



Chaminade
University
OF HONOLULU

Course Syllabus

[Chaminade University Honolulu](http://www.chaminade.edu)

3140 Waialae Avenue - Honolulu, HI 96816

www.chaminade.edu

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|-----------------------------|--|
| Course Number: | BI304 |
| Course Title: | Clinical Nutrition |
| Department Name: | Natural Sciences and Mathematics |
| Term: | Fall 2020 |
| Course Credits: | 3 |
| Class Meeting Days: | Thursday |
| Class Meeting Hours: | 08:00AM - 11:10AM (section 1) 01:00PM - 04:10PM (section 2) |
| Class Location: | TBD |
| Instructor Name: | Michael Weichhaus |
| Email: | michael.weichhaus@chaminade.edu |
| Phone: | 808.440.4286 |
| Office Location: | Wesselkamper Science Center room 107 |
| Office Hours: | Tuesday, Wednesday, Friday 3 pm - 5 pm |

University Course Catalog Description

Study of nutrients and their respective functions, food sources, and physiological needs. Dietary guidance and nutritional requirements through the lifespan are explored. Role of nutrition in prevention of, and intervention in, chronic diseases.

Course Overview

The content of this course is organized around Principles of Nutrition, Clinical Nutrition and Alterations in Nutrition. Students will be able to determine the need of different nutrients for optimal health and how food safety, cultural, religious and ethnic influences and age affect nutrient requirements. Specific instructions for nurses will include the requirements for modified and enteral nutrition in the hospital setting. Lastly students will learn about diseases that require special nutritional requirements such as cardiovascular and hematological disorders, gastrointestinal disorders, renal disorders, diabetes and cancer/immunosuppressive disorders.

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith
2. Provide an integral, quality education
3. Educate in family spirit
4. Educate for service, justice and peace
5. Educate for adaptation and change

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Ōlelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Ōlelo No'eau 364) May I live by God
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Ōlelo No'eau 1957) Acquire skill and make it deep
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Ōlelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Ōlelo No'eau 1430) Education is the standing torch of wisdom
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Ōlelo No'eau 203) All knowledge is not taught in the same school

Learning Outcomes

Program Learning Outcomes for the Biology Program.

Upon completion the program in Biology, a graduating student will demonstrate the following competencies:

1. An understanding of the scientific method and the ability to design and test a hypothesis
2. The ability to visualize, statistically evaluate, validate and interpret scientific data, and to communicate science effectively both orally and in writing
3. The ability to acquire and comprehend information from published scientific literature and to employ computational resources in the resolution of biological problems
4. An understanding of the chemical and physical principles that unite all life forms, and of biological organization at the molecular, cellular, tissue, organ, organism and system levels
5. The ability to define the components and processes of genetic and epigenetic information transmission, and their determinant effects on the adaptive and evolutionary processes that they drive
6. An understanding of the etiology of major human disease burdens in terms of pathophysiological mechanisms, epidemiology within populations and possible therapeutic approaches
7. An understanding of the entry requirements, career pathways and progression for the major post-graduate fields of research, education and the health professions

Alignment of Course Learning Outcomes

| Course Learning Outcomes | Program Learning Outcomes | Marianist Values |
|---|---------------------------|------------------|
| Understand the role of the six classes of nutrients on physiological homeostasis | 1; 2; 3; 7 | 2; 4 |
| Grasp the nutritional guidelines for healthy eating and the composition of nutrient in food items. | 2; 3; 7 | 2 |
| Explain the cultural, ethnic and religious influences on food choices and the changing nutrient requirements across the lifespan. | 1; 2; 3; 4; 7 | 2; 4 |
| Understand the requirements for modified diets, enteral nutrition and total parenteral nutrition. | 1; 2; 3; 4; 7 | 2; 4 |
| Determine the barriers to adequate nutrition | 2; 3; 7 | 2 |
| Understand the modified nutritional requirements of common diseases including cardiovascular, gastrointestinal and renal disorders as well as diabetes, cancer and immunosuppressive disorders. | 2; 3; 7 | 2 |

Alignment of Natural Sciences Courses with Marianist and Hawaiian values of the University.

