



## NURS 2320 - Nutrition

Fall 2026 Syllabus, Section 101, CRN 18471

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### Instructor Information

Iris Santos MSN APRN FNP-C, APRN, FNP-C, ACUE

Clinical Assistant Professor/BSN Coordinator

Email: iris.santos@tamiu.edu

Office: Canseco Hall 315L

Office Hours:

Mondays: 1:00-4:00 pm In Person

Wednesdays: 1:00-4:00 pm Virtual

\*By appointment only\*

Please contact me for other available times through Blackboard message.

Office Phone: 9563263112

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### Times and Location

MW 4:25pm-5:45pm in Bullock Hall 101

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### Course Description

This course covers the principles and application of evidence-based nutritional therapy throughout the life span for disease prevention and health promotion with integration of influencing variables of physiological, psychological, cultural, religious, and socioeconomic conditions. This course is 3 hours of theory per week. Prerequisites: BIOL 2301/2101 or BIOL1306/1106 and CHEM 1311/1111 or CHEM 1370/1170 or instructor permission. Nursing Department, College of Nursing&Health Sci

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### Additional Course Information

This course helps students Identify the basic principles of nutrition and apply them throughout the life cycle. Students will learn to examine nutritional resources and diet modifications to promote optimal wellbeing. Students will review alterations in nutritional requirements brought about by disease processes, and how the environment, or socioeconomic constraints may affect health status; this includes understanding the influence of social, cultural, ethnic, religious, psychological and economic factors on nutrition-related behaviors.

AI Statement for Course Syllabus

In this course, the use of Artificial Intelligence (AI) tools—including but not limited to ChatGPT, Grammarly (GO/PRO) AI, Quillbot, Bard, Copilot, Jasper, or any other text-generating, paraphrasing, or content-creation software—is strictly prohibited in all nursing coursework unless explicitly authorized in writing by the course faculty. Students must complete and submit all academic and clinical coursework using their own independent work, analysis, and writing.

Allowed: Students may use AI for:

- Brainstorming: Idea generation, questions to consider, themes or angles to explore.
- Outlining: Structuring your own paper, presentation, or project (e.g., headings, subheadings, sequence of points).
- Planning tasks: Milestones, timeliness, checklists for your workflow

Not Allowed: Students may not use AI for:



- Writing or generating any portion of an assignment
- Paraphrasing or rewording content
- Summarizing articles or research
- Producing discussion board posts or responses
- Writing care plans, SOAP notes, or clinical documentation
- Creating PowerPoint slides or poster content
- Submitting AI-produced text (even if “heavily edited”) as your own
- Producing reference pages

#### Source Verification Requirement

The use of automated reference or citation generators (e.g., Zotero, MyBib, Citation Machine) is not recommended and highly discouraged/prohibited to be used due to producing incorrect citations. Citations are to be formatted according to the American Psychological Association manual, following the edition specified in the course syllabus.

Students are required to include direct and clearly accessible links to all sources referenced in their written assignments. This requirement encompasses a diverse range of materials, including but not limited to journal articles, peer-reviewed studies, credible websites, and professional reports. The links should be formatted in a way that directs faculty and instructors straight to the original source, allowing for convenient verification of citations. It is essential that students take the time to double-check their links to guarantee that they lead directly to the content cited, thereby enhancing the overall quality and trustworthiness of their work.

Failure to adhere to the above policy will result in the following consequences:

#### Point Deductions

- Any assignments with broken or non-functional links will receive point deductions, impacting the overall grade as dictated by the lead faculty.

#### Exclusion of References

- References that cannot be verified due to missing or incorrect links, screenshots, or lack of URLs/DOIs will not be counted toward the assignment's reference requirements.

#### Reduced Academic Integrity

- Failure to properly format citations and provide verifiable sources may negatively affect the assessment of the student's work and their ability to demonstrate academic rigor.
- Repeated or serious violations of the policy will be referred to the TAMU Honor Code for formal review. This includes, but is not limited to, submission of unverifiable sources, falsified or fabricated references, persistent use of broken or misleading links, or failure to correct issues after written notice.
- Such referrals may result in institutional sanctions in accordance with university policy, which may include a formal warning, assignment failure, course failure, or additional disciplinary actions as determined by the committee. These measures are implemented to protect the integrity of academic work and uphold professional and ethical standards expected in nursing education.

#### Examination Policy and Guidelines

Accurate assessment of knowledge and competencies is crucial to ensure that students process the necessary information for safe practice in clinical settings. Accurate and valid test data are also necessary to provide students with practice prior to the licensure examination; most nursing course examinations use an NCLEX format, which is different from other methods of testing. Test items assess the student's ability to apply and analyze knowledge learned in the course.

The purpose of this policy is to ensure fair, consistent, and secure testing practices for all nursing students during examinations. The policy promotes academic integrity, professional conduct, and an environment conducive to accurate assessment of knowledge, skills, and critical thinking required for safe nursing practice.

#### PROCEDURE:

1. All face-to-face class examinations are proctored in a designated, supervised testing area. All Exam dates and formats will be communicated in the course syllabus.
  - a. Students must sit in assigned or randomized seats as directed by the instructor or proctor.
  - b. All personal belongings, including bags, watches, and phones, must be stored in a designated area away from the testing computer site.



