



Document # _____

Date Received _____

CATALOG YEAR ²⁰¹³⁻²⁰¹⁴ ~~2012-2013~~
(Please use separate form for each add/change)

COLLEGE/SCHOOL/SECTION: College of Nursing and Health Sciences, School of Nursing

Course: Add: ___ Delete: ___
(check all that apply) Change: Number ___ Title ___ SCH ___ Description X Prerequisite ___
New course will be part of major ___ minor ___ as a required ___
or elective ___ course
New course will introduce ___, reinforce ___, or apply ___ concepts

If new, provide Course Prefix, Number, Title, **Measurable** Student Learning Outcomes, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current online catalog, provide change and attach text with changes in red and provide a brief justification.

Program: Delete: ___ Add: ___ Change: ___ Attach new/changed Program of Study description and 4-year plan. If in current online catalog, provide change and attach text with changes in red.

Minor: Add: ___ Delete: ___ Change: ___ Attach new/changed minor. If in current online catalog, provide change and attach text with changes in red.

Faculty: Add: ___ Delete: ___ Change: ___ Attach new/changed faculty entry. If in current online catalog, provide change and attach text with changes in red.

College Introductory Pages: Add information: ___ Change information: ___
Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Other: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Change of course description and objectives, to meet requirements for alignment with Texas Board of Nursing Differentiated Competencies for Registered Nurses. Nutrition NURS 2310 Nutrition Please see attached. Only course objectives have been changed.

Approvals:	Signature	Date
Chair Department Curriculum Committee	<u>Belva J. Gonzalez</u>	_____
Chair Department	_____	_____
Chair College Curriculum Committee	<u>Belva J. Gonzalez</u>	_____
Dean	_____	_____

NURS 2310

Nutrition.

Three semester hours, theory only. (FL)

Life cycle nutrition is presented in conjunction with diet therapy principles. Nutritional assessments will include the influencing variables of culture, religion, economics, physiology, and medical regimen. Relevant research will be identified. Counseling and other interventions will be taught within the framework of the nursing process. To earn credit, this course must be completed with a grade of "C" or better. (Advanced standing for RNs.) Co-requisite: [NURS 2212](#), [2313](#), and [2414](#).

NURS 2310 Nutrition

Course Description: Life cycle nutrition is presented in conjunction with evidence-based diet therapy principles. Nutritional assessment will include the influencing variables of culture, religion, social, economic, physiologic, and diagnostic regimen. Nutrition's relationship to the overall management of health issues is explored. Counseling and other interventions will be incorporated within the framework of the nursing process. To earn credit, this course must be completed with a grade of "C" or better. Permission of school of nursing required for registration.

Course Objectives:

Upon completion of this course, the student will have had opportunities to:

1. Recognize that food patterns differ according to culture, ethnic, and religious traditions. (2)
2. Identify community education programs that improve awareness of nutrition-related issues specific to this community. (5)
3. Promote effective nutritional counseling through collaboration, organization, and concurrence among members of the interdisciplinary health care team. (6)
4. Discuss human life cycle nutritional theories among diverse populations and identify relevant research. (3)
5. Integrate nutritional assessment and interventions in nursing care with particular attention to assessing the cultural and social characteristics of the individual. (2, 4)
6. Describe altered nutritional requirements brought about by disease processes, the environment or socioeconomic constraints that affect the individual's health status. (2, 7)
7. Examine nutritional resources and diet modifications to promote optimal wellbeing. (4, 5)
8. Discuss basic nutritional principles such as energy requirements, sources, uses and food safety. (1)
9. Analyze own nutritional patterns and make a plan to improve nutritional status. (2, 9)
10. Participate in community programs which increase the awareness of nutrition-related issues that focus on teaching and health promotion. (10)