



Course Syllabus
SEMESTER
School of Business Hospitality Management and Public Safety

Course Name:	Applied Nutrition
Course & Section Number:	FNH 102-XXX
Meeting Day(s) & Time(s):	
Credits:	4
Contact Hours:	3 Lecture, 5 Lab
Location:	
Instructor's Name:	
Office Hours & Location:	
OCC Phone:	
OCC Email:	
Additional Contact Information:	

Catalog Description:

Identifies principles of nutrition throughout the life cycle including nutrition requirements for healthy lifestyles. Introduces nutrition-screening principles to determine potential risk for nutrition related conditions. How to create and document a nutrition care plan, including recommended Medical Nutrition Therapy (MNT) interventions and monitoring is covered. This course teaches effective communication and interviewing skills. Focuses on assessment of educational needs and preparation/implementation of an educational plan. Field experience (5 hours per week) provides students with the opportunity to apply knowledge learned in class.

Prerequisite/Corequisites:

FNH 126 with a 'C' or better

Course Materials:

Required: Eck, Deborah. *Nutrition Fundamentals and Medical Nutrition Therapy*. 2024, Association of Nutrition and Foodservice Professionals. ISBN 979-8-9868013-4-6.

What You Will Learn in the Course

Course Objectives:

Outcome	Where Assessed
1. Teach the six groups of nutrients.	Worksheets, Exams
2. Explore the role of insufficient nutrient intake, under or over calorie consumption in contributing to food-related health concerns in the United States.	Worksheets, Exams
3. Teach how to gather information and use it in the screening process to identify clients that are at nutritional risk.	Worksheets, Exams
4. Describe how to apply standard nutrition care, implement interventions and review the effectiveness of nutrition care plans.	Worksheets, Exams, Field Experience
5. Complete supervised practice in healthcare facilities, under the supervision of a Registered Dietitian, provides students the opportunity to develop skills related to the CDM role.	Field Experience

Student Learning Outcomes:

Outcome	Where Assessed
1. Identify the six groups of nutrients and their role in health.	Worksheets, Exams
2. Manage food allergies, food preferences and cultural/religious needs for meals.	Worksheets, Exams
3. Obtain nutrition screening data and interpret findings.	Worksheets, Exams, Field Experience
4. Document accurately in the medical record or nutrition related forms.	Field Experience
5. Modify meal plans based on the client's nutritional requirements.	Worksheets, Field Experience
6. State how to implement the physician's diet order.	Field Experience
7. Manage selective menus, nourishments and supplemental feedings to maintain or improve the client's nutrition related conditions.	Worksheets, Exams, Field Experience
8. Documentation of experience taking diet histories, evaluating nutritional information collected, explaining rationale for nutrient and consistency modifications, and implementing/evaluating care plans.	Field Experience

Program Outcomes:

The following program outcomes are assessed in this course

Outcome	Where Assessed
1. Evaluate menus based on nutrition standards and industry requirements.	Worksheets, Exams, Field Experience
2. Perform nutrition screening functions to identify clients or patients to be referred to a Registered Dietitian.	Field Experience
3. Perform quality improvement activities to improve food and nutrition services.	Field Experience

Institutional General Education Competencies:

As a student at Owens Community College, you will take General Education courses as part of your degree program. While specific to the General Education courses, will be reinforced in many of your degree program major courses and may be measured in your capstone course(s) and others as identified.

Competency	Where Assessed
1. Communicate effectively.	Worksheets, Discussion Boards
2. Act with professional responsibility.	Exams, Field Experience
3. Demonstrate sensitivity to others' beliefs and values.	Discussion Boards, Field Experience
4. Think analytically, critically, and creatively.	Field Experience

Academic Support

Disability Services Resource Center: If you have a disability or acquire one, you may be entitled to receive reasonable accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to register for accommodations, please contact the Disability Resource Center at 567-661-7007, email disability@owens.edu, visit <https://www.owens.edu/disability/>, or stop by College Hall 116.

Tutoring Services: Owens Community College offers academic tutoring and assistance in a variety of subjects including: accounting, computing, economics, mathematics, science, and writing. For more information go to: <https://www.owens.edu/successcenters/>.

Counseling Services: Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties. If you feel you may benefit from this service, please contact them at counselingservices@owens.edu. More information is at <https://www.owens.edu/counseling/>.

Campus and Community Connections: The Center for Campus and Community Connections (College Hall 151) is a walk-in office created to provide retention support through resource stability initiatives and community connections. Go here for more information: <https://www.owens.edu/connection/> or contact connections@owens.edu

Owens Library: The Owens Library offers two locations (Toledo and Findlay) as well as online resources. For more information visit <https://www.owens.edu/library/>.