- c. Students are expected to arrive at least 15 minutes before the scheduled start time. Late arrivals of more than 15 minutes without notice may not be admitted and will be considered a missed exam.
  - d. All materials brought into an exam must be left in an area designated by the proctor. The faculty or designated proctor will provide students with a pencil and sheet of paper, if allowed.
  - e. Students may wear coats or jackets during the examination period at the discretion of the proctor. All long sleeves should be rolled up to the forearms. The lead faculty will determine what additional aids will be allowed or used during the examination.
  - f. No food or drinks are allowed during the examination period.
  - g. Restroom use during testing will be documented and allowed at the faculty's discretion.
  - h. Prohibited behaviors include:
    - i. Copying, sharing, or discussing the exam before, during, or after an exam.
    - ii. Using unauthorized aids (e.g., notes, devices, online resources)
    - iii. Impersonating another student or allowing someone else to take an examination.
    - iv. Recording or photographing test materials.
    - v. Talking, note sharing, or any form of collaboration.
  - i. Students must complete required computer system checks before the test. The use of a secure testing platform (Lockdown Browser) is mandatory. Once logged in, the student will no longer be able to leave the testing site without notifying the faculty or the proctor. Any form of communication with other students during this time will constitute a violation of the Academic Conduct of the TAMU Honor Code Rules.
  - j. If the proctor suspects any sharing of information during an examination, all students involved will receive a ZERO (0) on the examination or quiz and are subject to Article 7 Violations of Academic Conduct of the TAMU Honor Code Rules. This includes:
    - i. Students in possession of cell phones or any other electronic device during an examination (i.e., mobile phones, smartwatches, earbuds, or tablets).
    - ii. Students found obtaining or suspected of obtaining information from sources other than what has been allowed by the faculty or proctor.
2. Professional conduct during testing.
  3. Students are expected to:
    - a. Demonstrate honesty, integrity, and respect.
    - b. Follow all directions given by faculty or proctors.
    - c. Maintain a quiet and orderly testing environment.
    - d. Adhere to conduct and professional standards during testing.
  4. All exam materials are the property of the Dr. F. M. Canseco School of Nursing.
  5. A student who is removed from a quiz or examination for suspected sharing of information may be asked to leave the examination area and will receive a Zero (0).
  6. Any student who must be absent from an examination must notify the lead faculty PRIOR to the examination. The lead faculty shall be notified in a written format, preferably via Blackboard Email, that includes a date and time. Students are responsible for providing satisfactory evidence to faculty members of their absence. The faculty member will decide if the excuse is valid and may provide the following option.
    - a. The weight of the missed exam may be added to the student's final examination, ONLY upon lead faculty approval. Students who fail to notify the lead faculty before the examination period will not be allowed to carry the weight of the missed exam to their final exam; thus, they will receive a Zero (0) for the missed exam.
  7. Only one exam can be missed and allowed to count toward the final exam weight. Any other missed exam(s) will be assigned a grade of ZERO (0).
  8. Students who need to leave the examination area prior to completion will be requested to leave all testing materials with the proctor, and the examination is considered completed. Students may not leave the examination area without the proctors' acknowledgement.
  9. After the examination period, all examination materials (exam, additional work paper) shall be submitted to the proctor. Students who leave the exam room with any examination material, as a result of their actions, will earn a grade of zero (0) for the exam.
  10. Examination grades will be posted per the TAMU student handbook or course syllabus.
  11. Students requiring accommodations must contact the Office of Disability Services.
  12. Course faculty may elect to establish other requirements at their discretion, but in no case will these requirements be less stringent than those in this policy.
  13. No exam grade shall be dropped when determining the overall course grade.
  14. Pop quizzes may be given at the discretion of the lead faculty.
  15. The final exam must be taken at the time specified in the course syllabus. If a student is unable to attend the final exam, the student must notify the lead faculty BEFORE the exam takes place. This notification should be submitted in writing, ideally through Blackboard Email, and must include the date and time of the absence. If a student misses the final exam, the lead faculty may, at their discretion, arrange a makeup exam with similar content on a designated date and time.
  16. Any student with a conflict in exam schedule due to University business (e.g., UIL, athletics) must refer to the TAMU catalog.

### Prohibition on Recording Class Sessions

Students are strictly prohibited from audio or video recording any class lectures, discussions, simulations, guest presentations, or instructional activities—whether in person or online—without the express written permission of the instructor. All lectures, slides, videos, and other course materials are the intellectual property (copyright) of the instructor. This includes recordings made using phones, tablets, laptops, smartwatches, or any other electronic device.

Unauthorized recording, photographing, or distribution of any course content, classmates, faculty, or clinical scenarios is a violation and may breach privacy, copyright, and academic integrity standards. Any student found engaging in unauthorized recording or sharing of course materials will be subject to disciplinary action, which may include removal from the course and referral to the appropriate academic or conduct office.

Approved accommodation through Disability Services must be documented and coordinated with the instructor in advance. Even when permission is granted, recordings are for personal educational use only and may not be shared, posted, or distributed in any format.

### Recording of Faculty–Student Meetings

To protect privacy, confidentiality, and the integrity of academic advising and evaluation, audio or video recording of any faculty–student meeting—whether in person or virtual—is not permitted without the express written consent of the faculty member and all participants present.

Unauthorized recording, photographing, or distribution of any content is a violation and may breach privacy, copyright, and academic integrity standards. Any student found engaging in unauthorized recording or sharing will be subject to disciplinary action, which may include removal from the course and referral to the appropriate academic or conduct office.

