



**RANGER COLLEGE**  
**EARLY, TX**

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**COURSE SYLLABUS**

**NUTRITION**

**VNSG 1116**

**1 credit hour**

**INSTRUCTOR: C. Pack, RN**

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EMAIL: cpack@rangercollege.edu

OFFICE: 300 Early Blvd St. 105, Early, TX, 76802 Rm 113

PHONE: 325-200-4132

OFFICE HOURS: Monday – Wednesday 4pm-5pm; Thursday & Friday by appointment only

### **I. Texas Core Curriculum Statement of Purpose**

Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

### **II. Course Description**

Introduction to nutrients and their role in proper growth and development and maintenance of health.

### **III. Required Background or Prerequisite**

Anatomy & Physiology I and CPR are required prior to the start of this course.

### **IV. Required Textbook and Course Materials**

ATI, Nutrition for Nursing, Review Module, Edition 6.0

April Hazard Vallerand, PhD, RN, FAAN Cynthia A Sanoski, BS, PharmD, FCCP, BCPS

Davis's Drug Guide for nurse's 16<sup>th</sup>. Edition, F.A. Davis Company, Philadelphia,

ISBN 978-0-8036-6945-1

Taber's Cyclopedic Medical Dictionary, 22<sup>nd</sup> Ed., F.A. Davis.

ISBN: 978-0-8036-5904-9

WILLIAMS, L. S. (2019). *Understanding Medical-Surgical Nursing*. Place of publication not identified: F A DAVIS.

ISBN: 978-0-8036-6898-0

Burton, M., Smith, D. W., & Ludwig, L. J. (2019). *Fundamentals of Nursing Care: Concepts, Connections & Skills*. Philadelphia: F.A. Davis.

ISBN: 78-0-8036-6906-2

Carroll A. Lutz, RN Erin E. Mazur, MSN, RN, FNP-BC and Nancy A. Litch, MS, RD

Nutrition and Diet Therapy 6<sup>th</sup>. Edition, F.A.Davis Company, Philadelphia,

ISBN 978-0-8036-3718-4.

Watkins, C. (2018). *Pharmacology Clear and Simple: A Guide to Drug Classifications and Dosage Calculations, 3e*. FA Davis Company.

ISBN: 978-0-8036-6652-8

Henry, N. J. E., McMichael, M., Johnson, J., DiStasi, A., Ball, B. S., Holman, H. C., ... Lemon, T. (2016). *Fundamentals for nursing: review module*. Leawood, KS: Assessment Technologies Institute.

ISBN: 978-1-56533-567-7

## V. Course Purpose

To teach course content as outlined in the course description and to enable student to accomplish the core objectives.

## VI. Learning Outcomes

The student will be able to:

1. Describe the relationship between nutrition and health.
2. Identify the six classes of nutrients, their function, and their essentially.
3. Describe the interaction of food, nutrients, drugs and dietary supplements.
4. Describe the relationship between diet and the various diseases processes.

## VII. Core Objectives

This course meets the following of the six Core Objectives established by Texas:

- ☒ **Critical Thinking Skills (CT)** – Creative thinking, innovation, inquiry, and analysis; evaluation and synthesis of information
- ☒ **Communication Skills (COM)** – effective development, interpretation and expression of ideas through written, oral, and visual communication
- ☒ **Teamwork (TW)** – The ability to consider different points of view and to work effectively with others to support a shared purpose or goal
- ☒ **Social Responsibility (SR)** – Intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
- ☒ **Personal Responsibility (PR)** – The ability to connect choices, actions, and consequences to ethical decision-making

## VIII. Methods of Instruction

This class may include lectures, discussions, group activities in class, group projects, electronic documents, power points, pre-class activity, ATI, and handouts.

## IX. Methods of Assessment

**All students must achieve an overall average of 78% or higher to pass this course.**

**Exams** – Three major exams (60 percent of total grade). Each major test is worth 100 points and will be graded accordingly. Testable material includes content from all components of the program including lecture material, classroom discussions, assignments, activity assignments, ATI, board work, and handouts. Material previously covered may be on subsequent exams. Exams must be taken when scheduled unless arrangements are made prior to exam with the instructor for an alternate test date. Alternate exams are given at the discretion of the instructor. Alternate exams will automatically be deducted 10 points.

**ATI:** (10 percent of total grade). Evidence of content practice, attempt and completion of content exams.

**Activities:** (10 percent of total grade) consisting of questions pertaining to assigned material and Nutrition Project.

**Final Exam** (20 percent) – There will be a comprehensive exam (75 questions) over all material covered in this course.

