



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE**  
**COURSE SYLLABUS: Fall 2026**  
**NUTR 450 01E: Medical Nutrition Therapy I (MNT I)**  
**M/W/F 1:00pm-1:50pm NHS 103**

**INSTRUCTOR INFORMATION**

**Instructor:** Rebecca Bridgefarmer, M.S., RDN, LD

**Office Location:** NHS 134

**Office Hours:**

- *Tuesday 8:30am-11:00am (Virtual by appointment only)*
- *Wednesday 10:00-12:30pm*

**Office Phone:** 903.886.5549

**Office Fax:** N/A

**University Email Address:** Rebecca.Bridgefarmer@etamu.edu

**Preferred Form of Communication:** e-mail

**Communication Response Time:** 24-48 hours

**Communication:** If you have a question regarding the course or course materials, please email me OR use the “class questions” discussion board. When you email, please include your name and the course you are referring to so that I can quickly access your assignment(s) and respond.

**COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Nelms MN, Sucher K. Nutrition Therapy and Pathophysiology. 4th ed. Boston, MA: Cengage Learning, Inc., 2020. ISBN: 978-0-357-04171-0

Nelms MN, Roberts K. Medical Nutrition Therapy; A Case Study Approach 6th ed., Cengage Learning, Inc., 2022. ISBN: 978-0-357-45068-0

**Course Description**

Knowledge and skills necessary for implementation of the Nutrition Care Process and evidence-based nutrition interventions related to physiological and biochemical changes associated with various diseases/conditions. Study of pharmacology and nutrition support as a component of MNT. Prerequisite: NUTR 350.

*The syllabus/schedule are subject to change.*

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Describe traditional treatment methods for each disease/disorder and their relationship with nutritional status/support.
2. Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine nutrition monitoring/evaluation.
3. State the steps in the NCP for diagnosing and evaluating outcomes.
4. Outline composition of therapeutic diets.
5. Explain current research associated with each disease and impact on nutritional status and support.

**COURSE REQUIREMENTS****Minimal Technical Skills Needed**

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

Students are expected to have a basic understanding of the following topic areas before enrolling in this course:

1. Normal nutrition needs during the lifecycle.
2. Normal nutrient metabolism, including carbohydrate, protein, fat, vitamin, and mineral metabolism.
3. Normal physiology of the gastrointestinal, cardiovascular, pulmonary, renal, endocrine, and musculoskeletal systems.
4. Assessment of nutrition status: assessment of anthropometric data, weight history, dietary intake, biochemical laboratory analyses, and clinical symptoms.
5. Nutrient composition of common foods in the United States diets.
6. Medical terminology and clinical conversions

**Instructional Methods**

We will review the nutrition care process and its application through evidence-based practice and nutrition intervention for various diseases/conditions. We will have a combination of lecture and discussions with in-class activities and case studies for application of knowledge.

**Student Responsibilities or Tips for Success in the Course**

- Communicate effectively: Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.
- Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.
- Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

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## LATE WORK POLICY

**Late work will not be accepted** unless accompanied by a documented medical reason. Please note that vacations are not accepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an extension, as determined by the instructor on a case-by-case basis.

## GRADING

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

### **Letter Grade / Point Value**

|   |          |
|---|----------|
| A | 900-1000 |
| B | 800-899  |
| C | 700-799  |
| D | 600-699  |
| F | 0-599    |

| Assignment          | Quantity | Points | Total |
|---------------------|----------|--------|-------|
| Syllabus Quiz       |          |        |       |
| Chapter Quiz        |          |        |       |
| Projects            |          |        |       |
| Chapter Assignments |          |        |       |
| Midterm             |          |        |       |
| Final Exam          |          |        |       |
| <b>Total Points</b> |          |        |       |

## Assessments

### **Assignments/In-Class Participation (25 points)**

You will complete three case studies, two journal article reference assignments. If you will be absent in class the day an assignment is due, please plan to turn it in early or send it with a classmate to turn in on time. Please staple all assignments greater than one page in length except for group case studies (use a binder clip). Using the incorrect method of securing multiple pages will result in points lost.

In Class Activities May Include:

- EAL article reviews
- Discussion over nutritional genomics

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- In class case studies/patient scenarios
- Discussion over interprofessional teams and role of each team member

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.

KRDN 3.5 Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.

