrition throughout the life cycle, including food safety, corrective dietary modifications, and the influence of specific nutrients on diseases
- Discuss the role nutrition plays in the current health care delivery system and how nutrition can be emphasized to promote health maintenance

#### **CORE OBJECTIVES**

1. **Critical Thinking Skills:** To include creative thinking, innovation, inquiry, analysis, evaluation and synthesis of information
2. **Communication Skills:** To include effective development, interpretation, and expression of ideas through written, oral, and visual communication
3. **Empirical & Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
4. **Teamwork:** To include the ability to connect choices, actions, and consequences to ethical decision-making

#### **TEXTBOOK AND MATERIALS:**

- Computer with internet access
- REQUIRED = Textbook - OpexStax Nutrition for Nurses [Click Here for Online Textbook](#)
- Your textbook for this class is available for free online. If you prefer, you can also get a print version at a very low cost. Your book is available in web view and PDF for free. You can also choose to purchase on iBooks or get a print version via the campus bookstore or from OpenStax on Amazon.com.

Hardcover: ISBN-13: 978-1-711472-77-5

Paperback: ISBN-13: 978-1-711472-76-8

#### **POLICIES**

1. You must log into Blackboard and access this course a minimum of 3 times per week.
2. Cheating of any type will not be tolerated.
3. Late assignments will be accepted with a deduction as a late penalty.  
Students will receive a zero for assignments not completed.
4. If you wish to drop this course, you must drop it administratively. If you do not drop, you will receive an F for the course.
5. Internet usage- students are to use proper etiquette when participating in course email, assignment submissions and online discussions.

### **DROP POLICY**

If you wish to drop a course, you are responsible for initiating and completing the drop process by the specified drop date as listed on the [Academic Calendar](#). If you stop coming to class and fail to drop the course, you will earn an "F" in the course.

### **STUDENT EXPECTED TIME REQUIREMENT**

For every hour in class (or unit of credit), students should expect to spend at least two to three hours per week studying and completing assignments. For a 3-credit-hour class, students should prepare to allocate approximately six to nine hours per week outside of class in a 16- week session OR approximately twelve to eighteen hours in an 8-week session. Online/Hybrid students should expect to spend at least as much time in this course as in the traditional, face-to-face class.

### **COURSE EVALUATION**

Final grades will be calculated according to the following criteria:

1. Discussion	10%
2. Quizzes	20%
3. Midterm & Final Exam	30%
4. Individual & Group Project	20%
5. <u>Assignments</u>	<u>20%</u>
	<b>100%</b>

### **GRADING SCALE**

90-100	= A
80-89	= B
70-79	= C
60-69	= D
0 – 59	= F

## **ACADEMIC DISHONESTY**

Students found to be committing academic dishonesty (cheating, plagiarism, or collusion) may receive disciplinary action. Students need to familiarize themselves with the institution's Academic Dishonesty Policy available in the Student Catalog & Handbook at <http://catalog.lit.edu/content.php?catoid=3&navoid=80#academic-dishonesty>.

## **AI STATEMENT**

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignment appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own, original work, unless otherwise specified. Students should contact their instructor with any questions as to acceptable use of AI / ChatGPT in their courses.

## **TECHNICAL REQUIREMENTS**

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at <https://lit.edu/online-learning/online-learning-minimum-computer-requirements>. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

## **DISABILITIES STATEMENT**

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email [specialpopulations@lit.edu](mailto:specialpopulations@lit.edu). You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](#).

## **STUDENT CODE OF CONDUCT**

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at [www.lit.edu](http://www.lit.edu). Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

### STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

### COURSE REQUIREMENTS

1. A Midterm and Final is required with two attempts given per assessment. The final score will be an **average of attempts**.
2. Students will complete video quizzes and discussion boards for each unit.
3. Students will complete an individual project and a group lab project.
4. Late assignments will be accepted with a deduction as a late penalty.
5. Students will receive a zero for assignments not completed.

