

**BOONE CAREER AND TECHNICAL CENTER
SCHOOL OF PRACTICAL NURSING
NUTRITION COURSE SYLLABUS**

MISSION: Boone Career and Technical Center enriches lives locally, regionally, and globally by providing occupational education and training for lifelong learning and professional success.

VISION: Your Goals. Our Mission

PROGRAM OF STUDY:	PRACTICAL NURSING	
COURSE:	Practical Nursing- Nutrition	
Term:	1	
Credit/Quarter Hours:	40 Hours	
Program Coordinator:	Paula Webb, RN	pholstei@k12.wv.us
Instructor:	Kelly Harless, RN	kelly.harless@k12.wv.us
Instructor Office Location:	107	
Instructor Phone:	(304) 369-4585	
Instructor Office Hours:	Monday – Friday, 2:30 p.m. – 3:00 p.m.	

Course Description:

The nutrition course introduces students to the foundational scientific principles of nutrition and their applications in person-centered care. Content includes basic principles of nutrition, including the relationship of food, nutrition, and health; essential nutrients (carbohydrates, fats, proteins, vitamins, minerals, water and electrolyte balance); digestion, absorption, and metabolism; and energy balance. This course explores nutritional needs throughout the lifespan, community nutrition and health care, food habits, and cultural patterns, weight management, and physical fitness. Students will apply nutrition concepts to clinical nursing care for diverse patient needs.

Required Text and Other Materials Needed:

Williams' Basic Nutrition and Diet Therapy, 16th Ed., Nix

Course Goals:

Upon successful completion of this course, the student will be able to apply principles of nutrition to meet the care needs of patients across the lifespan and with a broad range of illnesses, conditions, and disease processes. Students will be able to address patient's learning needs with regard to nutrition and health and educate patient and their families to promote optimal health and well-being.

Course Schedule/Topic Outline:

TERM 1: January 6 – April 24, 2025	
Jan. 6 – 9	Chapter 1: Food, Nutrition, and Health
Jan. 13 – 16	Chapter 2: Carbohydrates Chapter 3: Fats Chapter 4: Proteins
Jan. 20 – 23	Chapter 5: Digestion, Absorption, and Metabolism Chapter 6: Energy Balance
Jan. 27 – 30	Chapter 7: Vitamins Chapter 8: Minerals
Feb. 3 – 6	Chapter 9: Water and Electrolyte Balance
Feb. 10 – 13	Chapter 17: Nutrition Care Chapter 18: Gastrointestinal and Accessory Organ Problems
Feb. 17 – 20	Chapter 13: Community Food Supply and Health Chapter 14: Food Habits and Cultural Patterns
Feb. 24 – 27	HESI Midterm Chapter 15: Weight Management Chapter 16: Nutrition and Physical Fitness
Mar. 3 - 6	Chapter 10: Nutrition During Pregnancy and Lactation Chapter 11: Nutrition During Infancy, Childhood, and Adolescence Chapter 12: Nutrition for Adults: The Early, Middle, and Later Years
Mar. 10 - 13	Chapter 19: Coronary Heart Disease and Hypertension
Mar. 17 - 20	Chapter 20: Diabetes Mellitus
Mar. 24 – 27	Chapter 21: Kidney Disease
Mar. 31 – Apr. 3	Chapter 22: Surgery and Nutrition Support Chapter 23: Nutrition Support in Cancer and HIV
Apr. 7 – 10	Nutrition Review
April 14 – 17	HESI Final Exam
April 21 – 24	Spring Break

Evaluation:

The assessment and grading of student performance in this course is based on the following activities: attendance, participation, assignments, unit tests, skill sessions, clinical rotations, and a final exam. Students must successfully pass all the skill competencies in order to pass this course and/or progress in the program. Students may re-attempt a skill competency up to three times in order to progress in the course.

Grading Scale

94 – 100 = A
86 – 93 = B
80 – 85 = C
70 – 79 = D
0 – 69 = F

Students must score 80% or above to successfully complete this course and progress to the next course.

Course Policies:

See the School of Practical Nursing Policy and Procedure Manual

School Policies:

See BCTC Adult Student Handbook

Support Services:

1. The Individual Career Plan (ICP) is a planning tool that is used for career preparation, career growth and lifelong learning goals. All adult education students will complete an Individual Career Plan.
2. Students will be counseled on attendance and grades at mid-term and as needed by program instructors.
3. Students who fail a course must remediate with the Adult Learning Center. Please call 304- 369-4585 for more information.

Awards and Honors:

Outstanding students will be invited to become a member of the National Technical Honor Society. Students are recommended by the career & technical instructor.

Criteria for nomination:

- GPA of 4.0 (A)
- Exemplary Conduct & Attitude
- Leadership
- Teamwork
- Exemplary Attendance

Discrimination Prohibited:

As required by federal law and regulations, the Boone County Board of Education does not discriminate on the basis of sex, race, color, religion, disability, age or national origin in its employment practices or in the administration of any of its educational programs and activities. Inquiries may be directed to Anthony Tagliente, Safe Schools coordinator, Boone County Board of Education, 69 Avenue B, Madison, WV, 25130 phone 369-8276.

SPECIAL NEEDS: If you need accommodations because of a disability, have emergency medical information to share with me, or need special arrangements in case the building must be evacuated, please inform me immediately.

Instructor retains the right to adjust the course schedule and revise the course syllabus as needed.