

REINHARDT UNIVERSITY SCHOOL OF NURSING

Course **NUR 308 Nutrition, Health Promotion and Wellness** Fall 2023

Course Faculty

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Course Description

This course is a study of nutrition in health and altered health states during the life-cycle as well as promotion of health, prevention of illness and factors that impact health status. Application of nutritional principles and analysis of diets in health and wellness as well as illness are emphasized. The role and benefit of nutritional support and therapy in the metabolic and pathophysiological changes associated with disease and wellness are investigated as applicable to the nursing process. Health behaviors of different cultures and age groups as well as relevant nursing research on nutrition, health promotion, and disease prevention are discussed.

Credit Hours

2 credit hours

Over 15 weeks, students will spend 100 minutes per week in lectures, class discussions, and examinations (25-30 hours for the semester). Instructional time includes a 3 hour final exam. Out of class work includes homework and preparation for exams and quizzes and is estimated at around 300 minutes per week.

Course Schedule

Class meets each Tuesday from 1:00 pm until 3:00 pm

Pre and Co-requisites

Pre-requisites: NUR 301, NUR 302, NUR 303, NUR 305, NUR 307

Co-requisites: NUR 304, NUR 401, NUR 402

Course Textbooks and Resources

Lutz, C. Mazur, E. & Litch, N. (2019). *Lutz's nutrition and diet therapy* (8th ed.). Philadelphia, PA: F.A. Davis.

Holman, H. C., Williams, D., Sommer, S., Johnson, J., Ball, B. S., Leehy, P., & Assessment Technologies Institute (Contributors). (2019). *Nutrition for nursing: Review module* (7th ed.). Assessment Technologies Institute.

2022 Nurse's Drug Handbook (21st ed.). Burlington, MA: Jones & Bartlett Learning. (Or latest edition provided with ATI subscription)

Resources

Information technology requirements can be found at: <http://www.reinhardt.edu/it/>. A PC or MAC laptop that has wireless connectivity and is in good working condition is required for class and for testing. Additional software requirements for this course include Microsoft Office (Word, PowerPoint), Acrobat Reader and Adobe Media Player or another computer media player capable of accessing the course videos.

Relationship between Course and Program Outcomes

Course outcomes, stated below, help the student achieve the outcomes of the BSN Program at Reinhardt University. Each course outcome is followed by numbers in parentheses to represent the program outcomes and student outcomes (listed as domains) to be met. Each course outcome is followed by Roman numerals in brackets to represent *The Essentials: Core Competencies for Professional Nursing Education* guidelines to be met (American Association of Colleges of Nursing [AACN], 2021).

Course Outcomes

Upon completion of this course, the learner will be able to:

1. Analyze definitions of health. (2, Domain II, IX)
2. Describe the relationship between nutrition and health. (2, Domain II, IX)
3. Compare the nutritional needs of individuals across the life span. (2, Domain II, IX)
4. Describe the role of clinical nutrition in meeting the health needs of individuals' with acute and chronic conditions (2, Domain II, Domain III, VIII, IX)
5. Identify strategies for assessment, intervention, and application of health promotion across the lifespan and cultural diversity (2, Domain II, IX)

Program Goals of the Baccalaureate Program

1. Provide baccalaureate nursing education within a liberal arts framework with a focus on the art and science of nursing recognizing the need to address all human needs biologically, psychologically, socially/culturally, and spiritually as entry into practice and the basis for pursuing graduate education.
2. Graduate prepared BSN students who meet criteria for licensure and are able to enter practice and function as a generalist novice nurse.
3. Prepare graduates to be flexible and have the ability to adapt in the ever-changing healthcare landscape.
4. Prepare graduates to be leaders that can impact patient care, the healthcare environment, and the communities they serve.

Student Outcomes of the Baccalaureate Program

Reinhardt school of nursing BSN graduates will demonstrate the following characteristics and behaviors:

Domain I Communication

- Demonstrate caring therapeutic communication and collaboration grounded in theory and techniques to be utilized across the disciplines, with individuals, families, and communities including the use of verbal, written, informatics and technology.

Domain II Critical Thinking and Inquiry

- Infuse research, evidenced based information, safe quality therapeutic interventions throughout the process utilized for nursing practice – the nursing process.
- Utilize both critical thinking and clinical reasoning to determine prevention, treatment, education, and follow-up in caring for individuals and the community in the role of the professional nurse.
- Apply legal, organizational, management, leadership principles and techniques in the daily care of the individual in nursing practice.
- Demonstrate knowledge of quality improvement principles, state and federal regulatory agencies, accreditation agencies, economics, healthcare policy and reform.