Week	Assignments	Due Date
<p><b>Week 1</b> August 26<sup>th</sup> – 30<sup>th</sup></p> <p><b>Video Time = 10m 33 s</b></p> <p><u>Module 1</u> Nutrition Introduction</p> <p><b>Chap1: Introduction</b></p>	<ul style="list-style-type: none"> <li>• Discussion Board 1: Netiquette for Online Learners</li> <li>• Discussion Board 2: Introduction</li> <li>• <b>Syllabus Quiz/Syllabus Acknowledgement</b></li> <li>• <a href="#">Read Chapter 1</a> (Click Here for Chapter 1: <a href="#">Introduction to Nutrition for Nurses</a>)</li> <li>• Video Quiz: Introduction to Nutrition &amp; Metabolism (10m 33s)</li> <li>• <a href="#">Read over Individual Project (Nutritional Analysis) instructions Due 10.11.24</a></li> <li>• <a href="#">Join a group for Group Project: FAD Diets</a></li> </ul>	<p>08.30.24</p> <p>09.01.24</p>

	<i>Due 11.08.24</i>	
<p><b>Week 2</b> Holiday Sep 2<sup>nd</sup> Sep 3<sup>rd</sup> - 6<sup>th</sup></p> <p><b>Video Time = 15 minutes</b></p> <p><u>Module 1</u> Nutrition Introduction</p> <p><b>Chap1: Introduction</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 1</a> ☺ <a href="#">Click Here for Chapter 1: Introduction to Nutrition for Nurses</a></li> <li>• Video Quiz: Balanced Nutrition (6 m 59s)</li> <li>• Video Quiz: What is a Calorie? (1m 28 s)</li> <li>• Video Quiz: Serving Size vs. Portion Size (3m 11s)</li> <li>• Video Quiz: How to Read a Nutrition Label (3m 44s)</li> <li>• Discussion Board 3: Why 2000 Calories a Day?</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	09.08.24 4
<p><b>Week 3</b> Sep 9<sup>th</sup> - 13<sup>th</sup></p> <p><b>Video Time = 21 minutes</b></p> <p><u>Module 1</u> Nutrition Introduction</p> <p><b>Chap1: Introduction</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 1</a> ☺ <a href="#">Click Here for Chapter 1: Introduction to Nutrition for Nurses</a></li> <li>• Video Quiz: How to Spot a FAD Diet (4m 34s)</li> <li>• Video Quiz: Bariatric Surgery and Eating Disorders (4m 59s)</li> <li>• Video Quiz: Why are eating disorders so hard to treat? (4m 40 s)</li> <li>• Video Quiz: Hunger &amp; Health (3m 10s)</li> <li>• Video Quiz: Malnutrition &amp; Disease (3m 53s)</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> <li>• <b>Quiz 1:</b> Module 1 Opens 09.14.24 and Closes 09.15.24 @ 11:59 PM</li> </ul>	09.13.24 4
<p><b>Week 4</b> Sep 16<sup>th</sup> - 20<sup>th</sup></p> <p><b>Video Time = 20 Minutes</b></p> <p><u>Module 2</u> Energy Nutrients</p> <p><b>Chap 2: Macronutrients</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 2</a> ☺ <a href="#">Click Here for Chapter 2: A Holistic View of Macronutrients</a></li> <li>• <a href="#">Read Chapter 3</a> ☺ <a href="#">Click Here for Chapter 3: A Holistic View of Micronutrients</a></li> <li>• Video Quiz: Carbohydrates &amp; Nutrition (5m 11s)</li> <li>• Video Quiz: The Deal with Carbs (4m 31s)</li> <li>• Discussion Board 4: How Sugar Affects Your Brain</li> </ul>	09.22.24 4