****Students can find more information on campus resources and student support at this [link](#).*****

General Information

Student Code of Conduct: All students are expected to follow Owens Community College's [Student Code of Conduct](#), which includes academic honesty, encompassing plagiarism. See the [Board Policy](#) for more information.

Anti-Discrimination and Harassment & Title IX/Sexual Misconduct: All students, faculty, and staff are expected to follow Owens Community College's [Anti-Discrimination and Harassment Policy](#) and the College's [Title IX Policy](#)/Sexual Misconduct Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

Religious Accommodations: A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a written email notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. Alternative accommodations are not retroactive, and no academic penalty will be imposed for an absence under the policy*. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs: provost@owens.edu. The policy may be found on the Owens website: [3358:11-2-63 Accommodation](#) for a Student Absence for the Observance of Religious Beliefs and Practices Policy

Document Collection: Throughout the semester, your instructors may ask for a variety of assignments including tests and/or quizzes for student learning of institutional general education competencies or program assessment. Please save all your class materials until the end of the semester.

Classroom Admittance: OCC classes shall only be attended by the officially registered OCC students or perspective students, instructor of record, guest lecturer, or substitute. Visitors are not permitted to be in the classroom and should not be invited to attend or participate in the class. See [FERPA | Protecting Student Privacy](#) regulations for more information.

Use of AI Tools: This course permits you to use artificial intelligence (AI) tools, such as chatbots, text generators, paraphrasers, summarizers, or solvers, to get guidance on assignments, as long as you do so in an ethical and responsible manner. Essentially, you can think of these tools as ways to help you learn but not to entirely create work for assignments like discussion board posts, essays, presentation slides, and so on. AI is more like your tutor or TA, not a replacement for your independent thinking.

This means that you must:

- Not use AI tools to replace your own thinking or analysis or to avoid engaging with the course content.
- Cite or explain any AI tools you use. Provide the name of the AI tool, the date of access, the URL of the interface, and the specific prompt or query you used to generate the output.

APA Example:

OpenAI. (2024). *ChatGPT* (Mar 14 version) [Large language model]. <https://chat.openai.com/chat>

- Be transparent and honest about how you used the AI tool and how it contributed to your assignment. Explain what you learned from the AI tool, how you verified its accuracy

and reliability, how you integrated its output with your own work, and how you acknowledged its limitations and biases.

You are accountable for any mistakes or errors made by the AI tool. Always check and edit the output before submitting your work. If you discover any inaccuracies or inconsistencies in the output after submission, notify the instructor immediately and correct them as soon as possible. Using AI tools in an unethical or irresponsible manner, such as copying or paraphrasing the output without citation or transparency, using the output as your own work without verification or integration, or using the output to misrepresent your knowledge or skills, is considered a form of academic dishonesty and will result in a zero grade for the assignment and possible disciplinary action. If you have any questions about what constitutes ethical and responsible use of AI tools, please consult with the instructor **before** submitting your work.

Student Responsibilities & Instructor Expectations

Instructor Expectations:

Worksheets: There are nineteen (19) required worksheets that need to be completed. These worksheets provide valuable practice and learning opportunities for skills required as a CDM. Worksheets can be completed online or scanned and uploaded.

Discussion Forums: Four (4) discussion forums are scheduled to be completed. Participants are asked to read the discussion forum, review any needed material from the class lecture and textbook before posting. Besides posting your initial response you must reply to one other participants' posts. Each discussion forum is worth 60 points. Please use proper grammar and business communication styles.

Exams: Exams are taken online and must be completed in one session (once started you must complete and submit it). The instructor cannot "reset" an exam that prematurely shuts down. Participants should schedule at least 2 hours to take the exam. To best replicate the CDM exam environment, the use of textbooks or notes during exams is greatly discouraged. Exams serve to test your understanding and to provide practice for the CDM national credentialing exam.

Field Experience: Field experience in medical nutrition therapy (5 hours per week and 75 hours total during the semester) provides students with the opportunity to apply knowledge learned in class. Field experience must take place under the guidance of a Registered Dietitian. Please contact your instructor to set up these hours and receive credit for hours work.