Domain III Society and Culture

- Understand the role of the professional nurse in respecting culturally diverse populations and providing holistic care to these individuals
- Demonstration of theory and practice advocacy for vulnerable individuals, communities and populations
- Understand the legal and ethical rights to self-determination in regard to health.

Domain IV Values and Ethics

- Demonstrate self-assessment, accountability, responsibility for self in preparation for the role of the professional nurse.
- Understand legal responsibility for actions and inaction in the role of the professional nurse.
- Demonstrate ethical principles, reasoning, and problem solving in the role of the professional nurse. Self-Assess and evaluate growth personally, spiritually, and as a nursing professional based on moral and ethical principles, Christian principles of faith, and nursing principles.

The Essentials: Core Competencies for Professional Nursing Education

Domain 1: Knowledge for Nursing Practice

Domain 2: Person-Centered Care

Domain 3: Population Health

Domain 4: Scholarship for the Nursing Discipline

Domain 5: Quality and Safety

Domain 6: Interprofessional Partnerships

Domain 7: Systems-Based Practice

Domain 8: Informatics and Healthcare Technologies

Domain 9: Professionalism

Domain 10: Personal, Professional, and Leadership Development (AACN, 2021)

Methods of Instruction

This is a web enhanced course in which the instructor facilitates learning through classroom instruction, weekly assignments, classroom demonstrations, discussion, use of student text resources, and/or independent study. Expected assignments will be provided for each content module. Students are expected to access Canvas at least once each day during the course.

Required Course Evaluations

Evaluation of the course is required by the Reinhardt University School of Nursing (RUSON). These evaluations are implemented through an electronic format. Evaluation of the course, clinical site, and clinical faculty are useful (1) to implement quality improvement within the course, processes and policies; (2) to provide evidence required by our accrediting agencies and the State Board of Nursing. It is the student's obligation to provide professional, objective, helpful feedback useful for the purposes outlined, and conversely it is the RUSON's obligation to provide nursing knowledge and content at the appropriate level for the preparation of the generalist professional nurse, which includes NCLEX-RN preparation. It is the School of Nursing policy that final grades in the course cannot be posted by faculty to the registrar until the course evaluation has been completed by the student. For anyone who does not complete the course evaluation on time, a grade of Incomplete will be sent to the registrar. Faculty do not receive information from these course evaluations until after all grades have been posted to the registrar. Information from the evaluations for faculty perusal are sent in summary form. Students are not identified in any way on these faculty summaries. The program coordinator of Nursing provides faculty with a list of students not completing the course evaluations so that grades can be held.

Professionalism Policy

Professional behavior is expected in this course. Students are encouraged to review the Professionalism Policy and Rubric contained in the Student Handbook.

Attendance and Classroom Participation

It is expected that the student will demonstrate professional behavior by being present, prompt, awake, alert and prepared, as well as participate in each class, lab, simulation, or clinical experience.

Dress code

Students are expected to present themselves in a professional manner for all classes and activities. Dresses, skirts, and shorts must be an appropriate length. Students may not wear pajamas, tank tops, or shirts that reveal the abdomen to class.

Tardiness

Tardiness or early exit is disruptive to the class and not conducive to the learning environment. Late students may be required to wait to enter the classroom until a class break to avoid disruptions. Late students will not be admitted to class during an exam and the rules for absence will apply. If the student is tardy or absent, the student is responsible for any missed content and keeping up with assignments. Any absence may require additional work in order to validate the student's understanding of the missed content. The faculty will counsel with any student whenever classroom or clinical absences are affecting the grade. The program coordinator and the Dean of the School of Nursing will be notified in writing by faculty of this situation.

Absence

Reinhardt University School of Nursing has approved three types of excused absences. These include a university-excused absence, illness that requires visitation of a health care facility (a note documenting your visit is required from the healthcare provider), and documented death of a family member. All other absences will be considered unexcused unless prior arrangements are made and approved by the course coordinator/faculty. Because didactic/clinical contact hours must be met in nursing content to pass a course, participation in institutional activities must be arranged so they do not occur simultaneously with class, clinical, lab, or simulation activities.