The Natural Sciences Division provides an *integral, quality education*: sophisticated integrative course content taught by experienced, dedicated, and well-educated instructors.

- We *educate in family spirit* – every classroom is an *Ohana* and you can expect to be respected yet challenged in an environment that is supportive, inclusively by instructors who take the time to personally get to know and care for you.
- We *educate for service, justice and peace*, since many of the most pressing global issues (climate change, health inequity, poverty, justice) are those which science and technology investigate, establish ethical parameters for, and offer solutions to.
- We *educate for adaptation and change*. In science and technology, the only constant is change. Data, techniques, technologies, questions, interpretations and ethical landscapes are constantly evolving, and we teach students to thrive on this dynamic uncertainty.

The study of science and technology can be formative, exploring human creativity and potential in the development of technologies and scientific solutions, the opportunity to engage in the stewardship of the natural world, and the opportunity to promote social justice. We provide opportunities to engage with the problems that face Hawai'i and the Pacific region through the Natural Sciences curriculum, in particular, those centered around severe challenges in health, poverty, environmental resilience, and erosion of traditional culture. The Marianist Educational Values relate to Native Hawaiian ideas of *mana*, *na'auao*, *ohana*, *aloha* and *aina*. We intend for our Natural Sciences programs to be culturally-sustaining, rooted in our Hawaiian place, and centered on core values of *Maiau*, be neat, prepared, careful in all we do; *Makawalu*, demonstrate foresight and planning; *`Ai*, sustain mind and body; *Pa`a Na`au*, learn deeply.

Course Prerequisites

BI 151/L, BI152/L, CH 201/L, CH 254/L, NUR 202, NUR 203

Required Learning Materials

Dudek, S. 2018, Nutrition Essentials for Nursing Practice, Wolters Kluwer, 8th version (ISBN: 978-1-4963-7943-6)

5th version available in the library as [ebook](#).

Technical Assistance for Canvas Users:

- Search for help on specific topics at help.instructure.com
- [Chat live with Canvas Support 24/7/365](#)
- Contact the Chaminade IT Helpdesk for technical issues: helpdesk@chaminade.edu, or call (808) 735-4855

Tutoring and Writing Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua `Ike: Center for Student Learning in a variety of subjects (including, but are not limited to: biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check Kōkua `Ike's website (<https://chaminade.edu/advising/kokua-ike/>) for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via Smarthinking. Smarthinking can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – Smarthinking. For more information, please contact Kōkua `Ike at tutoring@chaminade.edu or 808-739-8305.

Assessment

| | |
|-------------------------|-------------------|
| ATI exam | 10 percent |
| 1 st Midterm | 15 percent |
| 2 nd Midterm | 15 percent |
| 3 rd Midterm | 10 percent |
| Final Exam | 10 percent |
| Food Tracker Analysis | 5 percent |
| Final exam | <u>25 percent</u> |
| | 100 percent |

Grading Scale

Letter grades are given in all courses except those conducted on a credit/no credit basis. Grades are calculated from the student's daily work, class participation, quizzes, tests, term papers, reports and the final examination. They are interpreted as follows:

| | |
|-----------|--|
| A 90-100% | Outstanding scholarship and an unusual degree of intellectual initiative |
| B 80-89% | Superior work done in a consistent and intellectual manner |
| C 70-79% | Average grade indicating a competent grasp of subject matter |
| D 60-69% | Inferior work of the lowest passing grade, not satisfactory for fulfillment of prerequisite course work. |
| F <60% | Failed to grasp the minimum subject matter; no credit given |

Course Policies

Late Work Policy

There are no make-ups for exams, unless a physician's note documents your absence during exams. Lecture presentations CANNOT be made-up. Essays turned in late will be assessed a penalty: a half-letter grade if it is up to 24h late, or a full-letter grade for 24h-7 days late. Essays will not be accepted if overdue by more than seven days.

