



Department of Kinesiology and Health Sciences
NUT 4015/4017 – Medical Nutrition Therapy
4 units

Spring 2026

Meeting days: Mon/Wed	Instructor title and name: Prof Cindy Swann, MS, RD, CDE
Meeting times: 10:55-1:20	Phone: 619-849-2351
Meeting location: Evans 113	E-mail: cindyswann@pointloma.edu
Final Exam: Wed., 5/06, 10:30 – 1:00	Office location and hours: Mon/ Wed 1:30-2:30; Tues/Thurs 12:00-1:00 pm or by appt.

[Download Course Syllabus Here](#)

PLNU Mission:

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

GOALS AND OUTCOMES:

COURSE DESCRIPTION

A study of nutrition status and assessments, nutrition care strategies, and the modification of normal food intake with an emphasis on dietary adjustments necessitated by certain diseases and disorder processes and conditions focusing on the hospitalized and/or ambulatory patient. Lecture plus practicum are four (4) semester units.

DIETETIC PROGRAM LEARNING OUTCOMES

1. PLO 1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.
2. PLO 3. Identify and assess scientific research evaluating current evidence-based research related to dietetics.
3. PLO 4. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among individuals, families and societies.

NUT 4015/4017 COURSE STUDENT LEARNING OUTCOMES:

1. Given a disease or condition treatable with diet therapy, be able to explain:
 - a. the general description of dietary management.
 - b. its nutritional adequacy.
 - c. indication and rationale.
 - d. goals of dietary management.
 - e. the appropriate dietary recommendation.
2. Prescribe and explain the rationale of the appropriate diet order.
3. Calculate common therapeutic diets.
4. Negotiate AND's Evidence Analysis Library to find updated answers to current diet therapy regimens.

5. Prepare a complete, individualized diet instruction to meet a patient's nutritional/therapeutic needs.
6. Utilize "ADIME" note format to communicate nutritional information in a medical chart.
7. Apply culturally sensitive language when writing chart notes and responding to assigned case studies.
8. Attend guest speaker class lectures and network with professionals.

AND's KRDN Didactic Course Core Knowledge for the RDN in DPD Programs based on 2022 Standards:

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

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 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

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

KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

KRDN 2.8 Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.

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.

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

KRDN 4.3 Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 5.6 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

COURSE CREDIT HOUR INFORMATION . In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 4 unit class delivered over 17 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ESSENTIAL INFORMATION:

REQUIRED TEXTS:

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Nelms M, Sucher K, & Long S. Nutrition Therapy and Pathophysiology, 4th ed. Thompson Publishing Co., 2020.
Pronsky, Z. Food Medication Interactions, any edition.

Medical Nutrition Terminology: any free online medical quiz sites; for example

<https://quizly.co/can-you-pass-a-basic-medical-terminology-course/>

EHR Go access.

Student Member of AND to gain access to the Evidence Analysis Library.

OPTIONAL RESOURCE:

Annual subscription to AND's Nutrition Care Manual: <https://www.nutritioncaremanual.org/>
eNCPT Clinical Case Studies: Student Companion Guide, 2nd Ed.

CANVAS LEARNING MANAGEMENT SYSTEM

Please use **Chrome** as your browser.

1. Go to canvas.pointloma.edu.
2. Create a shortcut or bookmark to this site.
3. Log in with your PLNU username and password.
4. All lecture notes, chapter quizzes and most assignments are located here.

COURSE REQUIREMENTS AND STANDARDS:

COURSE GRADING CRITERIA:	<u>Pts.</u>
5 Term Exams @ varying points	~260
EAL Tutorial	30
5 MNT Case Studies @ varying points	190
5 EAL study questions w/ each case study @ 10 pts each	50
Ethics Case Study	20
Interprofessional Reflection Paper	30
2 Reflection papers (speaker/meeting/preceptor) @ 15 pts	30
Chp Review on Nutritional Genomics or Abstract/presentation	30
Medical Terminology evidence (totaling 150 pts)	150
Comprehensive Final Exam	<u>100</u>
TOTAL	~890

Attention NUT Students: You are required to turn in a portfolio project as a senior. Keep any and all graded work you want to showcase.

GRADE DISTRIBUTION:

A	≥ 93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	≤ 59%

EXAMS:

The five exams given during the semester will assess knowledge in the areas covered since the last exam and up to the new exam dates. The final exam will cover material from the entire semester. The majority of exam questions will cover lecture material. However, exam questions from the text, medical terminology, case study information or assigned reading material not discussed in lecture may also be used. Students arriving late will NOT be given any additional time to complete the exam. Emergencies forcing a student to miss an exam must be notified to the instructor PRIOR to the exam, and written documentation of health or other emergency situations must be provided to the instructor.

CASE STUDIES:

This semester we will be using an online electronic health record system called EHR Go. The objective of case studies is to give students the opportunity to apply nutrition theory to "dietetic practice". During many class periods, students will work on case studies related to recent lecture material. Five case studies will be assigned and graded (see

class schedule for dates). We will discuss these individual reports in the following class period. NO make-up case studies will be given for those not attending class without documentation of illness or emergency situations.

MEDICAL TERMINOLOGY QUIZZES:

The website <https://quizly.co/can-you-pass-a-basic-medical-terminology-course/> has medical terminology quizzes. You can use other websites such as Medline (<https://medlineplus.gov/medwords/intro1.html>) or Des Moines University (<https://www.dmu.edu/medterms/>) to study terminology before trying the quizzes. Take as many quizzes necessary to earn 150 points, and email me a screen shot of your score. You must earn at least 80% (40 out of 50) to get credit for the quiz. Medical terminology will be included on the exams. Finishing the quizzes earlier in the semester will help you prepare for this course.

