

**Ralph R. Willis Career and Technical Center  
School of Practical Nursing  
Nutrition and Diet Therapy Syllabus**

**Course Number: 9126**

**Course Hours: 40 HRS**

**Theory Hours: 20 HRS**

**Clinical Hours: 20 HRS**

**Textbooks**

1. Williams, Patricia; Fundamental Concepts and Skills for Nursing, Saunders/Elsevier; 6th Edition; 2022.
2. Willihnganz, Michelle J. / Gurevitz, Samuel L. / Clayton, Bruce D.; Clayton's Basic Pharmacology for Nurses, St. Luis, Elsevier; 18<sup>th</sup> Edition; 2020.

**Course Description**

This is a beginning course for the practical nursing student. This course is designed to teach the fundamentals of nutrition based on basic nutrition principles. Scientific standard recommendations of levels of nutrient intake for a healthy population are discussed. Sources and functions of carbohydrates, proteins, fats, vitamins and minerals are also studied. Awareness of nutritional preferences of different ethnic groups, and nutritional requirements throughout the life span are discussed. Nutritional requirements associated with specific disease process is integrated throughout medical-surgical course.

**Course Objectives**

**At the end of this course the student will:**

1. Demonstrate knowledge of nutrition (macro- and micronutrients, nutrient requirements for optimal health), and appropriate nutrition for different life stages.
2. Demonstrate knowledge of critical thinking skill about nutritional issues and controversies.
3. Describe cultural influences on nutritional practices.
4. Discuss components of a basic nutritional assessment.
5. Identify patients at risk for nutritional deficits.
6. Implement dietary requirements associated with disease process.

**Clinical Practicum**

Completed in Acute and Long-Term Care.

**Methods of Teaching**

1. Lecture, discussion, role playing emphasizing critical thinking
2. Videos
3. PowerPoint
4. Computer-assisted instruction- VCE – Case Studies
5. Demonstration
6. Individual and Group Conference
7. Written Exams
9. Clinical Lab Practice/ Clinical Setting
10. Evaluations

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**Student Responsibilities**

1. Read assigned chapter.
2. Refer to and follow student monthly calendar for exam dates.
3. Attend lectures and demonstrations.
3. Complete activities as assigned.
5. Participate in class/lab activities.
6. Discuss critical thinking activities associated with the lesson.
7. Refer and follow the policies as outlined and discussed in the Student Handbook.
8. Pass exams with a grade of 80% or higher.

**Methods of Evaluation**

1. The following letter grade system is utilized for theory:

A	93 - 100
B	86 - 92
C	80 - 85
F	79 - 0
2. The following grading calculation is utilized for theory:

Exams	80%	Quizzes	20%
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3. Evaluation Tools:
  - a. Oral Presentations
  - b. Written Exams
  - c. Laboratory Skills
  - d. Homework Assignments
  - e. Computer Exams
  - f. Clinical Skills
4. Make-up Exam:

A student who misses an exam must be prepared to take the exam upon immediate return or as designated by the instructor. Students will automatically have **5% deducted**. Students not making up exam on designated make-up day will receive a **(0) zero**.
5. Quizzes:

Students who are absent during a quiz will receive a Zero. Quizzes are NOT made up.
6. See student monthly calendar for schedule of exam dates.
7. See Student Handbook for clinical grading guidelines.

# October

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Funds Clinical 6.5HRS	4 PVR CH 11 Test .5HRS Funds CH 37 Test 1HR Funds CH 37 Lab 2HRS PVR CH 12 2HRS	5 Funds Clinical 6.5HRS	6 PVR CH 12 Test .5HRS Funds CH 38 2HRS Funds CH 38 Lab 2HRS PVR CH 13 2HRS	7 Funds Clinical 6HRS	8 <b>SS -5HRS</b> <b>Funds – 7HRS</b> <b>FC – 19HRS</b> <b>Total – 31HRS</b>
9	10 Funds Clinical 6.5HRS	11 Funds CH 38 Test 1HR PVR CH 13 Test .5HRS Funds CH 39 2HRS Funds CH 39 Lab 2HRS	12 Funds Clinical 6HRS	13 Funds CH 39 Test 1HR PVR Culture Project 5HRS	14 Funds Clinical 6HRS	15 <b>SS – 5.5HRS</b> <b>Funds – 6HRS</b> <b>FC – 18HRS</b> <b>Total – 31HRS</b>
16	17 ATI 6HRS	18 Funds Final 2HRS Class Meeting 2HRS	19 Nutrition CH 26 2HRS Nutrition CH 27 2HRS Nutr. CH 27 Lab 2HRS	20 PVR Final 2HRS Class Meeting 2HRS	21 Nutrition Clinical 5HRS	22 <b>SS – 8HRS</b> <b>Funds – 2HRS</b> <b>Nutrition – 6HRS</b> <b>NC – 5HRS</b> <b>SD – 4HRS</b> <b>Total - 25HRS</b>
23	24 Nutrition Clinical 5HRS	25 Nutr. CH 26 Test 1HR Nutr. CH 27 Test 1HR Nutrition CH 46 2HRS Nutrition CH 47 2HRS	26 Nutrition Clinical 5HRS	27 Nutr. CH 46 Test 1HR Nutr. CH 47 Test 1HR Pharm CH 1-4 4HRS	28 Nutrition Clinical 5HRS	29 <b>Nutrition – 8HRS</b> <b>NC – 15HRS</b> <b>Pharm – 4HRS</b> <b>Total – 27HRS</b>
30	31 Professional Learning No School Students					

# November

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Diet Presentations 6HRS	2 Pharm Clinical 7HRS	3 Pharm CH 1-4 Test 2HRS Pharm CH 5 1HR Pharm CH 6 1HR Pharm CH 7 2HRS	4 Pharm Clinical 6.5HRS	5 <b>Nutrition – 6HRS</b> <b>Pharm – 6HRS</b> <b>PC – 13.5HRS</b> <b>Total – 25.5HRS</b>
6	7 Pharm Clinical 6.5HRS	8 No School Election Day	9 Pharm Clinical 7HRS	10 Pharm CH 5-6 Test 1HR Pharm CH 7 1HR Pharm CH 7 Lab 2HRS Pharm CH 8 2HRS	11 No School Veterans Day	12 <b>Pharm – 6HRS</b> <b>PC – 13.5HRS</b> <b>Total – 19.5HRS</b>
13	14 Pharm Clinical 6.5HRS	15 Pharm CH 7 Test .5HRS Pharm CH 8 1HR Pharm CH 8 Lab 2HRS Pharm CH 9 2HRS	16 Pharm Clinical 6.5HRS	17 Pharm CH 8-9 Test 1HR Pharm CH 9 Lab 2HRS Pharm CH 10 3HRS	18 Pharm CH 10 Test .5HRS Pharm CH 10 Lab 2HRS Pharm CH 11 3HRS	19 <b>Pharm – 17HRS</b> <b>PC – 13HRS</b> <b>Total – 30HRS</b>
20	21 No School Thanksgiving Break	22 No School Thanksgiving Break	23 No School Thanksgiving Break	24 No School Thanksgiving	25 No School Thanksgiving Break	26
27	28 Pharm CH 11 Test .5HRS Pharm CH 11 Lab 2HRS Drug Dosage 2.5HRS	29 Drug Dosage Test 1HR Pharm Final 1HR Class Meeting 2HRS	30 G&D CH 11 4HRS G&D CH 15 2HRS			<b>SS – 6HRS</b> <b>Pharm – 7HRS</b> <b>SD – 2HRS</b> <b>Total – 15HRS</b>