

CATALOG INFORMATION

Dept and Nbr: FDNT 62

Title: NUTR DIET THERAPY

Full Title: Nutrition and Diet Therapy

Last Reviewed: 11/22/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
Students will be introduced to nutrition and its role in health, disease risk reduction and treatment of disease. The course will include an overview of individual nutrients, optimal daily intakes, food sources and results of nutrient deficiencies and excess. Students will study nutrition therapy and its role in the prevention and treatment of common medical conditions such as diabetes, intestinal tract disorders and diseases of the liver and kidneys.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Eligibility for MATH 150A

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will be introduced to nutrition and its role in health, disease risk reduction and treatment of disease. The course will include an overview of individual nutrients, optimal daily intakes, food sources and results of nutrient deficiencies and excess. Students will study nutrition therapy and its role in the prevention and treatment of common medical conditions such

as diabetes, intestinal tract disorders and diseases of the liver and kidneys. (Grade Only)

Prerequisites/Corequisites:

Recommended: Course Eligibility for MATH 150A

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Determine nutritional adequacy of a given diet and make scientifically sound recommendations for health promotion and disease prevention.
2. Identify specific disease states with nutrition implications and apply appropriate dietary recommendations.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify ways in which nutrient intake, physical activity and lifestyle habits are related to good health and reduction of disease risk.
2. Recognize valid sources of nutrition information and evaluate new developments in the field of nutrition.
3. Describe the normal digestive process, risk factors for digestive problems and appropriate diet therapy.
4. Describe the sources, intake recommended for well-being, including results of over and under consumption, for the following:
  - A. carbohydrate, including dietary fiber
  - B. lipids
  - C. protein
  - D. vitamins and minerals (micronutrients)
  - E. water
5. Describe the sources and usage of energy (metabolism) and physical activity, of the human body.
6. Assess a person's energy balance and explain one or more appropriate tools for weight management.

7. Identify and discuss potential problems in a poorly constructed diet.
8. Analyze a personal diet and identify areas of over and/or under nutrition and potential problems related to these deficiencies.
9. Describe diets appropriate for different stages of the life cycle.
10. Understand diet and lifestyle interventions for common medical problems including chronic diseases.
11. Identify and analyze nutritional needs of individuals that may require consultation by a professional expert.

## **Topics and Scope:**

### **I. Introduction to Human Nutrition**

- A. Functions and sources of nutrients, dietary and fitness guidelines
- B. Nutrition in health care
- C. Cultural and other influences on food choices

### **II. The Classification of Nutrients and Food Sources**

- A. Carbohydrates, lipids, proteins, vitamins, minerals
- B. Water and electrolytes

### **III. Digestion, Absorption, and Metabolism**

- A. The human body as a dynamic whole (homeostasis)
- B. Anatomy and physiology of the digestive tract, digestion, and absorption
- C. Gastrointestinal conditions and nutrition therapy
- D. Energy metabolism; under and over weight

### **IV. Community Nutrition and Nutrition in the Life Cycle**

- A. Pregnancy, lactation, infants, children, teens, adults, elderly
- B. Eating disorders
- C. Diseases associated with the elderly

### **V. Nutrition Interventions**

- A. Identifying nutritional problems
- B. Diet recommendations for chronic diseases like diabetes, cardiovascular disease, intestinal disorders, cancer, liver disease and renal disease
- C. Altering the texture of foods for special conditions
- D. Feeding support (tube feeding and intravenous feeding)
- E. Interactions between common drugs and foods
- F. Nutrition professionals' roles and responsibilities

## **Assignment:**

1. Weekly assigned reading in text and related publications, 25-30 pages
2. Personal diet and fitness analysis and evaluation using a nutritional analysis application
3. Evaluate case studies and apply appropriate diet and lifestyle interventions for a variety of medical concerns
4. Two exams and one comprehensive final

## **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Case studies, personal diet and fitness analysis	Writing 20 - 35%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Case studies, personal diet and fitness analysis	Problem solving 10 - 20%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
None	Skill Demonstrations 0 - 0%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Exams and final	Exams 45 - 60%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
None	Other Category 0 - 0%

**Representative Textbooks and Materials:**

Nutrition for Health and Health Care. 7th ed. DeBruyne, Linda and Pinna, Katherine. Cengage Learning. 2020