Classroom Environment:

- The course runs for a 16-week semester based on the Owens Community College Academic Calendar.
- Each lesson will open on Sunday morning at 12:00 AM EST and will close the following Sunday evening at 11:59 PM EST.
- Assignments must be uploaded to Blackboard. Do not email assignments to the instructor.
- Participants are encouraged to complete the required work in a timely manner. Late homework and projects will be reviewed and commented on. A 10% deduction of points will be given for each week late up to 50%.
- Exams must be taken in the window it is assigned. Schedule at least 2 hours of uninterrupted time to take the exams. Make-up exams will only be considered with a medical note.
- Many students understand the course policies but believe that their situation is an exception. Please understand that class policies exist for all students. If you do not have a medical excuse, you are not the exception.
- I am here to help you succeed! You are welcome to email me concerns or email me to set-up

an appointment if you need help. Do not wait until it is too late. I don't know you are having problems if you don't communicate with me.

- When emailing you must use your Owens email account. Please add your section number to the email. Do not use the messaging system on Blackboard, as I do not get notified of these messages.
- When corresponding via email, please remember to use proper email etiquette and professional language.
- Announcements will be posted frequently on Blackboard. Please check announcements and your Owens email account regularly to access course related announcements.
- Once final grades are submitted there will be no work accepted. **Please check your gradebook frequently and let me know if something doesn't look right ASAP.**

How Grades are Determined and Major Assignments

Evaluation Measure	Student Learning Outcomes Assessed	Value
Worksheets (19 x 25 points)	1,2,3,4,5	475 points
Discussion Boards (4 x 60 points)		240 points
Exams (3 x 100 points)	1,2,3,4,5,7	300 points
Field Experience	3,4,5,6,7,8	250 points
Total		1265 points

Grade	Percentage	Points
A	92 – 100 %	1163-1265
B	83 – 91 %	1049-1162
C	74 – 82%	936-1048
D	65 – 73%	822-935
F	0 – 64 %	0-821

All students enrolled in the Culinary Arts Program or Hospitality Management Program and certificates must earn a “C” grade or better in each Food, Nutrition and Hospitality (FNH) course and maintain a 2.0 grade point average (GPA). Students that earn a grade of “D or F” must repeat the course and meet with their Academic Advisor for academic remediation. Students with a GPA below 2.0 will be placed on Academic Probation

(<https://www.owens.edu/trustees/wp-content/uploads/sites/45/2022/02/2-42-academic-recovery-procedures.pdf>).

Fall 2025 Semester Assignment Calendar

Week	Learning Outcome	Topic
Week 1	1	Chapter 1 – Translate Nutrition Science into Food Intake Worksheet #1 due Discussion Board #1 due
Week 2	1	Chapter 2 – The Building Block of Nutrition Calculating Calories Activity Worksheet #2 due Discussion Board #2 due

Week 3	1,2	Chapter 3 – Digestion, Absorption and the Utilization of Nutrients Chapter 4 – Manage Food Allergies and Complimentary/Alternative Medicine Worksheet #3 due Worksheet #4 due Exam #1 (Chapters 1-4)
Week 4	1,3,4	Chapter 5 – Body Systems and MNT Interventions Worksheet #5 due
Week 5	1,3,4	Chapter 6 – Fundamentals of MNT for the CDM Worksheet #6 due Discussion Board #3 due
Week 6	3	Chapter 7 – Obtain Routine Nutrition Screening Data Worksheet #7 due
Week 7	3,4	Chapter 8 – Interview Clients for Nutrition Related Problems Worksheet #8 due (Checklist Activity)
Week 8	4	Chapter 9 – Document Nutrition Information in Medical Record Worksheet #9 due
Week 9	2,4	Chapter 10 – Identify Problems and Client Rights Worksheet #10 due Exam #2 (Chapters 5-10)
Week 10	5,6	Chapter 11 – Modify Diet Plans Chapter 12 – Implement Physician Diet Orders Worksheet #11 due Worksheet #12 due
Week 11	7	Chapter 13 – Apply Standard Nutrition Care Worksheet #13 due
Week 12	4,6,7	Chapter 14 – Review Effectiveness of Nutrition Care and Manage Professional Communications Worksheet #14 due Case Study Gayle due (Worksheet #19)
Week 13	7,8	Chapter 15 – Manage Selective Menus, Nourishments and Supplemental Feedings Worksheet #15 due Discussion Board #4 due
Week 14	7	Chapter 16 – Provide Nutrition Education Chapter 17 – Participate in Regulatory Agency Surveys Worksheet #16 due Worksheet #17 due
Week 15		Catch Up Week Optional Final Exam Review Sheet (under Course Content)
Week 16	4,5,6,7,8	Final Exam due DATE at TIME (Chapters 11-17)

Disclaimer: The instructor reserves the right to amend this syllabus as deemed necessary and will communicate such amendment to the students in the course. Please note that while unlikely, there is a possibility courses might need to change the delivery method due to external issues like public health concerns, weather issues, etc. If this happens, the college will communicate any changes via email and/or other communication methods.