



School of Natural Sciences and Mathematics

Department of Biology

BI-304 Clinical Nutrition

Hale Hoaloha 102 TR 1:30P-2:50P

Credits: 3 Section: 01 Term: Spring 2025

Instructor Information



Instructor:	Michael Weichhaus
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Office Hours:	Mo 9:30A-11:00A; Wed 9:30A-11:00A; 1:30P-2:30P Fri 9:30A-10:00A
Sign-up for Office Hours:	sign-up here for office hours (required)

Communication

Instructions and updates will be given verbally during lectures and may also be distributed using the “announcement” feature in canvas. Questions for this course can be emailed to the instructor. Response to email can be expected within 24h but may take longer during weekends or holidays. Online and in person meetings are available during office hours and can be scheduled using this [link](#) to my calendar. Calendar Sign-up is required for scheduling purposes.

School & Department Information

School of Natural Sciences and Mathematics

Office Location: Wesselkamper Science Center, room 115

Phone: (808) 440-4204

If you have questions regarding the Department of Biology, reach out to your instructor or the School of Natural Sciences and Mathematics.

Course Description & Materials

Catalog Course Description

Nursing required course. 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.

Prerequisites: EN 102, COM 101, BI 152, BI 152L, BI 250, BI 250L, CH 250, NUR 202, NUR 203 and NUR major

Time Allocation

How This Course (3 credits) Meets the Credit Hour Policy

- Seat time
 - 35h (70min TTh for 15 weeks)
- Time spent on key assessments, including study time:
 - Food Tracker: 14h (2x7h)
 - Food Tracker Comparison Report: 3h
 - Mid-term exams: 22.5h (3x7.5h)
 - Final exam: 15h
 - PrepU quizzes: 30h (2h/week)
- Additional time each week (e.g., reading, studying, homework)
 - Reading: 12.5h (50min per week)
 - Discussions, and case studies: 12.5h (50min per week)
- Total: 144.5h

Required Materials

Lippincott CoursePoint: Dudek: Nutrition Essentials for Nursing Practice, Ninth Edition (ISBN: 978-1-9751-8518-3), digital subscription required; access link is provided in canvas page.

Canvas (<https://chaminade.instructure.com>)

[Brief explanation of what Canvas is and how it will be used in the course]

Example Canvas description:

Learning Outcomes

Program Learning Outcomes (PLOs)

Upon completion of [degree program name], the student will be able to:

1. Apply the scientific method in the design and testing of hypotheses
2. Transform and display, statistically evaluate, validate, and interpret scientific data and communicate the results of such analyses effectively both orally and in writing.
3. Acquire and comprehend information from published scientific literature, databases and bioinformatics software to extract and interpret biological data
4. Recognize the chemical and physical principles that underlie all life forms, and the biological organization at the molecular, cellular, tissue, organ, organism, and system levels that emerge from these principles
5. 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. Integrate an awareness of bioethical issues to positively influence the application of science to service, justice and peace in the solution of societal problems

Course Learning Outcomes (CLOs)

Upon completion of Clinical Nutrition, the student will be able to:

1. Understand the role of the six classes of nutrients on physiological homeostasis
2. Grasp the nutritional guidelines for healthy eating and the composition of nutrients in food items.
3. Explain the cultural, ethnic and religious influences on food choices and the changing nutrient requirements across the lifespan.
4. Understand the requirements for modified diets, enteral nutrition and total parenteral nutrition.
5. Understand the modified nutritional requirements of common diseases including cardiovascular, gastrointestinal and renal disorders as well as diabetes, cancer and 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:

Education for formation in faith.

1. Provide an integral, quality education.
2. Educate in family spirit.
3. Educate for service, justice and peace, and integrity of creation.

4. Educate for adaptation and change.

Clinical Nutrition for Nursing Majors aligns with the Marianist value of educating for service, justice, and peace by empowering future nurses to understand and apply nutritional science in promoting patient well-being and health equity. The course emphasizes the role of nutrition in preventing and managing disease, encouraging students to advocate for vulnerable populations and address disparities in healthcare access and outcomes. Through a curriculum that integrates scientific knowledge with compassionate care, students are prepared to serve diverse communities with integrity and a commitment to social justice, embodying the Marianist mission of creating a more just and peaceful world.