<p><b>Chap 3: Micronutrients</b></p>	<ul style="list-style-type: none"> <li>• Video Quiz: What is Fat? (4m 22s)</li> <li>• Video Quiz: The Deal with Fat (5m 54s)</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	
<p><b>Week 5</b> Sep 23<sup>rd</sup> – 27<sup>th</sup></p> <p><b>Video Time = 13 Minutes</b></p> <p><u>Module 2</u> Energy Nutrients</p> <p><b>Chap 2: Macronutrients Chap 3: Micronutrients</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 2</a> ☺ <a href="#">Click Here for Chapter 2: A Holistic View of Macronutrients</a></li> <li>• <a href="#">Read Chapter 3</a> ☺ <a href="#">Click Here for Chapter 3: A Holistic View of Micronutrients</a></li> <li>• Video Quiz: The Deal with Protein (4m 50 s)</li> <li>• Video Quiz: Essential Amino Acids (1m 48s)</li> <li>• Video Quiz: How do Vitamins Work? (4m 44s)</li> <li>• Video Quiz: Minerals (2m 39s)</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> <li>• <b>Quiz 2:</b> Module 2 Opens 09.28.24 and Closes 09.29.24 @ 11:59 PM</li> </ul>	09.27.24
<p><b>Week 6</b> Sep 30<sup>th</sup> – Oct 4<sup>th</sup></p> <p><b>Video Time = 33 Minutes</b></p> <p><u>Module 3</u> Digestive System and Process</p> <p><b>Chap 4: Digestive Process</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 4</a> ☺ <a href="#">Click Here for Chapter 4: The Digestive Process</a></li> <li>• Video Quiz: Digestive System - Part 1 (11m 5s)</li> <li>• Video Quiz: Digestive System - Part 2 (10m 55s)</li> <li>• Video Quiz: Digestive System - Part 3 (10m 24s)</li> <li>• Discussion Board 5: How the Food You Eat Affects Your Gut</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	10.06.24
<p><b>Week 7</b> Oct 7<sup>th</sup> – Oct 11<sup>th</sup></p> <p><b>Video Time = 20 Minutes</b></p> <p><u>Module 3</u> Digestive System and Process</p> <p><b>Chap 4: Digestive Process</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 4</a> ☺ <a href="#">Click Here for Chapter 4: The Digestive Process</a></li> <li>• Video Quiz: Metabolism &amp; Nutrition 2 (10 m 7s)</li> <li>• Video Quiz: Food Borne Illness (5m 23s)</li> <li>• Video Quiz: Infection &amp; Intoxication (3m 20s)</li> <li>• <b>DUE: Friday 10.11.24:</b> Nutritional Analysis Project</li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	10.13.24
<p><b>Week 8</b> Oct 14<sup>th</sup> – Oct 18<sup>th</sup></p>	<ul style="list-style-type: none"> <li>• Prepare for Midterm Exam</li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> <li>• <b>Midterm Exam:</b> Modules 1, 2, 3 Opens 10.16.24 and Closes 10.17.24 11:59 PM</li> </ul>	10.17.24

<p><b><u>Week 9</u></b> Oct 21<sup>st</sup> – Oct 25<sup>th</sup></p> <p><b>Video Time = 12 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages</p> <p><b>Chap 6: Neurological Chap 8: Endocrine</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 6</a> ⇨ <a href="#">Click Here for Chapter 6: Special Nutritional Considerations for Neurological Health</a></li> <li>• <a href="#">Read Chapter 8</a> ⇨ <a href="#">Click Here for Chapter 8: Special Nutritional Considerations for Endocrine Health</a></li> <li>• Video Quiz: How the food you eat affects your Brain (4m 52s)</li> <li>• Video Quiz: Nutritional Guidance - Endocrine Disorders (6m 43s)</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	<p>10.27.2 4</p>
<p><b><u>Week 10</u></b> Oct 28<sup>th</sup> – Nov 1<sup>st</sup></p> <p><b>Video Time = 8 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages</p> <p><b>Chap 10: Hematologic</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 10</a> ⇨ <a href="#">Click Here for Chapter 10: Special Considerations for Hematological Health</a></li> <li>• Video Quiz: Anemia (7m 17s)</li> <li>• <a href="#">Work on Individual Project (Nutritional Analysis) instructions</a> <i>Due 10.11.24</i></li> <li>• <a href="#">Work on Group Project: FAD Diets</a> <i>Due 11.08.24</i></li> </ul>	<p>11.03.2 4</p>
<p><b><u>Week 11</u></b> Nov 4<sup>th</sup> – 8<sup>th</sup></p> <p><b>Video Time = 20 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages</p> <p><b>Chap 12: Cardiovascular</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 12</a> ⇨ <a href="#">Click Here for Chapter 12: Special Nutritional Considerations for Cardiovascular Health</a></li> <li>• Video Quiz: Nutritional Guidance - Cardiovascular (5m 18s)</li> <li>• Video Quiz: Nutrition during Pregnancy (2m 30s)</li> <li>• Video Quiz: Importance of Nutrition during Pregnancy (3m 2s)</li> <li>• The Surprising Effects of Pregnancy (5m 46s)</li> <li>• Video Quiz: Benefits of Breastfeeding (3m 2s)</li> <li>• <a href="#">Discussion Board 6: Nutritional Analysis Gallery Walk</a></li> <li>• <b>DUE Friday 11.08.24:</b> <a href="#">FAD Diets Group Project</a></li> </ul>	<p>11.10.2 4</p>