Grades of "Incomplete"

Students and instructors may negotiate an incomplete grade when there are specific justifying circumstances. An Incomplete Contract (available from the Divisional Secretary and the Portal) must be completed. When submitting a grade, the "I" will be accompanied by the alternative grade that will automatically be assigned after 90 days. These include IB, IC, ID, and IF. If only an "I" is submitted the default grade is F. The completion of the work, evaluation, and reporting of the final grade is due within 90 days after the end of the semester or term. This limit is unlikely to be extended.

Instructor and Student Communication

Questions for this course can be emailed to the instructor. Online, in-person and phone conferences can be arranged. Response time will take up to 3 days. The instructor is available during office hours and will be able to meet with students on a first come first serve basis.

Cell phones, tablets, and laptops

Out of consideration for your classmates, please set your cell phone to silent mode during class. Students are encouraged to bring laptops or tablets to class as the instructor will assign online activities and readings that will require the use of a laptop or tablet. Laptops and tablets should not be misused, such as checking distracting websites. Use your best judgment and respect your classmates and instructor.

Disability Access

If you need individual accommodations to meet course outcomes because of a documented disability, please speak with me to discuss your needs as soon as possible so that we can ensure your full participation in class and fair assessment of your work. Students with special needs who meet criteria for the Americans with Disabilities Act (ADA) provisions must provide written documentation of the need for accommodations from Kōkua 'Ike: Center for Student Learning by the end of week three of the class, in order for instructors to plan accordingly. If a student would like to determine if they meet the criteria for accommodations, they should contact the Kōkua 'Ike Coordinator at (808) 739-8305 for further information (ada@chaminade.edu).

Title IX Compliance

Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty

member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. If you or someone you know has been harassed or assaulted, you can find the appropriate resources by visiting Campus Ministry, the Dean of Students Office, the Counseling Center, or the Office for Compliance and Personnel Services.

Attendance Policy

The following attendance policy is from the 2019-2020 Academic Catalog (p. 54-55). Faculty members should also check with their divisions for division-specific guidelines.

Students are expected to attend regularly all courses for which they are registered. Students should notify their instructors when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by emailing the instructor's Chaminade email address, calling the instructor's campus extension, or by leaving a message with the instructor's division office. It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade.

Unexcused absences equivalent to more than a week of classes may lead to a grade reduction for the course. Any unexcused absence of two consecutive weeks or more may result in being withdrawn from the course by the instructor, although the instructor is not required to withdraw students in that scenario. Repeated absences put students at risk of failing grades.

Students with disabilities who have obtained accommodations from the Chaminade University of Honolulu Tutor Coordinator may be considered for an exception when the accommodation does not materially alter the attainment of the learning outcomes.

Federal regulations require continued attendance for continuing payment of financial aid.

When illness or personal reasons necessitate continued absence, the student should communicate first with the instructor to review the options. Anyone who stops attending a course without official withdrawal may receive a failing grade or be withdrawn by the instructor at the instructor's discretion.

Academic Conduct Policy

From the 2019-2020 Undergraduate Academic Catalog (p. 39):

Any community must have a set of rules and standards of conduct by which it operates. At Chaminade, these standards are outlined so as to reflect both the Catholic, Marianist values of the institution and to honor and respect students as responsible adults. All alleged violations of the community standards are handled through an established student conduct process, outlined in the Student Handbook, and operated within the guidelines set to honor both students' rights and campus values.

Students should conduct themselves in a manner that reflects the ideals of the University. This includes knowing and respecting the intent of rules, regulations, and/or policies presented in the Student Handbook, and realizing that students are subject to the University's jurisdiction from the time of their admission until their enrollment has been formally terminated. Please refer to the Student Handbook for more details. A copy of the Student Handbook is available on the Chaminade website.

For further information, please refer to the Student Handbook:

<https://chaminade.edu/wp-content/uploads/2019/08/NEW-STUDENT-HANDBOOK-19-20-Final-8.20.19.pdf>

Detailed policies on Academic Conduct can be found in the Student [Handbook](#) and University [catalogue](#). The success of the Honor Code is made possible only with the acceptance and cooperation of every student. Each student is expected to maintain the principles of the Code.

