

**FDNT 63 Course Outline as of Fall 1981****CATALOG INFORMATION**

Dept and Nbr: FDNT 63 Title: DIMENSIONS OF NUTRI

Full Title: Dimensions of Nutrition

Last Reviewed: 3/29/2010

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

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:**

Nutrition as a means to expand quality of life; provides guidelines to help with medical advice in an informed manner.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100A or ENGL 100 and MATH 150A or equivalent.

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Nutrition for improvement of quality of life by healthy choices. Understand the "Doctor's orders". Enjoy all kinds of foods. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100A or ENGL 100 and MATH 150A or equivalent.

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:	Fall 2016
<b>UC Transfer:</b>		Effective:		Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

1. Define food guide and basic health determinants as set forth in the U.S. Dietary Guideline.
2. Demonstrate an understanding of the knowledge of nutrients and biochemistry related to well-being.
3. Describe the clinical application of basic nutrition related to specific disease states.
4. Calculate the total energy and percent of carbohydrates, fats, and protein needs of a diabetic.
5. Translate laboratory findings and physical prescribed diets as a daily food choice for clients.
6. Compare basic balanced diets to the various diet therapies in initial disease states and evaluate the possible result for the client.
7. Discuss and explain the importance of recognizing drug and nutrient interactions to protect the health of a client.
8. Create menu plans for normal and therapeutic diets with regard for the client's emotional/physical needs.
9. Identify the various cultural diet plans possible in a hospital setting with regard for the need to recognize life habit of food choices in a client.
10. Assess their degree of sophistication in counseling a variety of clients.
11. Design a method of writing clear, meaningful client chart notations.
12. Demonstrate an ability to discuss M.D. orders with staff, client, and physician.
13. Recognize the extent of a personal responsibility to self and client in choosing good nutrition for health.

### **Topics and Scope:**

- I. Nutrition Concepts Related to Health and Well-Being

- A. language of nutrition and medicine
- B. fact versus myth in nutrition
- II. Functions of Food (Nutrients)
  - A. food habits and choices and relationship to health
  - B. biochemistry of digestion, absorption, transport
  - C. metabolism and energy cycle
  - D. vegetarianism and cultural food styles
- III. Nutrition and the Life Cycle
  - A. nutrients and amounts needed throughout life
  - B. protecting well-being
  - C. anorexia nervosa and bulimia
- IV. Diet Therapy for Various Diseases
  - A. diabetes
  - B. renal diseases
  - C. cancer
  - D. nutrition for surgery and stress
- V. Responsibilities of Care Givers on Medical Teams

**Assignment:**

1. Nutrient self-study by two methods; evaluation of findings.
2. Case studies and related results of diet therapy.
3. Role playing to model client profile.
4. Reading text assignments.
5. Reading related materials in periodicals, etc.

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**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.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Quizzes, Exams, CASE STUDIES

Problem solving  
10 - 40%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

ROLE PLAYING ASSIGNMENTS

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion,  
**SHORT ANSWER**

Exams  
10 - 60%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

NUTRITION ALIVE, A BASIC APPROACH, E. Johnson, S. Houston