



NUTR 550 – 01W

Medical Nutrition Therapy: Theories and Applications

COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Instructor: Katharine Halfacre, PhD

Office Hours: By appointment

Office Phone: N/A

University Email Address: Katharine.Halfacre@etamu.edu

Preferred Form of Communication: **Email**

Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Required Texts

1. Nelms, M.N. & Sucher, K.P. (2020). *Nutrition Therapy and Pathophysiology* (4th ed.). Cengage. Access at <https://www.cengage.com/c/nutrition-therapy-and-pathophysiology-book-only-4e-nelms-sucher/9780357041710/>
2. Nelms, M. & Roberts, K. (2022). *Medical Nutrition Therapy: A Case Study Approach* (6th ed.). Access at <https://www.cengage.com/c/medical-nutrition-therapy-a-case-study-approach-6e-nelms/9780357450680PF/>
3. eNCPT: Nutrition Terminology Reference Manual. This is the electronic version of the former IDNT as the IDNT is no longer published in print. It is available for purchase at <http://ncpt.webauthor.com>

Other materials and supplementary readings will be provided in the LMS.

The syllabus/schedule are subject to change.

Course Description

This course will expand upon the pathophysiology of selected chronic disease states and their associated medical problems. Specific attention will be directed to medical nutrition needs of patients in the treatment of each disease state. Opportunity to integrate principles of medical nutrition therapy into clinical practice.

Student Learning Outcomes

1. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
2. Demonstrate effective and professional oral and written communication and documentation
3. Identify and describe the work of inter-professional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.
4. Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.
5. Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Ability to utilize D2L, word processing, presentation, and database software;
ability to utilize university email

Instructional Methods

This course incorporates lectures, readings, case studies, and assessments to build on the students' knowledge of medical nutrition therapy, a complex and challenging practice.

Student Responsibilities or Tips for Success in the Course

This graduate-level course will require students to be highly disciplined, motivated, and professional. Attendance, attentiveness, and quality of work should reflect that students are in professional preparation. Plan to dedicate about nine hours of effort each week to succeed in this course. This time will be committed to reading the course text, reviewing lecture materials, and completing assignments. Be focused, prepared, and hardworking.

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GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Total points corresponding to the final letter grades

A = 450- 500 Points

B = 400- 449 Points

C = 350- 399 Points

D = 300- 349 Points

F = Less than 300 Points

Weights of the assessments in the calculation of the final letter grade.

Grade Item	Point Value	Percentage of Final Grade
Case Studies (6)	25 points each	5% x 6 = 30%
Quizzes (12)	20 points each	4% x 12 = 48%
Current Topics in MNT Presentation	55 points	11%
Final Exam	55 points	11%
TOTAL	500 points	100%

Assessments

Case Studies

A variety of case studies will be completed to apply knowledge and skills in a realistic scenario. Case studies should be thorough with explanations, citations, and supporting documentation such as dietary analyses and growth charts, when relevant. Specific details will be provided in the LMS.

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Quizzes

Students will complete 12 quizzes. Quizzes will cover specific topics from the text. Specific details will be provided in the LMS.

Current Topics in MNT Presentation

Students will prepare a presentation (10-15 minutes) on a current issue in MNT. These issues could include recent advances, legislative issues, care process issues, and much more. Topics will need instructor approval. Specific details will be provided in the LMS.

Final Exam

A comprehensive final exam will be administered to assess the specialized knowledge and skills related to medical nutrition therapy.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Students can expect a response to contact (email preferred) within 48 hours. Generally, the instructor will attempt to respond to contact as soon as possible. Assignments will be graded and posted in a timely manner. Office hours are posted and appointments should be scheduled during those times.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Your engagement with course content is essential for success. If you experience an illness, emergency, or anything else that prevents you from participating in the course, please reach out as soon as possible. Late work will only be accepted with a valid, documented excuse.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

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TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

AI Use in Courses

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

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Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
 13.99.99.R0.10 Graduate Student Academic Dishonesty

Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

subject to change

NUTR 550 Planned Schedule		
Week	Topic	Assignments (Due Date)
1	Syllabus Introduction	Syllabus Acknowledgment (2/1)
2	Ch. 1: Role of Nutrition Therapy in Health Care Ch. 2: Nutrition Care Process	Quiz 1 (2/8) Case Study 1 (2/8) Quiz 2 (2/8)
3	Ch. 3: Nutrition Assessment Ch. 4 Nutrition Intervention, Monitoring, and Evaluation	Quiz 3 (2/15) Case Study 2 (2/15) Quiz 4 (2/15)
4	Ch. 5: Enteral and Parenteral Nutrition Support	Quiz 5 (2/22)
5	Ch. 6: Nutrition Informatics and Documentation	Case Study 3 (3/1) Quiz 6 (3/1)

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6	Ch. 7: Fluid and Electrolyte Balance Ch. 8: Acid-Base Balance	Quiz 7 (3/8)
SPRING BREAK		
7	Ch. 9 Cellular and Physiological Response to Injury: Role of the Immune System	Quiz 8 (3/22) Case Study 4 (3/22)
8	Ch. 10: Nutritional Genomics Ch. 11: Pharmacology	Quiz 9 (3/29) Assign Current Topics in MNT
9	Ch. 12: Diseases and Disorders of Energy Imbalance	Quiz 10 (4/5)
10	Ch. 13: Diseases of the Cardiovascular System	Case Study 5 (4/12)
11	Ch. 14: Diseases of Upper GI Tract Ch. 15: Diseases of Lower GI Tract	Quiz 11 (4/19)
12	Ch. 16: Disease of the Livers, Gallbladder, and Exocrine Pancreas Ch. 17: Disease of the Endocrine System	Case Study 6 (4/26)
13	Ch. 18: Diseases of the Renal System	Quiz 12 (5/3) Current Topics in MNT Presentation (5/3)
FINALS	Finals Week	Portfolio Presentations (5/8)

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Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

