

**WEST VIRGINIA UNIVERSITY AT PARKERSBURG  
UNIFORM COURSE SYLLABUS**

Name of Course: **Nutrition and Diet Therapy** Course No. **Biology 171**

Department: **Biology** Division: **Natural Sciences/Mathematics**

**I. Course Objectives**

- A. To understand principles of basic nutrition including macronutrients and micronutrients.
- B. To study energy metabolism including varying needs of the life cycle.
- C. To study clinical nutrition in so far as diet therapy of various disease states.
- D. To gain an understanding of how to improve one's diet by substituting low fat, low sodium, high fiber, nutrient dense food sources.

**II. Topics to Be Studied**

**How will course objectives be met?**

50%: Completion of Case study/nutritional analysis assignments.

50%: Multiple Choice testing.

**III. Special Projects to Be Included in Course**

**Research papers**

**Reports**

**Surveys**

**Annotated bibliographies**

**Other**

- 1. Case studies of:      A. Obese Individual  
                                  (Choice of 2) B. Hyperlipoproteinemia patients  
                                  C. Diabetic Individual
- 2. Calculation of energy needs, protein needs, analysis of 5 day food record for each student.
- 3. (Optional - extra points)  
Analysis of computerized nutrient intake.

**IV. Methods of Student Evaluation**

**Tests (how many? how often? what type?)**

**Quizzes**

**Oral Presentations**

**Written Papers**

**Laboratory Activities**

**Clinical Experiences**

1 Medterm - 25% of Final grade

1 Final - 25% of Final grade

Assignment #1 - 15% of Final grade

Assignment #2 - 15% of Final grade

Assignment #3 - 15% of Final grade

**V. Assessment of Outcomes**

**What measurements will be used to demonstrate that outcomes have been reached?  
(Refers to class as a whole, not individual students.)**

\* Attendance (-10 points/class missed)

\* Assignments 50% grade

\* Midterm Final 50% grade

Grading Scale: A = 90-100%

B = 80- 89%

C = 70- 79%

D = 60- 69%

F = Below 60%

**VI. Other Information**

**What additional information will help to clarify the course?**

Prerequisites: Biology 107 and 108 or R.N. Certification

Offered the Fall semester on the Parkersburg Campus

The underlying objective of this course is to provide insight to nursing students about the responsibilities of nutritional services in the acute/long term care facility and to teach "critical analysis" of dietary intake.