



Office of Curriculum

Directors:

Nancy Beck, MD Nancy.Beck@ttuhsc.edu

Course Coordinators:

President: Paxton Alexander – Paxton.alexander@ttuhsc.edu

Vice President: Danita Mathew – Danita.mathew@ttuhsc.edu

Secretary: Nate Fernandes – Nate.fernandes@ttuhsc.edu

Treasurer: Justin Harder – Justin.harder@ttuhsc.edu

Elective Coordinator: Jacob Richardson – Jacob.richardson@ttuhsc.edu

Description: This elective teaches preclinical medical students to incorporate Fitness and Nutrition (FAN) education in healthcare through interactive lectures and skill building activities. FAN is crucial in every medical specialty because it increases patient autonomy, improves healthcare outcomes, and decreases medical costs. This elective will equip future physicians with the knowledge to apply FAN care in their practices.

Maximum Enrollment: 40 students enrolled in MS1 or MS2 curriculum.

Goals and Objectives:

1. Discuss the incorporation of fitness and nutrition in preventative healthcare practices.
2. Be able to provide patient education regarding FAN.
3. Discuss the emotional and psychological barriers to proper FAN and recognize those signs in a patient.
4. Encourage medical students to incorporate positive FAN practices into their own daily lives.
5. Increase awareness of varying socioeconomic statuses and their effect on proper FAN practices and access.
6. Be familiar with varying therapeutic diets and carb counseling techniques

Completion Requirements:

FALL

- Attend 3 out of 5 Lectures - August does not count*
- Attend standardized patient encounter
 - (Reach out to the Elective Coordinator at Jacob.Richardson@ttuhsc.edu if you have conflicts during either of the dates)
- Attend 1 of 3 social events

SPRING

- Attend 2 out of 3 lectures
- Attend standardized patient encounter
 - (Reach out to the Elective Coordinator at Jacob.Richardson@ttuhsc.edu if you have conflicts during either of the dates)
- Attend 1 of 3 social events

**1 meeting may be substituted at the discretion of the elective coordinators.

Application: Interested students should complete the application emailed by the elective coordinators.

2024-2025 ELECTIVE SYLLABUS (Subject to change)

Topic/Activity	Date/Time	Location	Session Leader
Club Introduction and FAN Elective Information	August 27 (12pm-1pm)	ACB 240	Officers
Workout Social	September 10 TBD	Texas Tech REC	Officers
Exercise Physiology	September 24 (12pm-1pm)	ACB 240	Dr. Norbury
Workout Social	October 8 TBD	Texas Tech REC	Officers
Exercise Physiology	October 22 (12pm-1pm)	ACB 240	Dr. Edwards
Workout Social	November 5 TBD	Texas Tech REC	Officers
PM&R	November 19 (12pm-1pm)	ACB 240	Health and Wellness Hospital Field Trip
Final Mock Patient Interaction	December 3 TBD	Simulation Center	Final Mock Patient Interaction
<u>Fall Assignment (SP Encounter) Due</u>		Email ttuhscfan@gmail.com	N/A
Workout Social	January 14 TBD	Texas Tech REC	Officers
Nutrition	January 21 (12pm-1pm)	ACB 240	Allison Childress
Workout Social	February 4 TBD	Texas Tech REC	Officers
Nutrition	February 18 (12pm-1pm)	ACB 240	Dr. Park - Journal Club

Workout Social	March 4 TBD	Texas Tech REC	Officers
Supplementation	March 11 (12pm-1pm)	ACB 240	Social Activity
Final Mock Patient Interaction	March 18 TBD	Simulation Center	Final Mock Patient Interaction

Elective Assignments:

- Fall Mock Patient Interaction (REQUIRED):
 - Members will practice discussing implementation of an exercise plan with patients, learning how to overcome challenges that may be present in patients’ lives relating to social determinants of health

- Spring Mock Patient Interaction (REQUIRED):
 - Members will practice discussing implementation of a dietary change with patients, learning how to overcome challenges that may be present in patients’ lives relating to social determinants of health

- In case of an inability to attend the mock patient interactions, members can contact the officers and submit an alternative assignment to receive elective credit