Due to the rigor of nursing curriculum and the standard expectation of professional conduct, students are expected to make a concerted effort to attend every class meeting. Students absent from more than one class, will be required to meet with the course coordinator and/or faculty to outline an attendance plan for remaining classes and to determine if successful completion of the course is possible.

All absences, whether excused or unexcused, require that the student make up missed activities and/or assignments (if permitted to do so). The student is responsible for contacting the instructor prior to an absence to obtain the content missed. The faculty will counsel the student whenever classroom absences affect the student's attainment of course outcomes.

Exceptions, if made, will be made at the discretion of the course faculty, clinical faculty, program coordinator and Dean.

All communication and notification of absences and/or tardy arrivals to class, lab, simulation, or clinical must be made either by email or RU office phone to the course instructor, clinical faculty, or preceptor as applicable. Please see syllabus for designated email addresses. Texting is not permitted unless prior permission has been granted by the faculty. For example, a clinical instructor may give the clinical group permission to text to notify of a problem before clinical. Some clinical courses may require non-typical hours such as evening and/or weekend time slots. Participation is expected and required.

Conversations During Class

In order to provide the most optimal learning environment in the classroom, conversations during lecture should be kept to a minimum. When the private conversation becomes disruptive to the class or to the lecturing faculty, the participants will be instructed to leave the room. If a student is asked to leave more than once, that person will be sent to the program coordinator or Dean for disciplinary action.

Electronic Devices

Reinhardt University strives to provide a positive learning experience for all students. Cell phones, iPads, computers and other electronic devices can disrupt classes and quiet places of study. We ask your cooperation in doing the following:

- Turn off your cell phones, iPads, etc. in the classroom, clinical, lab and simulation.
- Computers should be used only for classroom learning (i.e. viewing PowerPoint, note taking)
- If you are suspected of texting or any other activity NOT associated with classroom learning during class/lab, you will be asked to leave the classroom/lab and be counted as absent for the day.
- Electronic devices for research (looking up medications or disease processes) in the clinical setting will only be allowed as clinical affiliation agreements dictate. The clinical instructor will provide guidance on this based on specific clinical site expectations.
- Utilizing a personal phone in a patient's room or patient care area is prohibited. If you are suspected of utilizing your phone for personal matters, playing games, using social media, texting (other than what has been approved by your clinical instructor) you will be asked to leave the clinical area and be counted as absent for the day.
- Taking pictures in the clinical setting is prohibited. Patient confidentiality and HIPAA laws and regulations prohibit this practice. Unknowingly, items that may be in the background of group student pictures and selfies that are violations of confidentiality and the law. Violation of the patient's confidentiality and the HIPAA law will result in disciplinary action.
- Cell phones will not be utilized during examinations and will be collected or placed at the front of the room for an exam.

Video and Audio Recording

To assist students in note-taking and mastery of content, recording of lectures may be permitted. Because the lecture is the intellectual property of the professor, the student must ask the professor for permission before recording the lecture content of the course. The professor has the option to not allow recording of the course. If allowed, these recordings may only be used to assist the individual student in the course. Publishing, distributing to current or future students, or using classroom recordings in violation of these restrictions is a violation of the student code of conduct and may be a violation of federal copyright laws.

To secure the testing environment, exams may be recorded by the RUSON. Laboratory clinical check offs on the premises of RUSON and simulation activities may be recorded.

ATI Testing

As a component of this course, students will complete 2 ATI practice exams and a proctored standardized mastery exam. Each ATI practice exam and the mastery exam will receive a separate grade. These exams and the remediation associated with each exam will be calculated as 10% of the course grade. Students must meet the minimal standard of **Proficiency Level 2** or above on the Mastery Exam. Any student who scores less than a Proficiency Level 2 will then be required to repeat the mastery exam as scheduled by the course coordinator/faculty. The practice exams and the ATI Mastery exam will include customized remediation for each student. Practice exam A will be available to students for a maximum time of 24 hours. Practice exam B will be taken on campus at a time to be determined by the course faculty (*outside regularly scheduled class time.*) Following each practice and proctored exam, the course faculty will provide a customized remediation

plan for each student within 72 hours of exam completion. The student will then have 72 hours to complete the remediation. For Practice exams A and B and the mastery exam 5 points will be deducted for each day the remediation is late, resulting in a 0 after 7 days. The student will receive an incomplete (I) course grade until the remediation for the mastery exam is complete.