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 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo 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 ('Olelo 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 ('Olelo 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 ('Olelo 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 ('Olelo No'eau 203) All knowledge is not taught in the same school

Alignment of Course Learning Outcomes

	CLO 1	CLO 2	CLO 3	CLO 4	CLO 5
Marianist Values	2; 4	2	2; 4	2; 4	2
PLOs	1; 2; 3; 6	2; 3; 6	1; 2; 3; 4; 6	1; 2; 3; 4; 6	2; 3; 6
Native Hawaiian Values	2; 4	2	2; 4	2; 4	2

Course Activities

Discussion

Online Discussions

- **Description:** Online discussions allow students to engage with course content and with their peers by discussing relevant topics in clinical nutrition. These discussions are designed to foster critical thinking and deepen understanding through collaborative learning.
- **Policies:** Students must post their initial responses by the deadline and are required to respond to at least two peers to receive full credit. Posts should be respectful, constructive, and demonstrate a thoughtful engagement with the topic. Late submissions are subject to a 10% reduction if up to 24 hours late and a 20% reduction if up to 48 hours late. Beyond 48 hours, submissions will not be accepted.
- **Expectations:** Students are expected to contribute meaningfully to discussions, providing evidence-based responses that reflect their understanding of the material. Active participation and timely submissions are crucial for earning full credit.

2. ATI Exam (10%)

- **Description:** The Nutrition ATI Examination assesses students' knowledge and understanding of key nutrition concepts as they apply to clinical practice. This standardized test is an important measure of competency in the subject area.
- **Policies:** The ATI exam is proctored and must be completed at the scheduled time. No retakes are allowed. Scoring a Level 2 or above will result in 100% for this portion of the grade, a Level 1 will result in 50%, and scoring below Level 1 will result in 0%.
- **Expectations:** Students should thoroughly prepare for the ATI exam by reviewing course materials and utilizing ATI practice resources. Achieving a high score reflects strong preparation and understanding of clinical nutrition principles.

3. 1st Quiz (15%)

- **Description:** The first quiz covers the initial topics discussed in the course, including basic nutrition principles and the role of nutrients in health and disease. It serves as a checkpoint to assess students' grasp of foundational knowledge.
- **Policies:** Quizzes are timed and must be completed individually. No late submissions are allowed without a valid excuse supported by a physician's note. The quiz must be completed by the deadline posted on Canvas.
- **Expectations:** Students are expected to review course materials regularly and be prepared to demonstrate their understanding through accurate and well-considered responses.

4. 2nd Quiz (15%)

- **Description:** The second quiz builds on the material covered after the first quiz, focusing on more advanced topics such as dietary assessments, nutrient metabolism, and their application in clinical settings.
- **Policies:** As with the first quiz, this quiz is timed and must be completed individually. No late submissions are accepted unless an excused absence is documented.
- **Expectations:** Students should continue to engage with the course material, ensuring a comprehensive understanding of the concepts. This quiz will require not just memorization but also the application of knowledge to clinical scenarios.

5. 3rd Quiz (15%)

- **Description:** The third quiz assesses students' understanding of complex nutritional interventions and case-based applications discussed in the latter part of the course.
- **Policies:** Similar to the previous quizzes, this quiz must be completed on time, and no late submissions are permitted without a valid excuse.
- **Expectations:** Students are expected to integrate and apply the full breadth of knowledge acquired so far, demonstrating critical thinking and the ability to solve clinical problems.

6. Final Exam (20%)

- **Description:** The final exam is comprehensive, covering all major topics discussed throughout the course. It includes a mix of multiple-choice questions, short answers, and case studies.
- **Policies:** The final exam must be taken at the scheduled time. No external materials are allowed unless explicitly stated. A valid physician's note is required for any make-up exam.
- **Expectations:** Students should be prepared to synthesize and apply all course content, showing mastery of clinical nutrition principles. The exam is designed to assess both depth and breadth of understanding.

7. PrepU Quizzes (10%)

- **Description:** PrepU quizzes are adaptive learning tools that help reinforce the material covered in lectures. These quizzes are designed to personalize the learning experience and identify areas where further study is needed.
- **Policies:** PrepU quizzes are to be completed by the deadlines provided. Quizzes submitted up to one week late will be accepted without penalty; beyond one week, they will not be graded.
- **Expectations:** Students are expected to complete these quizzes regularly as they provide valuable feedback on understanding and retention of course material. Active engagement with PrepU will help improve overall performance in the course.

8. Food Tracker Analysis

- **Description:** The Food Tracker Analysis requires students to record and analyze their dietary intake over a specified period. This assignment helps students apply nutritional knowledge to assess dietary habits and make recommendations.
- **Policies:** The food tracker reports must be submitted by the specified deadlines. A 10% grade reduction will apply if submitted up to 24 hours late, and a 20% reduction if up to 48 hours late. Beyond 48 hours, no submissions will be accepted due to the proximity to the semester's end.
- **Expectations:** Students should accurately track and analyze their dietary intake over the specified period, providing a thorough and reflective analysis that demonstrates their understanding of nutritional assessment and recommendations.