Grading Scale: A = 93-100      B = 86-92      C = 78-85      F = 77 and below

**\*\*Exam grades will be posted to blackboard within 24-48 hours.\*\***

**\*\*Schedules are subject to change.\*\***

### **X. Course/Classroom Policies**

1. Be in the classroom and in your seat before class start time. There is a lot of information to cover and limited time to cover it.
2. Be prepared for each class when you arrive in the classroom. This includes books, computer, notes, completed assignments, pencils, and any necessary supplies.
3. Turn in assignments on time and in the proper manner. Late work will not be accepted.
4. Academic dishonesty according to the Ranger College Handbook is defined as copying from another student's test or academic work, or collaboration with another person in preparing written work for credit. Students who commit any of these offenses will go before the Director of the VN Program and will potentially lead to dismissal from the nursing program. (See the section of the Ranger College for further details.
5. No phones are allowed in the classroom or lab setting, unless used for class activity at the instructor's discretion. If it becomes apparent to the instructor that you have a phone in the classroom or lab, you will be dismissed from class and counted absent for that day.
6. Laptops will be used to access your ATI learning and testing.
7. Email – My email address is available for you to use. Please do not abuse that privilege. I will be more than happy to communicate with you about class information and schedule, but only after you have checked this information on your own and have questions. Please identify yourself in any and all emails to me. Email will be answered within 24 - 48 hours during the week or the following Monday if sent on weekend.
8. Disruptions or talking during lecture is distracting to your fellow classmates, one warning will be given, if the talking continues, the offenders will be dismissed from the learning session.
9. Sleeping during lecture will lead to dismissal from class and counted absent for that day.

### **XI. Non-Discrimination Statement**

Admissions, employment, and program policies of Ranger College are nondiscriminatory in regard to race, creed, color, sex, age, disability, and national origin.

### **XII. ADA Statement**

Ranger College provides a variety of services for students with learning and/or physical disabilities. Students are responsible for making initial contact with the Ranger College Counselor, Gabe Lewis (glewis@rangercollege.edu). It is advisable to make this contact before or immediately after the semester begins.

**XIII. COURSE OUTLINE/SCHEDULE  
RANGER COLLEGE  
VOCATIONAL NURSING PROGRAM  
NUTRITION VNSG 1116  
FALL 2019**

<b>XIII. COURSE OUTLINE/ SCHEDULE</b>		<b>ACTIVITY</b>	<b>ATI</b>	<b>DUE DATE</b>
<b>Week 1</b>	Orientation; Review Syllabus; Pre-Test	Fund Ch. 23 Pgs. 460-461	The Communicator 2.0: Virtual Interaction: Clients and Their Nutritional Needs	Week 2 by 0800
<b>Week 2</b>	Lecture Fundamentals Ch. 23 Pgs. 442-459	Fund Ch. 24 Pgs. 500-502	Practice Assessments: Nurse's Touch: Wellness and Self-Care	Week 3 by 0800
<b>Week 3</b>	Lecture Fundamentals Ch. 23 & 24 Pgs. 442-500	-	-	Week 4 by 0800
<b>Week 4</b>	Lecture Fundamentals Ch. 24 Pgs. 462-500	-	Skills Module: Nutrition, Feeding, and Eating	Week 5 by 0800
<b>Week 5</b>	<b>EXAM #1</b>	Pharm Ch. 21 Pgs. 420-423	Nurse's Touch: Wellness and Self-Care: Wellness, Health Promotion, and Disease Preventions	Week 6 by 0800
<b>Week 6</b>	Lecture Pharmacology Ch. 21 Pgs. 409-419	ATI Nutrition Ch. 11 Pg. 65	Nurse's Touch: Wellness and Self-Care: Self-Care: Eating Healthy and Maintaining a Healthy Weight	Week 7 by 0800
<b>Week 7</b>	Lecture ATI Nutrition Ch. 11 Pgs. 63-65	-	-	Week 8 by 0800
<b>Week 8</b>	<b>EXAM #2</b>	Med Surg Ch. 6 Pgs. 69-70	Nurse's Touch: Wellness and Self-Care: Self-Care: Rest and Sleep	Week 9 by 0800
<b>Week 9</b>	Lecture Med Surg Ch. 6 Pgs. 52-69	Med Surg Ch.7 Pgs. 84	<b>Nutrition Project Outline Due</b>	Week 11 by 0800
<b>Week 10</b>	<b>TBA</b>	-	-	-
<b>Week 11</b>	Lecture Med Surg Ch. 6 & 7 Pgs. 52-83	-	The Communicator 2.0: Technique Identifier: Client Undergoing Weight-Loss Surgery.	Week 12 by 0800
<b>Week 12</b>	Lecture Med Surg Ch. 7 Pgs. 71-83	-	-	Week 13 by 0800
<b>Week 13</b>	<b>EXAM 3/ Thanksgiving Feast</b>	<b>Nutrition Project Due</b>	<b>**SCHEDULE SUBJECT TO CHANGE**</b>	
<b>Week 14</b>	<b>THANKSGIVING WEEK</b>	-		
<b>Week 15</b>	<b>FINAL REVIEW</b>	-		
<b>Week 16</b>	<b>COMPREHENSIVE FINAL EXAM</b>	-		

**\*\*\*Must be present for all tests. Automatic 10-point deduction for any absences.\*\*\***

**\*\*\*All activity & ATI assignments due via Blackboard by 8 am.\*\*\***

**\*\*\*NO LATE ASSIGNMENTS ACCEPTED!\*\*\***

RANGER COLLEGE  
SCHOOL OF VOCATIONAL NURSING

NUTRITION  
VNSG 1116

I have received a hard copy of the Nutrition syllabus. I have read this document, it has been explained to me, and I understand what is expected of me in this class.

I am aware that I have access to an electronic version posted in Blackboard.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_