### Assignments and Assessments

Please ensure that the final draft is the copy the student plans to submit. If the copy submitted into Bb is found to have *plagiarism*, the excuse of “*it was my rough draft I accidentally submitted*” will NOT be a valid reason. The student will receive a “zero” for the assignment

## Cellphones and Laptops

1. Cellular phones must be turned to silent while in the classroom for the duration of the class. Students can be asked to leave the classroom if in violation of classroom rules.
2. The use of cell phones or Bluetooth devices during class is strictly prohibited, as the associated noise may hinder the learning experience of other students. Individuals who violate this policy will be required to leave the lecture and will forfeit the opportunity to make up any quizzes or in-class activities conducted during the remainder of the session.

## Assignment Due Dates

1. No late work will be accepted. All assignments not turned in by the due date will receive a grade of zero “0”.
2. Computer or internet problems or problems with Blackboard do not constitute valid reasons for late work. Students should keep this in mind when completing assignments and plan accordingly. Blackboard problems should be referred to OIT.
3. Students will complete and submit all written assignments within the time frame allotted.
4. Once an assignment is submitted, it cannot be resubmitted; thus, make sure assignments are submitted to the correct drop box.

## Communication

1. Open communication between students and faculty is encouraged.
2. Any student having questions regarding a grade on an assignment, test, and/or final course grade must make an appointment to see the faculty to review the matter no later than one week after the grade is received.
3. All students enrolled at TAMIU are assigned a TAMIU e-mail address. This e-mail address will be used to contact students and transmit important information. It is the students’ responsibility to check this e-mail frequently to ensure they are up to date on important university information. No other personal e-mail will be used.
4. Blackboard will be used throughout the semester, and postings/information can be found on the Blackboard Course Messages for this course. It is the students’ responsibility to check their course messages frequently to ensure they are up to date on important course information.
5. Monitoring of course messages by faculty will be at least once daily Monday through Friday at any time from 9 to 5 PM. A response can be expected within 48-72 hours.
6. If you do not receive a response to your initial email within the specified time frame, please resend your message to me. Occasionally, emails may be inadvertently directed to my junk mail folder.



## Classroom Behavior

The CSON encourages classroom discussion and academic debate as an essential intellectual activity. It is essential that students learn to express and defend their beliefs, but it is also essential that they learn to listen and respond respectfully to others whose beliefs they may not share. The CSON will always tolerate diverse, unorthodox, and unpopular points of view, but it will not tolerate condescending or insulting remarks. When students verbally abuse, ridicule, and intimidate others whose views they disagree with, they subvert the free exchange of ideas that should characterize a university classroom. If their actions are deemed by the professor to be disruptive, they will be subject to appropriate disciplinary action, which may include being involuntarily withdrawn from the class. Refer to TAMIU Student Handbook for further information.

## Program Learning Outcomes

1. Synthesize knowledge from the arts, humanities, sciences, and other disciplines in developing a framework for nursing knowledge and practice.
2. Explore the effect of variations in health status, developmental processes, values, beliefs and attitudes, history, and environment on nursing care needs
3. Use critical thinking, clinical judgement/decision making, problem-solving, and the research process in the development of nursing knowledge and practice.
4. Assess, diagnose, plan, implement, and evaluate evidence-based and culturally appropriate safe nursing care with patients, families, populations and communities.
5. Evaluate utilization of health promotion strategies in the development of nursing practice.
6. Develop professional nursing practice frameworks and roles, including the provider of patient-centered care, health care team member/ collaborator, leader/manager, educator, scholar, patient-safety advocate, activist, mentor, and entrepreneur.
7. Evaluate the impact of evolving technological, socioeconomic, political and demographic changes on nursing practice and health care systems.
8. Adhere to legal and ethical principles in the development of professional nursing practice.
9. Articulate a commitment to life-long learning.
10. Participate in nursing-and health-related service opportunities.

## Student Learning Outcomes

Upon successful completion of this course, each student will:

- **C01:** Identify the basic principles of nutrition and apply them throughout the life cycle.
- **C02:** Examine nutritional resources and diet modifications to promote optimal wellbeing.
- **C03:** Describe alterations in nutritional requirements brought about by disease processes, the environment, or socioeconomic constraints that affect health status.
- **C04:** Understand the influence of social, cultural, ethnic, religious, psychological and economic factors on nutrition-related behaviors.
- **C05:** Integrate nutritional assessment and interventions in nursing care.

## Important Dates

Visit the Academic Calendar ([tamiau.edu](https://www.tamiau.edu)) (<https://www.tamiau.edu/academiccalendar/>) page to view the term's important dates.

## Textbooks

| Group    | Title                                               | Author          | ISBN          |
|----------|-----------------------------------------------------|-----------------|---------------|
| Required | Nutrition Essentials for Nursing Practice (9th ed.) | Dudek, S (2022) | 9781975161125 |

## Other Course Materials

To go to the bookstore, [click here \(https://www.bkstr.com/texasaminternationalstore/home\)](https://www.bkstr.com/texasaminternationalstore/home).

- American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.). Washington, D.C: Author. ISBN: 978-1433805615



- Adherence to the 7<sup>th</sup> edition of the publication manual of the APA formatting written work (for students) will be expected. Students majoring in nursing are required to have this reference throughout the program. Every document and citation will be graded using the APA publication manual. Every written assignment submitted must follow APA format and be typed.