Grading for Practice Exams A and B

- Completion of Practice Exam A and remediation- 100/A
- Completion of Practice Exam B and remediation- 100/A

Grading ATI Mastery Exam

- Level 2 or 3 with completed remediation- 100/A
- Level 1 with completed remediation- 83/B
- Level 0 with completed remediation- 75/C
- Students who retake the ATI Mastery exam and receive a level 2 or 3 on the retake exam will receive an additional 10 points.

Course Assignments

Students are expected to perform individually. Individual students may transcribe notes for their own learning; it is not permissible to sell or otherwise distribute these notes. The distribution of any class materials is strictly prohibited.

Assigned Readings/Preparation

Students are expected to complete all assigned readings and homework assignments prior to coming to class, clinical, or lab. The student will be responsible for the didactic content discussed in the classroom.

Online Activities

Students will need to be proficient in using computer and internet applications to access and complete course requirements. The faculty is not responsible for teaching the student basic computing skills and navigation of Learning Management system. The student is expected to log in to the Canvas course daily. It is important to look for any announcements and to monitor/participate in discussions as assigned. Eastern Standard Time in the United States is the required time zone for all course submissions.

Special Assignments – Personal Health Promotion Plan (PHPP) & Discussion Forums

Discussion Forums:

The student is expected to respond to five graded discussion assignments using the course Canvas Forum. These responses will be graded using a rubric with the following criteria. Each forum discussion is worth 100 points.

NUR 308 Discussion Forum Rubric 2023

Criteria	Points
Provides succinct answer with critical reasoning that reflects assigned ATI module.	40 pts
Post completely addresses the four prompts as directed. Students outside of the assigned posting group will automatically receive these points.	20 pts
Response to prompts is supported using data from a professional reference.	5 pts
Responds to at least one peer in a constructive, reflective manner.	5 pts
Peer response completely addresses all three prompts as directed.	20 pts

Video response includes clear speech and demonstrates organized thought.

5 pts

Post includes reference using APA format.

5 pts

Total Points: 100

Personal Health Promotion Plan

The student will complete a personal health promotion assessment and care plan considering the elements of nutrition, diet, exercise, stress management, spiritual assessment and any other components outlined by our textbooks for the individual health promotion plan that may apply to the student. The student should also incorporate information from the ATI Nurses Touch Wellness & Self Care Modules. This assessment and plan are ***due on or before Tuesday, November 14, 2023***. The student must validate to the professor that a personal health log was maintained but the components can be kept confidential by the student. This assignment is to encourage the student to be honest with themselves, practice the skills of self-assessment, and take steps to intervene or improve behaviors that affect their health status.

Submission of Course Work and Late Submissions

1. Each assignment provides specific details on how it is to be submitted, whether via the assignment drop box feature, discussion board, in person, group, or individual delivery to office or Email. Assignments not submitted as directed will not receive credit.
2. Five points per day (including weekends) will be subtracted from a grade for any late assignment, discussion, or any course activity, whether online, in-class, or clinical. Assignments not submitted within seven days (including weekends) of due date will receive a zero (0).
3. Naming convention for all coursework submitted using Canvas
 - Save document with Course ID followed by a period, then the name of the assignment followed by a period, then your Last name and first initial.
 - Example: NUR308.syllabus.DoeJ

Evaluation and Grading

The work of the individual student will be evaluated according to the student learning outcomes and grading criteria associated with each assignment. Assignments must be on time, correct, complete, and pertinent. Grammar, spelling, writing style, and form are a part of the grade on each assignment. For courses that have a clinical component, both the classroom and clinical experience must be successfully passed.

<i>Reinhardt School of Nursing Grading Scale</i>	
92.5 – 100	A
82.5-92.4	B
74.5-82.4	C
64.5-74.4	D
Below 64.4	F

A final letter grade of “C” is required in all nursing courses.

Grade Allocation

Item	Percentage of Grade
Exam 1	13%
Exam 2	13%
Exam 3	13%
Exam 4	13%
Final Exam	17%

ATI Assessments	10%
Discussion Forums	8%
Personal Health Promotion Care Plan	8%
Homework and other assignments	5%

Examination Policy / Procedure

The concepts and content of the nursing curriculum reflect the areas in which proficiency is necessary for meeting program goals, student learning outcomes and success on the NCLEX-RN licensing exam. It is the policy of Reinhardt University School of Nursing that all final exams will be comprehensive or contain a comprehensive component, where appropriate.