Course Policies

Attendance

Students are expected to attend regularly all courses for which they are registered. Students should notify their instructors when illness or other extenuating circumstances prevent 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.

Late Work

In this course, I recognize that students may occasionally require additional time to complete assignments due to unforeseen circumstances. However, adherence to deadlines is crucial to maintaining a fair and organized course structure. All due dates and submission details are published on the course canvas page. The following details the late policy for different assignments:

Food Tracker Assignments:

- The two **food tracker reports** should be submitted by the deadline. If additional time is needed to complete a full 7-day tracking, please communicate this prior to the deadline. It is more important to complete a full 7-day tracking than to submit an incomplete report on time. Please note there is limited time around the second 7-day tracking period due to the end of the semester coinciding with the due date.

For the **Food Tracker Comparison Report**, these late penalties will apply:

- *Up to 24 Hours Late*: A 10% grade reduction will be applied.
- *Up to 48 Hours Late*: A 20% grade reduction will be applied.
- *Beyond 48 Hours*: Submissions will not be accepted beyond this extension, as it coincides with the end of the semester.

PrepU Quizzes:

- *Up to One Week Late*: Quizzes may be completed with no penalty.
- *Beyond One Week*: Submissions will not be considered for grading, but students are encouraged to continue working through the quizzes for their benefit.

Discussions:

- *Up to 24 Hours Late*: A 10% grade reduction will be applied.
- *Up to 48 Hours Late*: A 20% grade reduction will be applied.
- *Beyond 48 Hours*: Submissions will not be accepted beyond this extension

In-Person Exams:

Make-up exams will only be permitted if a valid physician's note demonstrates the student's illness during the period of the exam. Please provide this note promptly to make necessary arrangements. Of note: the dates and times for exams noted on canvas indicate the **DUE** time of the exam, **NOT THE START** of the exam.

Additional Guidelines regarding timeliness:

- *Communication*: If you anticipate needing an extension, it is your responsibility to communicate this need as soon as possible. Failure to communicate will result in the late penalties being applied.

- *Responsibility:* Meeting deadlines is an essential skill and a professional expectation. Planning and time management are critical to your success in this course.

Exceptions: In extraordinary circumstances, additional considerations may be made at the discretion of the instructor. Please communicate your situation honestly and promptly.

Changes to the Syllabus

While the provisions of this syllabus are as accurate and complete as possible, your instructor reserves the right to change any provision herein at any time. Every effort will be made to keep you advised of such changes, and information about such changes will be available from your instructor.

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.

Final Grades

Final grades are submitted to [Self-Service](#):

Online Discussions	5 percent
ATI exam	10 percent
1 st Quiz	15 percent
2 nd Quiz	15 percent
3 rd Quiz	15 percent
Final Exam	20 percent
PrepU quizzes	10 percent
Food Tracker Analysis	<u>10 percent</u>
	100 percent

Nutrition ATI Examination specific 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.

Grading Scale

A: Outstanding Scholarship and an Unusual Degree of Intellectual Initiative

Reflects a mastery of the course material and an exceptional ability to synthesize and apply knowledge creatively. Demonstrates critical thinking, originality, and precision in argument and interpretation. Work at this level goes beyond mere accuracy and skillfulness, exhibiting intellectual curiosity and insight.

B: Superior Work Done in a Consistent and Intellectual Manner

Represents strong understanding and application of course concepts, theories, and principles. Work is consistently thorough and well-organized, demonstrating analytical abilities and clear communication. Although not as inventive or insightful as an 'A' grade, 'B' level work shows commitment, engagement, and clear mastery of complex ideas.

C: Average Grade Indicating a Competent Grasp of Subject Matter

Denotes a satisfactory comprehension of the material with the ability to apply key concepts but may lack depth in understanding or application. Work at this level meets the basic course requirements and demonstrates a reasonable effort, but may lack creativity, precision, or engagement with more complex ideas.

D: Inferior Work of the Lowest Passing Grade, Not Satisfactory for Fulfillment of Prerequisite Course Work

Reflects limited understanding of the course material and minimal engagement with the key concepts. Work is often incomplete, superficial, or lacks cohesion. While it may meet the minimum criteria for passing, it falls short of the standards required for progression in sequential or related courses.

F: Failed to Grasp the Minimum Subject Matter; No Credit Given

Signifies a lack of basic comprehension of the course content and an inability to apply or articulate fundamental concepts. Work at this level is characterized by significant inaccuracies, misconceptions, or omissions, and does not meet the minimum requirements for passing the course. Students receiving an 'F' must re-take the course or an equivalent to obtain credit.