#### Other Resources

- **Respondus Monitor Lockdown Browser**
  - This course requires the use of LockDown Browser. Watch this short video (<http://www.respondus.com/products/lockdown-browser/student-movie.shtml>) to get a basic understanding of LockDown Browser and Respondus Monitor (the webcam feature). A student Quick Start Guide (PDF) (<http://www.respondus.com/downloads/RLDB-Quick-Start-Guide-Bb-Student.pdf>) is also available.
  - Students will be testing in a designated computer lab.

## Grading Criteria

This course requires students to complete assigned chapter readings before taking the weekly quizzes online. DROPBOX assignments are due by 11:59 PM on the assigned due date. There will be NO individual EXTENSIONS.

1. All test items will assess the student's ability to apply and analyze knowledge learned in the course. Test items will challenge the student to apply abilities at assessing, planning, implementing or evaluating nursing care. Testing format for the course is identified in each nursing course syllabus.
2. Refer to the CSON Examination Policy and Guidelines in the student handbook for additional information on examinations.
3. All testing will be conducted via computer utilizing the Respondus Lockdown Browser  
Grade rounding will only take place on the Calculated Final Course Grade. For example: 89.45 would be rounded-up to a 90 (A) whereby an 89.44 would be rounded-down to 89 (B)

| GRADE | PERCENTAGE |
|-------|------------|
| A     | 90-100     |
| B     | 80-89.9    |
| C     | 70-79.9    |
| D     | 60-69.9    |
| F     | Below 60   |

## Grading Criteria: Break Down

| ASSIGNMENT                         | VALUE      |
|------------------------------------|------------|
| Syllabus Acknowledgement           | (Required) |
| Exam #1                            | 15%        |
| Exam #2                            | 15%        |
| Exam #3                            | 15%        |
| FINAL                              | 20%        |
| Class Participation & Quizzes      | 10%        |
| Certifications (2)                 | 5%         |
| Nutritional Analysis               | 10%        |
| Nutrition and Culture Presentation | 10%        |
| Total Percentage for Course        | 100%       |

Each unit exam contributes 15% to the overall course grade, whereas the final comprehensive exam accounts for 15%. The assessment items will evaluate the student's capacity to apply and analyze the knowledge acquired throughout the course.

Please note: All exam dates are listed in the course schedule and are subject to change only under exceptional circumstances. Students are responsible for reviewing the exam schedule and the corresponding content coverage throughout the semester. Course material may be covered ahead of the corresponding exam. However, only the content specifically designated for each exam will be included on that assessment. Students are responsible for checking Blackboard regularly to stay informed about updates throughout the semester.

\*In fairness to all students, late assignments will NOT be accepted.

Class Participation & Quizzes:



Regular attendance is crucial for success in this course. Students are expected to attend all scheduled classes, as active participation enhances learning and engagement. To qualify for an excused absence, please submit documentation from a U.S. licensed health care provider, TAMIU-sanctioned staff, clergy, or otherwise approved entity by TAMIU under the Required Class Attendance Policy. All documentation must include specific dates of absence as well as the expected return-to-class date. Absence forms that do not contain this information will not be accepted as excused.

Weekly quizzes will be administered to reinforce key concepts and assess understanding of the material covered. These quizzes will be taken using the Respondus Lockdown Browser.

Additionally, pop quizzes may be given without prior notice to encourage consistent preparation and participation. Both scheduled and pop quizzes will contribute to your overall grade and provide opportunities for continuous feedback on your progress. Class participation may also involve completing pre-work assignments, which may be distributed before or during class to assess learning.

#### Certifications:

Students will complete 2 certifications including: (1) Management of Overweight and Obesity and (2) Diabetes Screening, Diagnosis, and Management. The links to these assignments can be found on Blackboard. No late assignments will be accepted.

#### Nutritional Analysis:

Students will complete a nutritional analysis assignment in which a dietary intake will be compared to recommended dietary guidelines. Detailed information on this assignment will be posted on Blackboard. Papers submitted after the due date will not be accepted.

#### Nutrition and Cultural Presentation:

Students will work in groups of 4 to 5 to create a PowerPoint presentation on a specific culture. The objective is to raise awareness about how culture and religion influence nutrition. Additionally, students will gain insights into home remedies and health conditions that are prevalent in certain cultures, as well as the community resources available both locally and globally. Presentation dates will be selected randomly. PowerPoint slides are due on the assigned presentation date.

## Schedule of Topics and Assignments

| Day | Date | Agenda/Topic   | Reading(s)                                                           | Due                                                                                                                                                                                                                |
|-----|------|----------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mon | 8/24 |                | Chapter 1: Nutrition in Health                                       | Review Syllabus and Course Calendar<br>Acknowledge Syllabus by August 30, 2026 at 11:59 pm                                                                                                                         |
| Wed | 8/26 |                | Chapter 2: Guidelines for Health Eating                              | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday August 30, 2026 at 11:59 pm                                                                                         |
| Mon | 8/31 |                | Chapter 3: Carbohydrates                                             | Read chapter prior to class and complete pre-work assignment                                                                                                                                                       |
| Wed | 9/2  |                | Chapter 4: Protein<br>Chapter 5: Lipids                              | Read chapters prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Sept 6, 2026 at 11:59 pm                                                                                          |
| Mon | 9/7  |                | Labor Day-University is Closed                                       |                                                                                                                                                                                                                    |
| Wed | 9/9  | 12th Class Day | Chapter 6: Vitamins<br>Chapter 7: Water and Minerals                 | Introduce Nutritional Analysis Assignment<br>Review APA format basics and AI policy<br>Reach chapters prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Sept 13, 2026 by 11:59 pm |
| Mon | 9/14 |                | Exam 1                                                               | (Exam 1 will covers Chapters 1-7)                                                                                                                                                                                  |
| Wed | 9/16 |                | Chapter 8: Energy Balance<br>Chapter 9: Food and Supplement Labeling | Read chapters and complete pre-work assignment<br>Complete weekly quiz by Sunday, Sept 20, 2026<br>Certificate Due: Management of Overweight and Obesity due by Sunday, Sept 20, 2026 at 11:59 pm                  |