The student must have a weighted average of 75% on all exams (quizzes, sectional exams and final exam) in order to successfully complete the course. Papers, projects, discussions, etc. may not be used to pass the course. Exam grades will be averaged first and then the other grades are added provided the student has at least a 75% exam average. *If a student does not have $\geq 75\%$ weighted average on all tests (quizzes, sectional exams, and final exam), the student fails the course regardless of other points earned in the course.*

Students may be randomly assigned seats for testing and should arrange themselves with ample space between them and the next person. Students must be seated and ready to start the exam at the scheduled time. Late students will not be admitted to class during an exam and the rules for absence will apply. Exams missed for an excused absence may be made up within 5 school days after returning to campus at a time determined by the course faculty. The format for all make-up exams will be at the discretion of the faculty and may include essay, short answer, fill in the blank, and/or multiple-choice type questions that cover the same content areas from the missed exam. Exams missed due to unexcused absences may not be made up. Backpacks, purses, cell phones, additional pens and pencils, hats, jackets, and books will be placed in a designated area of the classroom prior to taking each exam. Eating is not allowed during the exam. Calculators, pencils, and paper will be provided, if necessary. Testing may be performed on the student's laptop computer, or an established PC in the computer lab. Testing is never permitted on a tablet or cell phone. While testing, the proctoring instructor will not address questions. If scratch paper is allowed, the student will place their name on it and submit it to the faculty before leaving the room.

Allowing access to your answers or attempting to gain access to another's answers is cheating. Cheating will result in disciplinary action, which may include a failing grade and/or dismissal from the school of nursing.

During electronic format exams, both written and verbal instructions will be provided to students. Exam timing may be preset in the testing system and students are to note and adhere to the allotted time. When exam time expires, further submission of answers is not allowed and unanswered questions will not receive credit. Attempting to access the exam outside the proctored classroom environment is considered academic misconduct and may result in dismissal from the school of nursing.

Distribution of testing materials is prohibited and may result in dismissal from the school of nursing.

After an exam, the instructor will complete a statistical analysis of the test. Grades will not be posted until the analysis is complete. Exam review will be at the discretion of the instructor. Students will not take notes during the review. Final exams are not available for review.

When a student knows he/she will be absent from an exam, he/she must notify the course coordinator/faculty before the exam. The email or phone message time stamp should NOT indicate a time later than the start time of the exam. For any excused or unexcused absences on examination dates, the instructor or professor of the course must be informed of the reason for missing the exam prior to the exam being delivered to the other students. For excused absences, the student is responsible for making arrangements with the instructor or

professor of the course. For unexcused absences that have been reported, the weight of the exam will be added to the final exam. Unexcused absences on the final exam will result in 10% deduction to the exam grade. Failure to notify the instructor or professor of the course of your absence prior to the examination time, will result in a “zero” for the exam grade that cannot be made up. If in the judgment of the faculty there are circumstances that warrant allowing the student to make up the exam with the failure to notify the instructor of the absence before the exam, the resulting points will be 90% of the actual points and counted as such. Unannounced quizzes will not be made up because of an absence.

Course Schedule:

TENTATIVE topic schedule and exam dates

308 Nutrition, Health Promotion and Wellness			Tentative Schedule	Fall 2023
Week	Date	Content	Discussion Post Due	ATI Practice Assessment Due
1	8/15	Chapter 1 – Nutrition in Human Health Chapter 2 – Carbohydrates		
2	8/22	Chapter 3 – Fats Chapter 4 – Protein Chapter 5 – Energy Balance		
3	8/29	Chapter 6 – Vitamins Chapter 7 – Minerals Chapter 8 – Water	#1-Health Promotion	
4	9/5	EXAM 1 (Ch. 1-8)		
5	9/12	Chapter 9 – Digestion, Absorption, Metabolism, and Excretion Chapter 10 – Pregnancy and Lactation	#2-Stress	
6	9/19	Chapter 11 – Infancy, Childhood, and Adolescence Chapter 12 – The Mature Adult		
7	9/26	Chapter 13 – Food Management Chapter 14 – Nutrient Delivery		
8	10/3	EXAM 2 (Ch.9-14) Chapter 15 – Interactions: Food/Nutrients vs Medications/Supplements		
9	10/10	Chapter 16 – Weight Management Chapter 17 – Diet in Diabetes Mellitus and Hypoglycemia	#3-Healthy Eating/Weight	
10	10/17	Chapter 18 – Diet in Cardiovascular Disease Chapter 19 – Diet in Renal Disease		A
11	10/24	EXAM 3 (Ch. 15-19) Chapter 20 – Diet in Digestive Diseases	#4-Physical Activity	
12	10/31	Chapter 21 – Diet and Cancer Chapter 22 – Nutrition in Critical Care		
13	11/7	Chapter 23 – Diet in HIV and AIDS Chapter 24 – Nutritional Care of the Terminally Ill	#5-Rest & Sleep	B
14	11/14	EXAM 4 (Ch.20-24) PERSONAL HEALTH PROMOTION PLAN DUE		
15	11/21	ATI MASTERY EXAM Final Exam Review		
16	11/27	FINAL EXAM - 8am-noon		