### **Case studies (130 points)**

Three case studies will be completed throughout the semester. DM, obesity, and nutrition support will be supplemented with a case study. Each case study emphasizes the application of the material learned in class. Formatting instructions and page limits will be provided. References should be cited on a separate page (not included in the page limits) using the JAND format (instructions for authors found on the Journal's website) unless otherwise specified.

KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3 Apply critical thinking skills.

KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

### **Assessments (75 points)**

You will complete three assessments throughout the semester with a maximum of two attempts per assessment. These assessments will help you become proficient with content that is utilized on a daily basis by clinical dietitians/practitioners. Questions may consist of multiple choice, matching, fill-in-the-blank (correct spelling is required), and clinical math (correct rounding is required). Content for the assessments will remain the same for all three assessments except where noted, and may include: clinical math (conversions, BMI, IBW, % IBW, % weight change), nutrition assessment (proper usage of body weights and energy needs equations, biochemical lab values), DRIs (definitions and recommended values), AMDRs, Diabetes Exchange System, medical abbreviations, medical terminology, metabolism, Nutrition Care Process, Medicare/Medicaid, and common Drug-Nutrient Interactions will be added to the 2nd & 3rd assessments).

### **Exams (250 points)**

Three exams may include multiple choice, matching, short answer, essay, and case study scenarios. No make-up exams will be given without documentation from a medical professional or for a school-sponsored event. You are building on everything you learn and must be able to apply it to your patients. You will be expected to understand why your patient might be at risk for another condition and to describe appropriate dietary recommendations. You will be allowed to view your exams in class approximately two weeks after the exam (time frame dependent upon if any case studies, etc. are pending). If you need additional time to review your exam, please schedule an appointment.

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## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by East Texas A&M University 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](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

### **AI USE POLICY**

East Texas A&M University 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.

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

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

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

### **BRIDGEFARMER AI USE POLICY**

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the students to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

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LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](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](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](mailto: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 ETAMU campus open computer lab, etc.

## **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>

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **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.

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## **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>

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>

ETAMU Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 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 East Texas A&M University 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**

[13.99.99.R0.03UndergraduateAcademicDishonesty.pdf \(tamuc.edu\)](http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.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**

East Texas A&M University

Velma K. Waters Library Rm 162

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

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Fax (903) 468-8148 Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu) Website: Office of Student Disability Resources and Services  
<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

East Texas A&M University 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 East Texas A&M University 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 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 ET A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **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.



**Department or Accrediting Agency Required Content**

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## COURSE OUTLINE / CALENDAR

| Week | Date | Chapter                                                                             | Assignment Due<br>All Assignments below are due by<br>11:59PM CST on the dates below! |
|------|------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1    |      | Course Orientation<br>SOP/SOPP/Screening                                            |                                                                                       |
| 2    |      | Patient Assessment<br>Biochemical Review Nutrient/Food-<br>Drug Interactions Review | <b>Medical Term and Interactions Review</b>                                           |
| 3    |      | NCP/Medical Charting<br>eNCPT book needed for class                                 |                                                                                       |
| 4    |      | Intro to Pathophysiology                                                            | <b>PES Statement Practice</b>                                                         |
| 5    |      | Obesity<br>Weight Management                                                        | <b>NCP Worksheet</b>                                                                  |
| 6    |      | Eating Disorders                                                                    | <b>Assessment #1<br/>Exam #1</b>                                                      |
| 7    |      | CVD                                                                                 | <b>Case Study #1</b>                                                                  |
| 8    |      | CVD                                                                                 |                                                                                       |
| 9    |      | Diabetes                                                                            | <b>Case Study #2</b>                                                                  |
| 10   |      | Diabetes                                                                            |                                                                                       |
| 11   |      | Renal System                                                                        | <b>Assessment #2<br/>Exam #2</b>                                                      |
| 12   |      | Hematological System                                                                |                                                                                       |
| 13   |      | Nutrition Support                                                                   |                                                                                       |
| 14   |      | Nutrition Support                                                                   | <b>Case Study #3</b>                                                                  |

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|    |  |                   |                      |
|----|--|-------------------|----------------------|
| 15 |  | Flex              | <b>Assessment #3</b> |
| 16 |  | <b>Final Exam</b> |                      |
|    |  |                   |                      |

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