Important Information

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism, in addition to more obvious dishonesty.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of Academic Division and may include an “F” grade for the work in question, an “F” grade for the course, suspension, or dismissal from the University.

For the most up to date information, please refer to the [Academic Honesty Policy](#) on the Chaminade University Catalog website.

Title IX and Nondiscrimination Statement

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator.

Nondiscrimination Policy & Notice of Nondiscrimination

Chaminade University of Honolulu does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment. Inquiries about Title IX may be referred to the University’s Title IX Coordinator, the U.S. Department of Education’s Office for Civil Rights, or both and contact information may be found at the [Chaminade University Title IX Office Contact Information and Confidential Resources website](#). On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates. The NOTICE of NONDISCRIMINATION can be found here: [Notice of Nondiscrimination](#).

[CUH Alert Emergency Notification](#)

To get the latest emergency communication from Chaminade University, students' cell numbers will be connected to Chaminade's emergency notification text system. When you log in to the Chaminade portal, you will be asked to provide some emergency contact information. If you provide a cellphone number, you will receive a text from our emergency notification system asking you to confirm your number. You must respond to that message to complete your registration and get emergency notifications on your phone.

[Assessment for Student Work](#)

With the goal of continuing to improve the quality of educational services offered to students, Chaminade University conducts assessments of student achievement of course, program, and institutional learning outcomes. Student work is used anonymously as the basis of these assessments, and the work you do in this course may be used in these assessment efforts.

[Student with Disabilities Statement](#)

Chaminade University of Honolulu offers accommodations for all actively enrolled students with disabilities in compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act (2008).

Students are responsible for contacting Kokua Ike: Center for Student Learning to schedule an appointment. Verification of their disability will be requested through appropriate documentation and once received it will take up to approximately 2–3 weeks to review them. Appropriate paperwork will be completed by the student before notification will be sent out to their instructors. Accommodation paperwork will not be automatically sent out to instructors each semester, as the student is responsible to notify Kokua Ike via email at ada@chaminade.edu each semester if changes or notifications are needed.

Kōkua 'Ike: Tutoring & Learning 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 for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via TutorMe. Tutor Me can be accessed 24/7 from your Canvas account. Simply click on Account > TutorMe. For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Readings & Due Dates

Week	Lecture	Chapter	Comments
1	Syllabus of course, Course overview		PrepU due Chapter 1 Chapter 2
	Nutrition in Health	Chapter 1	
	Guidelines for Healthy Eating	Chapter 2	
2	Carbohydrates	Chapter 3	PrepU due Chapter 3 Chapter 4
	Proteins	Chapter 4	FoodTracker due
3	Lipids	Chapter 5	PrepU due Chapter 5 Chapter 6
	Vitamins	Chapter 6	
4	Vitamins	Chapter 6	
	Exam #1		
5	Water and Minerals	Chapter 7	PrepU due Chapter 7
6	Energy Balance	Chapter 8	PrepU due Chapter 8 Chapter 9 Chapter 10
	Consumer Interests	Chapter 9	
	Food and Supplement Labeling	Chapter 10	
7	Cultural and Religious Influences in Food choices	Chapter 11	PrepU due Chapter 11 Chapter 12
	Healthy Eating for Healthy Babies	Chapter 12	
8	Nutrition for Infants, Children, and Adolescents	Chapter 13	

	Nutrition for Older Adults	Chapter 14	PrepU due Chapter 13 Chapter 14
9	Catch-up time		
	Exam #2		
10	Enteral and Parenteral Nutrition	Chapter 15	PrepU due Chapter 15 Chapter 16
	Identifying Nutrition Risk and Feeding Clients	Chapter 16	
11	Obesity and Eating Disorders	Chapter 17	PrepU due Chapter 17 Chapter 18
	Nutrition for clients with critical illness	Chapter 18	
12	Catch-up Time		Active Learning Sheets for ATI practice exam A due
	Exam #3		
13	Nutrition for Clients with Upper Gastrointestinal Disorders	Chapter 19	PrepU due Chapter 19 Chapter 20 Active Learning Sheets for ATI practice exam B due
	Nutrition for Clients with Disorders of the Lower GI Tract and Accessory Organs	Chapter 20	
14	Nutrition for Clients with Diabetes Mellitus	Chapter 21	PrepU due Chapter 21 Chapter 22 ATI exam Food Tracker Analysis Report Food Tracker Comparison Report
	Nutrition for Clients with Cardiovascular Disorders	Chapter 22	

15	Nutrition for Clients with Kidney Disorders	Chapter 23	PrepU due Chapter 23 Chapter 24
	Nutrition for Clients with Cancer or HIV/AIDS	Chapter 24	
	Final exam (TBA)		