

**FDNT 62 Course Outline as of Fall 2012****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:**

Introduction to nutrition and its role in health, disease risk reduction and treatment of disease. Modification of the diet, nutrient intake and mode of nutrient delivery for stress conditions such as diabetes, intestinal tract disorders and diseases of the liver and kidneys. Intended for students in nursing and other health care fields.

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

Eligibility for ENGL 100 or ESL 100 and Course Eligibility for MATH 150A

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

Description: Introduction to nutrition and its role in health, disease risk reduction and treatment of disease. Modification of the diet, nutrient intake and mode of nutrient delivery for stress conditions such as diabetes, intestinal tract disorders and diseases of the liver and kidneys. Intended for students in nursing and other health care fields. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100 and 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**

**Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Identify ways in which food intake is related to good health.
2. Recognize and explain factors influencing proper selection and preparation of food for nutrients and health.
3. Choose foods and life style habits that support health and reduction of risk for diseases.
4. Recognize valid sources of nutrition information and evaluate new developments in the field of nutrition.
5. Describe the normal digestive process, risk factors for digestive problems and appropriate diet therapy.
6. Assess a person's energy balance and explain one or more appropriate tools for weight management.
7. Evaluate a personal food intake and identify areas of over and/or under nutrition and potential problems related to these deficiencies.
8. Describe diets appropriate for different stages of the life cycle.
9. Assess the nutritional needs of a hospitalized patient and recognize the rationale behind various modified diets ordered for given diseases or surgical conditions.
10. Recognize the relationship of drug and nutrient interaction to a patient's nutritional status.
11. Make judgments and draw logical conclusions related to a person's dietary intake and nutritional needs and refer person to nutrition professional, when needed.

**Topics and Scope:**

1. Introduction to human nutrition
  - a. nutrients and dietary guidelines
  - b. nutrition in health care
  - c. cultural and other influences on food choices
2. The classification of nutrients and food sources

- a. carbohydrates, lipids, proteins, vitamins, minerals
- b. water and electrolytes
- 3. Digestion, absorption, and metabolism
  - a. the human body as a dynamic whole (homeostasis)
  - b. diet therapy for diseases related to the gastro-intestinal (GI) tract
  - c. energy metabolism; under and over weight
- 4. 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
- 5. Diet therapy for individuals
  - a. nutritional screening and assessment
  - b. diet recommendations and diet therapy for diabetes, cardiovascular disease, including myocardial infarction and congestive heart failure, liver disease and renal disease
  - c. texturally modified diets
  - d. enteral and parenteral nutrition
  - e. drug/diet interactions
  - f. role of dietitian, nurse, and other members of the health care team in supporting patient's nutrient needs

Note: One-half of course should be basic nutrition and one-half diet therapy.

**Assignment:**

- 1. Evaluation of nutrition needs of patients described in case studies and write nutrition care plans applying appropriate Diet Therapy
- 2. Nutrient self-studies using computer-generated Diet Analysis and evaluation
- 3. Weekly assigned reading in text and related publications, 25-30 pages.
- 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 and nutrition care plans | Writing<br>10 - 20% |
|---------------------------------------|---------------------|

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

|              |                            |
|--------------|----------------------------|
| Case studies | Problem solving<br>5 - 15% |
|--------------|----------------------------|

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

|      |                                |
|------|--------------------------------|
| None | Skill Demonstrations<br>0 - 0% |
|------|--------------------------------|

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

Exams and final to include multiple choice, true/false, matching items, completion, short answer

Exams  
45 - 60%

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

Computer generated Diet Analysis and evaluation.

Other Category  
15 - 30%

**Representative Textbooks and Materials:**

Nutrition for Health and Health Care, E.N. Whitney, L.K., DeBruyne, K Pinna, & S. Rolfes;  
Cengage Learning, 4th edition, 2011.

A good medical dictionary (e.g. Tabers).