Academic Integrity

The faculty of Reinhardt University BSN Program affirms the highest standards of honesty. Students are expected to follow guidelines in the University Student Handbook, Academic Catalogue, as well as the BSN Program Handbook. Cheating and plagiarism will not be tolerated. All students are expected to adhere to the highest standards of academic integrity, and to abide by the Reinhardt Honor Code:

Reinhardt University is a community of learners committed to the integration of faith and learning in the education of the whole person. As a partnership of students, faculty, and staff, we are dedicated to intellectual inquiry, academic freedom, and moral development. We are devoted to the principles of integrity, honesty, and individual responsibility. Therefore, in all our personal and academic endeavors, we will strive to represent our institution with integrity, purpose, and pride; demonstrate honest behavior and expect honesty from others; and accept responsibility for our own words and actions.

As a student in Reinhardt University school of nursing, I also pledge that all assignments, quizzes, examinations, papers, projects, lab work, simulations will be my own work, I will not participate in academic dishonesty or plagiarize, and all clinical care that I provide to my patients will not be in violation of this pledge. All nursing students are expected to be familiar with the Reinhardt policy on academic dishonesty stated in the University Catalog and in the Student Handbook. Plagiarism (using the ideas and phrases of others without crediting them, therefore claiming those ideas and phrases as your own) will not be tolerated in this program or on this campus. To avoid such academic dishonesty, you must use a citation (footnote or in text) for all ideas drawn from your reading and research, including research in encyclopedias and online, even when you have restated those ideas in your own words.

Academic misconduct is taken very seriously. It can be represented by such acts as:

- Plagiarism
- Cheating
- Unethical use or sharing of texts and teaching-learning resources including, but not limited to, those purchased by another
- To give or receive information ***before, during or after examinations*** – including previous test information, copying actual exams or quizzes, or possession and use of unauthorized instructor materials (test banks associated with texts utilized in the course)
- To turn in assignments which are the result of another's work (fabrication)
- Acting in a disrespectful manner toward patients, visitors, faculty or clinical faculty
- Falsifying clinical documents
- Falsifying the medical record
- Duplicating and disbursing in any format copyrighted national certification exam questions
- Sharing or discussing information or details regarding simulation scenarios/clinical experiences that represent a HIPAA violation

Academic dishonesty will result in a grade of zero for the particular course assignment or examination and pending review of the Dean, failure of the course and dismissal from Reinhardt University.

Communication

Regular feedback about course concerns from students to faculty is welcomed. Any concerns related to a specific faculty member should first be discussed with the faculty member involved. If the situation remains

unresolved, the next approach is to meet with the program coordinator followed by a meeting with the Dean of the School of Nursing.

All professional cultures designate appropriate ways to communicate formally and informally via technology. For the nursing program, formal communication is appropriate through your RU email account. Formal communication is anything directly related to assignments, individual meetings, absences, grades, technical issues with the learning management systems (LMS), etc. Messages should contain clear questions, include any pertinent details, and be specific if a response is needed within a certain time frame. Please note that abbreviations such as BTW, GRB, UR are only appropriate when using media that have a character limit. Informal communication may be appropriate through social media. If you have any concerns about appropriateness of communications, please contact your professor

RU email is the preferred method of professor/student communication.

When emailing course faculty:

- Email communication should be from RU email accounts only. Faculty will only respond to emails sent from the RU email system.
- Start the subject line of your email with the course number followed by a few words about the substance of the email. (For example: NUR308: Request a private meeting). Emails with a class number and a subject in the subject line are responded to first.
- Sign all email messages with your first and last name. This is appropriate, professional etiquette. Your email address may only show your student number.