<p><b>Week 12</b> Nov 11<sup>th</sup> – 15<sup>th</sup></p> <p><b>Video Time = 5 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages <b>Chapter 14: Pulmonary</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 14: Click Here for Chapter 14: Special Considerations for Pulmonary Health</a></li> <li>• Video Quiz: Nutritional Guidance - Respiratory Disorders (4m 5s)</li> </ul>	11.17.24
<p><b>Week 13</b> Nov 18<sup>th</sup> – 22<sup>nd</sup></p> <p><b>Video Time = 10 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages <b>Chapter 16: Renal</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 16 Click Here for Chapter 16: Special Nutritional Considerations for Renal Health</a></li> <li>• Video Quiz: How do your Kidneys work? (3m 55s)</li> <li>• Video Quiz: What causes Kidney Stones? (5m 15s)</li> </ul>	11.24.24
<p><b>Week 14</b> Nov 25<sup>th</sup> – 26<sup>th</sup> Holiday 27<sup>th</sup> – 29<sup>th</sup></p> <p><b>Video Time = 10 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life Stages <b>Chapter 18: Gastrointestinal</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 18 Click Here for Chapter 18: Special Nutritional Considerations for Gastrointestinal Health</a></li> <li>• Video Quiz: Nutritional Guidance - Gastrointestinal (5m 32s)</li> <li>• Video Quiz: Gluten (4m 05s)</li> </ul>	11.26.24
<p><b>Week 15</b> Dec 2<sup>nd</sup> – 6<sup>th</sup></p> <p><b>Video Time = 10 Minutes</b></p> <p><u>Module 4</u> Impact of Nutrition on Body System Wellness and Life</p>	<ul style="list-style-type: none"> <li>• <a href="#">Read Chapter 20 Click Here for Chapter 20: Special Nutritional Considerations for Musculoskeletal and Integumentary Health</a></li> <li>• Video Quiz: Nutritional Guidance - Musculoskeletal Disorders (4m 29s)</li> <li>• Video Quiz: How Diet impacts Skin Health (8m 51s)</li> <li>• <b>Discussion Board 7: Sports Nutrition &amp; Supplements</b></li> </ul>	12.06.24

<p>Stages</p> <p>Chapter 20: Musculoskeletal &amp; Integumentary</p>	<ul style="list-style-type: none"> <li>• Video Quiz: What do PEDs do to your body? (3m 15s)</li> <li>• Video Quiz: Performance Enhancing Drugs (9m 2s)</li> <li>• Discussion 8: Nutrition through the Life Cycle</li> <li>• <b>Quiz 3: Module 4</b> Opens 12.07.24 and closes 12.08.24 @ 11:59 pm</li> </ul>	
<p><b><u>Week 16</u></b></p> <p>Dec 9<sup>th</sup> – 12<sup>th</sup></p>	<ul style="list-style-type: none"> <li>• <b>FINAL EXAM</b> Opens 12.09.24 and Closes 12.10.24 @ 11:59 pm (Modules 1 - 4)</li> <li>• Congratulations!! You made it!! Celebrate 😊🎉</li> </ul>	<p>12.10.24</p>