|     |       |                                                                                                                    |                                                                                                                                                                                                                                |
|-----|-------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mon | 9/21  | Chapter 10: Consumer Interests and Concerns<br>Chapter 11: Cultural and Religious Influences on Food and Nutrition | Read chapters prior to class and complete pre-work assignment                                                                                                                                                                  |
| Wed | 9/23  | Chapter 12: Healthy Eating for Healthy Babies                                                                      | Cultural Presentations Introduced<br>Due: Select cultures for group presentations<br><br>Complete weekly quiz by Sunday, Sept 27, 2026 by 11:59 pm                                                                             |
| Mon | 9/28  | Chapter 13: Nutrition for Infants, Children, and Adolescents                                                       | Read chapter prior to class and complete pre-work assignment                                                                                                                                                                   |
| Wed | 9/30  | Chapter 14: Nutrition for Older Adults                                                                             | Nutritional Analysis DUE Oct 4, 2026 at 11:59 pm<br>Read chapter prior to class and complete pre-work assignment                                                                                                               |
| Mon | 10/5  | Chapter 15: Hospital Nutrition: Identifying Nutrition Risk and Feeding Clients                                     | Read chapter prior to class and complete pre-work assignment                                                                                                                                                                   |
| Wed | 10/7  | Chapter 16: Enteral and Parenteral Nutrition                                                                       | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday Oct 11, 2026 by 11:59 pm                                                                                                        |
| Mon | 10/12 | Exam 2                                                                                                             | Chapters 8-16                                                                                                                                                                                                                  |
| Wed | 10/14 | Chapter 17: Nutrition for Obesity and Eating Disorders                                                             | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Oct 18, 2026 by 11:59 pm                                                                                                       |
| Mon | 10/19 | Chapter 18: Nutrition for Clients with Critical Illness                                                            | Read chapter prior to class and complete pre-work assignment                                                                                                                                                                   |
| Wed | 10/21 | Chapter 19: Nutrition for Clients with Upper Gastrointestinal Tract Disorders                                      | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Oct 25, 2026 by 11:59 pm<br>Certificate Due: Diabetes Screening, Diagnosis, and Management by Sunday, Oct 25, 2026 at 11:59 pm |
| Mon | 10/26 | Chapter 20: Nutrition for Clients with Lower Gastrointestinal Tract and Accessory Organs                           | Read chapter prior to class and complete pre-work assignment                                                                                                                                                                   |
| Wed | 10/28 | Chapter 21: Nutrition for Patients with Diabetes Mellitus                                                          | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Nov 1, 2026 by 11:59 pm                                                                                                        |
| Mon | 11/2  | Chapter 22: Nutrition for Clients with Cardiovascular Disorders                                                    | Read chapters prior to class and complete pre-work assignment<br>Cultural Group Presentations Begin (2 Groups)-Slides due by 11:59 pm                                                                                          |
| Wed | 11/4  | Chapter 23: Nutrition for Clients with Kidney Disorders                                                            | Read chapter prior to class and complete pre-work assignment<br>Complete weekly quiz by Sunday, Nov 8, 2026 by 11:59 pm<br>Cultural Groups Presentation Continue (2 Groups)-Slides due by 11:59 pm                             |
| Mon | 11/9  | Chapter 24: Nutrition for Clients with HIV/AIDS                                                                    | Read chapter prior to class<br>Complete weekly quiz by Sunday April 12, 2026 by 11:59 pm<br>Cultural Groups Presentation Continue (2 Groups)-Slides due by 11:59 pm                                                            |



|     |       |                                                                 |                                                                                                                             |                                                                         |
|-----|-------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Wed | 11/11 |                                                                 | Exam 3                                                                                                                      | Chapters 17-24                                                          |
| Mon | 11/16 | Course Evaluations Begin-Please complete your course evaluation | Nutrition and Cultural Presentation                                                                                         | Cultural Group Presentations Continue (5 Groups)-Slides due by 11:59 pm |
| Wed | 11/18 |                                                                 | Nutrition and Cultural Presentation                                                                                         | Cultural Group Presentations Continue (5 Groups)-Slides due by 11:59 pm |
| Mon | 11/23 |                                                                 | Nutrition and Cultural Presentations                                                                                        | Cultural Group Presentation Continue (5 Groups)-Slides due by 11:59 pm  |
| Wed | 11/25 |                                                                 | Reading Day                                                                                                                 |                                                                         |
| Mon | 11/30 |                                                                 | Nutrition and Cultural Presentations                                                                                        | Cultural Group Presentation Continue (5 Groups)-Slides due by 11:59 pm  |
| Wed | 12/2  | Final Examination Period                                        | Comprehensive Final Exam-All chapters included and readings<br>Final Exam Time and Date subject to change as per university | Dec 2, 2026 at 4:25 pm                                                  |

## University/College Policies

Please see the University Policies below.

### COVID-19 Related Policies

If you have tested positive for COVID-19, please refer to the Student Handbook, Appendix A (Attendance Rule) for instructions.