To receive a positive professional evaluation, all written communication should be formatted appropriately, written in complete sentences, free of spelling and grammatical errors, and include the required subject line. Emails that are sent from personal accounts (gmail, etc) or do not have the class number and subject will likely be filtered, and as a result, may not be received by the instructor. Communication should also be in compliance with HIPAA and FERPA regulations.

Discussion/Chat Sessions

- Review the discussion/chat threads thoroughly before entering the discussion/chat session.
- Try to maintain discussion threads by using the “reply” button rather than starting a new topic.
- Do not make insulting or inflammatory statements to other members.
- Be respectful of others’ ideas.
- Be patient and read the comments of other group members thoroughly before entering your remarks.
- Be cooperative with others in completing assigned tasks.
- Be positive and constructive in discussions/chats.
- Respond in a thoughtful and timely manner.
- Do not use sarcasm
- Do not use all capital letters for emphasis. This is interpreted as shouting and is not appropriate etiquette.

Syllabus Modification

This syllabus is to provide guidance. It may be modified by the faculty as necessary. The student is responsible for checking email accounts on a routine basis.

ADA Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. This legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Reinhardt University is committed to providing reasonable accommodations for all persons with disabilities. Therefore, if

you are seeking classroom accommodations under the Americans with Disabilities Act, you are required to register with the **Academic Support Office (ASO)**. ASO is located in the basement of Lawson Building. To receive academic accommodations for this class, please obtain the proper ASO letters. More information is available on the RU website at [RU Academic Support Office](#)

Center for student success

The Center for Student Success (CSS) is located at the lower floor of Lawson, room 035. **CSS offers free peer and faculty tutoring for all subjects.** More information is available on the RU website at [RU Center for Student Success](#)

Library/virtual library

Reinhardt University Library is available to all students enrolled in the BSN Program. Links to library materials such as electronic journals, databases, interlibrary loans, digital reserves, dictionaries, encyclopedias, maps, and librarian support may be found on the RU website at [RU Library](#)

Academic calendar

Please review the Academic Calendar, found on the university website for the last date to drop the course or other registration issues. [RU Academic Calendar](#)

Counseling services

If you are experiencing difficulty of any type, please understand that the Reinhardt University faculty care about you as an individual. You may speak with any of us at any time. In addition, if you are having personal, familial, or educational, difficulties and would like to speak with a trained counselor, students may schedule a counseling appointment. More information can be found on the RU website at [RU Counseling Services](#)

Assistance with SON technology

Reinhardt University (RU) provides technical assistance through the “Help Desk”. Laptops must have wireless connectivity and be in good working condition. In addition, it is the student’s responsibility to contact tech support for resources and assistance.

Reinhardt University Student Handbook

Accessible on the RU website: [RU Student Handbook](#)

Cauble School of Nursing and Health Sciences Handbook

Accessible on the Cauble School of Nursing and Health Sciences website: <https://www.reinhardt.edu/schools-programs/cauble-school-of-nursing-health-sciences/>

“Reinhardt University is committed to providing a safe environment for its students, visitors, faculty and staff. Long-established policies, approved by Reinhardt's Board of Trustees, prohibit possession of firearms on property owned by the University.”



CAUBLE SCHOOL OF NURSING AND HEALTH SCIENCES
SYLLABUS STATEMENT OF UNDERSTANDING AND ADHERENCE
Semester: Fall 2023

I, _____, student in NUR 308 - Nutrition, Health Promotion and Wellness, sign below indicating that I have read, understood course requirements, attendance expectations, deadlines and have had the opportunity to ask questions and have had them answered to my understanding and promise to comply with all standards set forth in this syllabus.

I have read the academic integrity section of the syllabus. I will not copy the work of others, submit assignments completed by others, or engage in plagiarism. It is my responsibility to properly cite and reference all works not my own in proper APA format. I understand that cases of academic dishonesty may result in expulsion from the University, a failing grade for the course, or a failing grade for the assignment.

I understand that this syllabus contains components, which if not followed as directed for all learning experiences (online format, lab, clinical/simulation), are accompanied by consequences up to and including program dismissal.

My signature is my pledge as a student nurse to provide the safest student care to the best of my ability to patients. I will not practice outside my scope as a student. I will provide student nurse care in accordance with my clinical institution/simulation lab's policies/procedures at all times. I understand that the course coordinator/faculty will maintain a copy of this signed document.

 Student Name – Printed

 Date

 Student Signature

 Date