Violations of Academic Honesty: Violations of the principle include, but are not limited to:

- Cheating: Intentionally using or attempting to use unauthorized materials, information, notes, study aids, or other devices in any academic exercise.
- Fabrication and Falsification: Intentional and unauthorized alteration or invention of any information or citation in an academic exercise. Falsification is a matter of inventing or counterfeiting information for use in any academic exercise.
- Multiple Submissions: The submission of substantial portions of the same academic work for credit (including oral reports) more than once without authorization.
- Abuse of Academic Materials: Intentionally or knowingly destroying, stealing, or making inaccessible library or other academic resource materials.
- Complicity in Academic Dishonesty: Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty.
- Plagiarism: Intentionally or knowingly presenting the work of another as one's own (i.e., without proper acknowledgment of the source) Examples include, but are not limited to:
 - Copying or borrowing liberally from someone else's work without his/her knowledge or permission; or with his/her knowledge or permission and turning it in as your own work.
 - Copying off someone else's exam or paper.
 - Allowing someone to turn in your work as his or her own. DO NOT provide your work to someone else for reference.
 - Not providing adequate references for cited work.
 - Copying and pasting large quotes or passages without properly citing them.

Credit Hour Policy

The unit of semester credit is defined as university-level credit that is awarded for the completion of coursework. One credit hour reflects the amount of work represented in the intended learning outcomes and verified by evidence of student achievement for those learning outcomes. Each credit hour earned at Chaminade University should result in 37.5 hours of engagement. For example, in a one credit hour traditional face to face course, students spend 50 minutes in class per week for 15 weeks, resulting in a minimum of 12.5 instructional hours for the semester. Students are expected to engage in reading and other assignments outside of class for at least 2 additional hours per week, which equals an additional 25 hours. These two sums result in total student engagement time of 37.5 hours for the course, the total engagement time expected for each one credit course at Chaminade.

The minimum 37.5 hours of engagement per credit hour can be satisfied in fully online, internship, or other specialized courses through several means, including (a) regular online instruction or interaction with the faculty member and fellow students and (b) academic engagement through extensive reading, research, online discussion, online quizzes or exams; instruction, collaborative group work, internships, laboratory work, practica, studio work, and

preparation of papers, presentations, or other forms of assessment. This policy is in accordance with federal regulations and regional accrediting agencies.

Nutrition ATI Examination policies:

Grading:

1. The Nutrition ATI Examination will be worth 10% of your final grade in this course.
2. If you obtain a level 2 or above on the proctored Nutrition ATI exam, you will receive 100% for this portion of your grade.
3. If you score a level 1 on the proctored Nutrition ATI exam, you will receive 50 % for this portion of your grade.
4. If you score below a level 1 on the proctored Nutrition ATI exam, you will receive 0% for this portion of your grade.
5. There will be no retakes for this examination. However, a remediation assignment may be required.

Schedule

| Week | Class topic |
|-------------|--|
| 1 | Introductions; course overview; syllabus; Nutrition and Health |
| 2 | Carbohydrates |
| 3 | Lipids |
| 4 | Proteins |
| 5 | Vitamins |
| 6 | Minerals |
| 7 | Physiology of Digestion and Metabolism |
| 8 | Nutrition across the Lifespan |
| 9 | Cultural Influences on Food choices |

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|----|---|
| | |
| 10 | Hospital nutrition/Enteral and Parenteral Nutrition |
| 11 | Obesity, metabolic syndrome and eating disorders |
| 12 | Nutrition of patients with diabetes and CVD |
| 13 | Nutrition of patients with gastrointestinal disorders |

Every effort has been made to ensure that the material in this syllabus is accurate and complete. However, occasionally changes must be made to the printed schedule. Thus, the instructor reserves the right to make any changes in the contents of this syllabus that he deems necessary or desirable. These changes, if any, will be announced as soon as the need for them becomes apparent.