### Required Class Attendance

Students are expected to attend every class in person (or virtually, if the class is online) and to complete all assignments. If you cannot attend class, it is your responsibility to communicate absences with your professors. The faculty member will decide if your excuse is valid and thus may provide lecture materials of the class. According to University policy, acceptable reasons for an absence, which cannot affect a student's grade, include:

- Participation in an authorized University activity.
- Death or major illness in a student's immediate family.
- Illness of a dependent family member.
- Participation in legal proceedings or administrative procedures that require a student's presence.
- Religious holy day.
- Illness that is too severe or contagious for the student to attend class.
- Required participation in military duties.
- Mandatory admission interviews for professional or graduate school which cannot be rescheduled.

Students are responsible for providing satisfactory evidence to faculty members within seven calendar days of their absence and return to class. They must substantiate the reason for the absence. If the absence is excused, faculty members must either provide students with the opportunity to make up the exam or other work missed, or provide a satisfactory alternative to complete the exam or other work missed within 30 calendar days from the date of absence. Students who miss class due to a University-sponsored activity are responsible for identifying their absences to their instructors with as much advance notice as possible.

### Classroom Behavior (applies to online or Face-to-Face Classes)

In the classroom, students are expected to listen attentively, participate respectfully, and adhere to established rules. Behavior that interferes with the class lecture may result in disciplinary action, ensuring a productive and respectful learning environment for everyone. Any disputes over academic matters should be addressed calmly and constructively, ideally during designated times such as office hours or after class. If a student does not agree with a decision, they can request a meeting with the instructor to discuss their concerns in more detail. Should further resolution be needed, the student may escalate the matter to the department head or use formal grievance procedures as outlined in the sections below. (please refer to Student Handbook Article 4 (<https://www.tamui.edu/handbook/article-04.shtml>)).

### TAMIU Honor Code: Plagiarism and Cheating

As a TAMIU student, you are bound by the TAMIU Honor Code to conduct yourself ethically in all your activities as a TAMIU student and to report violations of the Honor Code. Please read carefully the Student Handbook Article 7 and Article 10 available at Student Handbook (<https://www.tamui.edu/handbook/index.shtml>).

We are committed to strict enforcement of the Honor Code. Violations of the Honor Code tend to involve claiming work that is not one's own, most commonly plagiarism in written assignments and any form of cheating on exams and other types of assignments.

Plagiarism is the presentation of someone else's work as your own. It occurs when you:

1. Borrow someone else's facts, ideas, or opinions and put them entirely in your own words. You must acknowledge that these thoughts are not your own by immediately citing the source in your paper. Failure to do this is plagiarism.
2. Borrow someone else's words (short phrases, clauses, or sentences), you must enclose the copied words in quotation marks as well as citing the source. Failure to do this is plagiarism.
3. Present someone else's paper or exam (stolen, borrowed, or bought) as your own. You have committed a clearly intentional form of intellectual theft and have put your academic future in jeopardy. This is the worst form of plagiarism.

Here is another explanation from the 2020, seventh edition of the Manual of The American Psychological Association (APA):

"Plagiarism is the act of presenting the words, idea, or images of another as your own; it denies authors or creators of content the credit they are due. Whether deliberate or unintentional, plagiarism violates ethical standards in scholarship" (p. 254). This same principle applies to the illicit use of AI.

**Plagiarism:** Researchers do not claim the words and ideas of another as their own; they give credit where credit is due. Quotations marks should be used to indicate the exact words of another. Each time you paraphrase another author (i.e., summarize a passage or rearrange the order of a sentence and change some of the words), you need to credit the source in the text. The key element of this principle is that authors do not present the work of another as if it were their own words. This can extend to ideas as well as written words. If authors model a study after one done by someone else, the originating author should be given credit. If the rationale for a study was suggested in the discussion section of someone else's article, the person should be given credit. Given the free exchange of ideas, which is very important for the health of intellectual discourse, authors may not know where an idea for a study originated. If authors do know, however, they should acknowledge the source; this includes personal communications (p. 11). For guidance on proper documentation, consult the Academic Success Center or a recommended guide to documentation and research such as the Manual of the APA or the MLA Handbook for Writers of Research Papers. If you still have doubts concerning proper documentation, seek advice from your instructor prior to submitting a final draft.

TAMIU has penalties for plagiarism and cheating.