AND's Evidence Analysis Library Tutorial:

AND has a library on-line that members can use to research topics relating to dietetics. Students will need to become AND members, if they are not already, to gain access to the library (membership runs June 1 –May 31). Students must first complete the tutorial sections to learn how to navigate through the information. Print out “proof” that you completed the tutorial to turn in for 30 points. Use the library to research topics on your research paper and oral report.

AND'S EVIDENCE ANALYSIS LIBRARY:

AND has an Evidence Analysis Library on-line that members can use to research topics relating to dietetics. Students will need to become AND members, if they are not already, to gain access to the library. Students should have completed the tutorial section to learn how to navigate through the information last semester. (If you have not, please complete the tutorial and forward the certificate of completion to me). For each case study topic assigned to turn in, develop a research question related to the topic, research the library, and copy the summary evidence (paragraph, not pages), conclusion and grade for your research question. Write a *brief* paragraph stating the value of the information you found. Is there evidence to support your question? Did you need to formulate a new question to find adequate evidence?

NUTRITIONAL GENOMICS:

Here you have a choice. You can either do the chapter exam on Nutrition Genomics or write a summary of a journal article or newsletter article on the topic, and *briefly* present it orally in class.

REFLECTION PAPERS:

Write a one-page reflection paper on one of our speakers or tours, indicating how this person or place may influence your career path. **Write a second reflection paper** on a speaker who provides training to dietetic interns as a preceptor, **OR** write a reflection paper after attending one local dietetics meeting (off campus). This can be through either the San Diego district of CAND, ASPEN, or one of the CAND practice groups that has a local chapter.

INTERPROFESSIONAL REFLECTION:

Write a reflection paper that identifies and describes the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services. Name and explain the other medical professionals that should interact with the dietitian when working with a patient newly diagnosed with diabetes. See Canvas for an AND Position Paper to read on the topic.

RD PRACTICE EXAM:

At some point in your educational journey, you will be required to take the national RD/RDN exam. It is multiple choice and comprehensive. To help prepare you, I have loaded practice exam questions into Canvas. You may take the exam as many times as you like but must earn an 80% or better to get credit. Each exam attempt will provide 50 questions, so gauge your time accordingly. The exam will not be linked to Honorlock, but when you do sign up to take the national exam, it will be in a supervised computer testing center with only a calculator allowed.

DAILY SCHEDULE:

TENTATIVE CLASS SCHEDULE

Week of	Lecture Topic	Text Chapter
1) 1/12, 1/14	Review NCP and Nutrition Assessment / Reimbursement Practicum: EHR Go Orientation / Practicum: Ethics	2,3,1
2) 1/19, 1/21	HOLIDAY / Nutrition Intervention DUE: EHR Go Orientation (1/21)	4
3) 1/26, 1/28	Exam 1 / Fluid Balance Case Study / Charting DUE: Case Study: Ethics (1/28)	7
4) 2/02, 2/04	Acid-Base Balance / Pharmacology DUE: EHR Go Intro to Writing a PES statement (2/04)	8,11
5) 2/09, 2/11	Injury Response / Nutrition Support DUE: EHR Go Pharmacotherapy (2/11) Practicum: Exam review	9
6) 2/16, 2/18	Speaker: Kristy Binda, RD, CNSD, CSO (11-12) / Exam 2 Practicum – Practicum: EN and PN calculations Evidence Analysis Library Tutorial due (2/18)	5
7) 2/23, 2/25	CV Disease - Speaker on tube feeding formulas (2/25) Hypertensive Case Study DUE: Assessment Case Study + EAL (2/23) Due: Interprofessional Reflection Paper (2/25)	13
8) 3/02, 3/04	Nutritional Genomics reports / Exam 3 Practicum: Exam review	10
9) 3/09, 3/11	Spring Break!	
10) 3/16, 3/18	Upper GI / Lower GI Practicum: Dr's Ganz (3/16; 11-12) Practicum: GERD Case Study #11; Diverticulosis to Colostomy Case Study DUE: Acute MI + EAL (3/18)	14,15
11) 3/23, 3/25	Liver, GB, Pancreas Practicum: Cholecystitis Case Study / Exam Review Due: Bariatric Surgery Case Study + EAL (3/25)	16
12) 3/30, 4/01	Exam 4 / Endocrine – start Diabetes	17
13) 4/06, 4/08	Holiday / Diabetes Practicum: Case Study #16	17
14) 4/13, 4/15	Renal / Speaker: Richard Griffin, RD (4/15, 11-12) /Oncology Practicum– Renal Case Study; renal diet DUE: T2DM Case Study + EAL (4/13)	18

15) 4/20, 4/22 Oncology / Metabolic Stress 23,22

16) **4/27**, 4/29 **Exam 5 / Final Exam Review**
DUE: Reflection Papers 4/29

17) **5/06 (Wednesday) Final Exam (10:30 am -1:00 pm)**

POLICIES AND PROCEDURES:

ATTENDANCE: Class attendance and participation are expected since they are part of your integrated experience in nutrition. Attendance and punctuality is important here, as in your future professional life. If absent: You are required to obtain information from your peers.

LATE POLICY: There is a **25%** penalty for any work turned in late. Due dates are enforced.

EXAMS: No makeup exams are given. Emergencies will be processed on an individual basis.

EMERGENCIES: Everyone has them. Be responsible, communicate promptly and privately, tell the truth, don't take advantage of the instructor's goodwill. Each will be evaluated on its merits. Documentation may be requested.

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Incompletes and Late Assignments

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow distance education outside of California.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel. Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g. ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade.

Lomabooks Instructions for Students

This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)