CNU 503: NUTRITION FOR THE HEALTH PROFESSIONS: Medical Nutrition Therapy
Drs. Maria G. Boosalis/Gilbert Boissoneault/Geza Bruckner
Spring 2005

Class Location: TBA
Class Hours: TBA
Office: 214D CTW Building Phone #: 323-1100 x80863
Office Hours: Arranged on an individual basis with each faculty member

OBJECTIVES:
The overall course objective is for the student to understand the basic principles of both normal and medical nutrition therapy during the course of health and chronic diseases of public health importance.

The specific course objectives are for the student to:
(a) Assess for nutritional adequacy using anthropometric, biochemical, clinical, dietary, and environmental components i.e., the "A, B, C, D, and E’s" of a nutritional assessment and how to obtain such information in a clinical setting.
(b) Describe what constitutes a "normal diet"; its specific content for the promotion of health & wellness and how to achieve it during the different stages of the life cycle.
(c) Describe the specific nutritional changes that are required or necessary in the major chronic disease states of public health importance.
(d) Understand the mechanisms involved in energy pathways of macronutrient metabolism.
(e) Be able to describe the mechanisms implicated in the development of the most prominent diseases e.g. cardiovascular, and know how specific nutrients may alter the disease process.


EVALUATION/GRADING: Students will be held responsible for all the material in the assigned readings whether or not their content is covered in the class lectures.

There will be 3 "spot" quizzes worth 25 points each (75 points total) on assigned readings, class lectures, class materials, and/or case studies from materials covered in the day’s class or from the previous class/classes.

Graduate Students will also be expected to complete 2 additional, more in depth, reading assignments and turn in a brief report which will be worth 10 points.

There will also be a COMPREHENSIVE FINAL, worth 100 points to the Undergraduate Senior Students and 90 points to the Graduate Students. Total points for the Undergraduate Students would be as follows: Quizzes 75 + Comprehensive Final 100 = 175. Total points for the
Graduate Students would be as follows: Quizzes 75 + Comprehensive Final 90 + Reading Report 10 = 175.
Graduate Students will be evaluated using **Scale A** and Undergraduate Senior Students will be evaluated using **Scale B**

**Scale A** DISTRIBUTION of GRADES for **Graduate Students** will be as follows:

A  90-100%
B  80-89%
C  70-79%
E  <70%

**Scale A** DISTRIBUTION of GRADES for **Undergraduate Senior Students** will be as follows:

A  85-100%
B  75-84%
C  65-74%
D  55-64%
E  <55%

**CLASS SCHEDULE Spring**

<table>
<thead>
<tr>
<th>Date/Day</th>
<th>Lecture Topic (2hrs/lecture)</th>
<th>Reading</th>
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</thead>
<tbody>
<tr>
<td>Lecture 1</td>
<td>Introduction</td>
<td>Nutrition and Metabolism (GB)</td>
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<td>Lecture 2</td>
<td>“Normal” Nutrition (GAB)</td>
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<td>Lecture 3</td>
<td>Nutrition through the Life Cycle (GAB)</td>
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<td>Lecture 4</td>
<td>&quot;A, B, C, D, &amp; E's of a Nutritional Assessment&quot; (MGB)</td>
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<td>Lecture 5</td>
<td>Obesity/Weight Control/Eating Disorders(MGB)</td>
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<td>Lecture 6</td>
<td>Dyslipidemia/Hypertension(GB)</td>
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<td>Lecture 7</td>
<td>Diabetes Mellitus/Renal (GAB)</td>
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<td>Lecture 8</td>
<td>Enteral/Parenteral Nutrition and Access(Guests)</td>
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**COMPREHENSIVE FINAL**

"Policies related to excused absences, cheating/plagiarism, withdrawal, incompletes, final exams and common exams can be found in your copy of **Student Rights and Responsibilities**. As students and faculty in the University of Kentucky, we are all responsible for adhering to these policies."