- **Penalties for Plagiarism:** Should a faculty member discover that a student has committed plagiarism, the student should receive a grade of 'F' in that course and the matter will be referred to the Honor Council for possible disciplinary action. The faculty member, however, may elect to give freshmen and sophomore students a "zero" for the assignment and to allow them to revise the assignment up to a grade of "F" (50%) if they believe that the student plagiarized out of ignorance or carelessness and not out of an attempt to deceive in order to earn an unmerited grade; the instructor must still report the offense to the Honor Council. This option should not be available to juniors, seniors, or graduate students, who cannot reasonably claim ignorance of documentation rules as an excuse. For repeat offenders in undergraduate courses or for an offender in any graduate course, the penalty for plagiarism is likely to include suspension or expulsion from the university.
  - *Caution:* Be very careful what you upload to Turnitin or send to your professor for evaluation. Whatever you upload for evaluation will be considered your final, approved draft. If it is plagiarized, you will be held responsible. The excuse that "it was only a draft" will not be accepted.
  - *Caution:* Also, do not share your electronic files with others. If you do, you are responsible for the possible consequences. If another student takes your file of a paper and changes the name to his or her name and submits it and you also submit the paper, we will hold both of you responsible for plagiarism. It is impossible for us to know with certainty who wrote the paper and who stole it. And, of course, we cannot know if there was collusion between you and the other student in the matter.
- **Penalties for Cheating:** Should a faculty member discover a student cheating on an exam or quiz or other class project, the student should receive a "zero" for the assignment and not be allowed to make the assignment up. The incident should be reported to the chair of the department and to the Honor Council. If the cheating is extensive, however, or if the assignment constitutes a major grade for the course (e.g., a final exam), or if the student has cheated in the past, the student should receive an "F" in the course, and the matter should be referred to the Honor Council. Additional penalties, including suspension or expulsion from the university may be imposed. Under no circumstances should a student who deserves an "F" in the course be allowed to withdraw from the course with a "W."
  - *Caution:* Chat groups that start off as "study groups" can easily devolve into "cheating groups." Be very careful not to join or remain any chat group if it begins to discuss specific information about exams or assignments that are meant to require individual work. If you are a member of such a group and it begins to cheat, you will be held responsible along with all the other members of the group. The TAMIU Honor Code requires that you report any such instances of cheating.
- **Student Right of Appeal:** Faculty will notify students immediately via the student's TAMIU e-mail account that they have submitted plagiarized work. Students have the right to appeal a faculty member's charge of academic dishonesty by notifying the TAMIU Honor Council of their intent to appeal as long as the notification of appeal comes within 10 business days of the faculty member's e-mail message to the student and/or the Office of Student Conduct and Community Engagement. The Student Handbook provides more details.

## Use of Work in Two or More Courses

You may not submit work completed in one course for a grade in a second course unless you receive explicit permission to do so by the instructor of the second course. In general, you should get credit for a work product only once.

## AI Policies

Your instructor will provide you with their personal policy on the use of AI in the classroom setting and associated coursework.

## TAMU E-Mail and SafeZone

Personal Announcements sent to students through TAMU E-mail (tamiu.edu or dusty email) are the official means of communicating course and university business with students and faculty –not the U.S. Mail and no other e-mail addresses. Students and faculty must check their TAMU e-mail accounts regularly, if not daily. Not having seen an important TAMU e-mail or message from a faculty member, chair, or dean is not accepted as an excuse for failure to take important action.

Students, faculty, and staff are encouraged to download the SafeZone app, which is a free mobile app for all University faculty, staff, and students. SafeZone allows you to: report safety concerns (24/7), get connected with mental health professionals, activate location sharing with authorities, and anonymously report incidents. Go to SafeZone (<https://www.tamiu.edu/adminis/police/safezone/index.shtml>) for more information.

## Copyright Restrictions

The Copyright Act of 1976 grants to copyright owners the exclusive right to reproduce their works and distribute copies of their work. Works that receive copyright protection include published works such as a textbook. Copying a textbook without permission from the owner of the copyright may constitute copyright infringement. Civil and criminal penalties may be assessed for copyright infringement. Civil penalties include damages up to \$100,000; criminal penalties include a fine up to \$250,000 and imprisonment. Copyright laws do not allow students and professors to make photocopies of copyrighted materials, but you may copy a limited portion of a work, such as article from a journal or a chapter from a book for your own personal academic use or, in the case of a professor, for personal, limited classroom use. In general, the extent of your copying should not suggest that the purpose or the effect of your copying is to avoid paying for the materials. And, of course, you may not sell these copies for a profit. Thus, students who copy textbooks to avoid buying them or professors who provide photocopies of textbooks to enable students to save money are violating the law.

## Students with Disabilities

Texas A&M International University seeks to provide reasonable accommodations for all qualified persons with disabilities. This University will adhere to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal education opportunity. It is the student's responsibility to register with the Office of Disability Services for Students located in Student Center 124. This office will contact the faculty member to recommend specific, reasonable accommodations. Faculty are prohibited from making accommodations based solely on communications from students. They may make accommodations only when provided documentation by the Office of Disability Services for Students.

For accommodations or assistance with disabilities, contact the Disability Coordinator, Karla Pedraza, at [karla.pedraza@tamiu.edu](mailto:karla.pedraza@tamiu.edu), call 956.326.2763, or visit Student Center 124.

## Student Attendance and Leave of Absence (LOA) Policy

As part of our efforts to assist and encourage all students towards graduation, TAMU provides LOA's for students, including pregnant/parenting students, in accordance with the Attendance Rule (Section 3.07) and the Student LOA Rule (Section 3.08), which includes the "Leave of Absence Request" form. Both rules can be found in the TAMU Student Handbook (URL: [Student Handbook \(https://www.tamiu.edu/handbook/index.shtml\)](https://www.tamiu.edu/handbook/index.shtml)).

## Pregnant and Parenting Students

Under Title IX of the Education Amendments of 1972, harassment based on sex, including harassment because of pregnancy or related conditions, is prohibited. A pregnant/parenting student must be granted an absence for as long as the student's physician deems the absence medically necessary. It is a violation of Title IX to ask for documentation relative to the pregnant/parenting student's status beyond what would be required for other medical conditions. Students who experience or observe alleged or suspected discrimination due to their pregnant/parenting status, should report to the TAMU Title IX Coordinator (Lorissa M. Cortez, 5201 University Boulevard, KLM 159B, Laredo, TX 78041, [TitleIX@tamiu.edu](mailto:TitleIX@tamiu.edu), 956.326.2857) and/or the Office of Civil Rights (Dallas Office, U.S. Department of Education, 1999 Bryan Street, Suite 1620, Dallas, TX 75201-6810, 214.661.9600). You can also report it on TAMU's anonymous electronic reporting site, *Report It*, at <https://www.tamiu.edu/reportit> (<https://www.tamiu.edu/reportit/index.shtml>).

TAMU advises a pregnant/parenting student to notify their professor once the student is aware that accommodations for such will be necessary. It is recommended that the student and professor develop a reasonable plan for the student's completion of missed coursework or assignments. The Office of Compliance (Lorissa M. Cortez, [lorissam.cortez@tamiu.edu](mailto:lorissam.cortez@tamiu.edu)) can assist the student and professor in working out the reasonable accommodation. For other questions or concerns regarding Title IX compliance related to pregnant/parenting students, contact the Title IX

Coordinator. In the event that a student needs a leave of absence for a substantial period of time, TAMIU urges the student to consider a Leave of Absence (LOA) as outlined in the TAMIU *Student Handbook*.#As part of our efforts to assist and encourage all students towards graduation, TAMIU provides LOAs for students, including pregnant/parenting students, in accordance with the Attendance Rule and the Student LOA Rule.#Both rules can be found in the TAMIU *Student Handbook*.

For parenting-related rights, accommodations, and resources, contact the Parenting Liaison, Mayra Hernandez, at mghernandez@tamiu.edu, call 956.326.2265, or visit Student Center 226.

For pregnancy-related rights, accommodations, and resources, contact the TIX Coordinator, Lorissa Cortez, at lorissaM.cortez@tamiu.edu, call 956.326.2857, or visit Killam Library 159.

## Anti-Discrimination/Title IX

TAMIU does not discriminate or permit harassment against any individual on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, educational programs, or employment. If you would like to file a complaint relative to Title IX or any civil rights violation, please contact the TAMIU Director of Equal Opportunity and Diversity/Title IX Coordinator, Lorissa M. Cortez, 5201 University Boulevard, Killam Library 159B, Laredo, TX 78041, TitleIX@tamiu.edu, 956.326.2857, via the anonymous electronic reporting website, ReportIt (<https://www.tamiu.edu/reportit>) and/or the Office of Civil Rights (Dallas Office), U.S. Department of Education, 1999 Bryan Street, Suite 1620, Dallas, TX 75201-6810, 214.661.9600.

## Incompletes

Students who are unable to complete a course should withdraw from the course before the final date for withdrawal and receive a “W.” To qualify for an “incomplete” and thus have the opportunity to complete the course at a later date, a student must meet the following criteria:

1. The student must have completed 90% of the course work assigned before the final date for withdrawing from a course with a “W”, and the student must be passing the course;
2. The student cannot complete the course because an accident, an illness, or a traumatic personal or family event occurred after the final date for withdrawal from a course;
3. The student must sign an “Incomplete Grade Contract” and secure signatures of approval from the professor and the college dean.
4. The student must agree to complete the missing course work before the end of the next long semester; failure to meet this deadline will cause the “I” to automatically be converted to an “F”; extensions to this deadline may be granted by the dean of the college. This is the general policy regarding the circumstances under which an “incomplete” may be granted, but under exceptional circumstances, a student may receive an incomplete who does not meet all of the criteria above if the faculty member, department chair, and dean recommend it.

## WIN Contracts

The Department of Biology and Chemistry does not permit WIN contracts. For other departments within the college, WIN Contracts are offered only under exceptional circumstances and are limited to graduating seniors. Only courses offered by full-time TAMIU faculty or TAMIU instructors are eligible to be contracted for the WIN requirement. However, a WIN contract for a course taught by an adjunct may be approved, with special permission from the department chair and dean. Students must seek approval before beginning any work for the WIN Contract. No student will contract more than one course per semester. Summer WIN Contracts must continue through both summer sessions.

## Student Responsibility for Dropping a Course

It is the responsibility of the student to drop the course before the final date for withdrawal from a course. Faculty members, in fact, may not drop a student from a course without getting the approval of their department chair and dean.

## Independent Study Course

Independent Study (IS) courses are offered only under exceptional circumstances. Required courses intended to build academic skills may not be taken as IS (e.g., clinical supervision and internships). No student will take more than one IS course per semester. Moreover, IS courses are limited to seniors and graduate students. Summer IS course must continue through both summer sessions.

## Grade Changes & Appeals

Faculty are authorized to change final grades only when they have committed a computational error or an error in recording a grade, and they must receive the approval of their department chairs and the dean to change the grade. As part of that approval, they must attach a detailed explanation of the reason for the mistake. Only in rare cases would another reason be entertained as legitimate for a grade change. A student who is unhappy with his or her grade on an assignment must discuss the situation with the faculty member teaching the course. If students believe that they have been graded unfairly, they have the right to appeal the grade using a grade appeal process in the Student Handbook and in the Faculty Handbook.

## Final Examination

All courses in all colleges must include a comprehensive exam or performance and be given on the date and time specified by the Academic Calendar and the Final Exam schedule published by the Registrar’s Office. In the College of Arts & Sciences all final exams must contain a written component.



The written component should comprise at least 20% of the final exam grade. Exceptions to this policy must receive the approval of the department chair and the dean at the beginning of the semester.

## **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. The Telus app is available to download directly from TELUS (tamiu.edu) (<https://www.tamiu.edu/counseling/telus/>) or from the Apple App Store and Google Play.