

**FDNT 62 Course Outline as of Fall 1981****CATALOG INFORMATION**

Dept and Nbr: FDNT 62 Title: NUTR DIET THERAPY

Full Title: Nutrition &amp; 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:**

Elementary nutrition concepts for dietary balance in health. Introduction to stress conditions of disease with appropriate nutritional care through modification of diets. Nutrient and drug interaction.

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

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

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

Description: Basic nutrition for good health, stress conditions of disease, & appropriate diet therapy. (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:	
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Certificate Applicable Course

**COURSE CONTENT**

**Outcomes and Objectives:**

The students will:

1. Identify ways (i.e. physical growth, mental development, etc.) in which food intake is related to good health.
2. Recognize and explain factors influencing proper selection of food for nutrients and health.
3. Plan and evaluate acceptable daily food patterns in health and disease using good group and exchange plans.
4. Examine the causes of nutritional deficiency diseases and over-"nutrition" diseases and recognize methods to control these disease conditions.
5. Formulate nutrient selection and life style habits that enhance health and quality of life.
6. Recognize the characteristics of valid nutrition information, contrasting fad and fallacy related to commercial interests in nutrition.
7. Define major world-wide concerns and trends related to nutritional problems and illness.
8. Discuss and evaluate new information and/or recent development in the field of nutrition.
9. Assess the nutritional and emotional needs of a hospitalized patient.
10. Evaluate the risks and benefits of drug therapy and nutrient intake, recognize the relationship of drug and nutrient interaction in biochemistry.
11. Value the personal responsibility involved in physical health and wellness.
12. Examine the importance of allowing a patient choices in dealing with food choices for health and well being.
13. Make judgements and draw logical conclusions.

**Topics and Scope:**

- I. Introduction to Human Nutrition
    - A. changing concepts of health and disease and the effect on practice
    - B. nutrition in health care
  - II. Digestion, Absorption, and Metabolism
    - A. the human body as a dynamic whole (homeostatis)
    - B. the needs for energy and the energy cycle
  - III. The Classification of Nutrients and Food Sources
    - A. carbohydrates, fats, vitamins, minerals
    - B. water and electrolytes
  - IV. Community Nutrition and Nutrition in the Life Cycle
    - A. development of food habits, food needs, food costs
    - B. pregnancy, lactation, infancy, adults-aging (and nutrients)
  - V. Diet Therapy and Modification of the "Normal" Diet
    - A. nutritional assessment
- Note: One-half of course should be basic nutrition section and one-half of course on diet therapy.

**Assignment:**

1. Case studies and related outcome with Diet Therapy
2. Reaction papers
3. Nutrient self-studies
4. Daily assigned reading in text
5. Reading from related nutrition materials (periodicals)

**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.

Term papers, CASE STUDIES

Writing  
10 - 20%

**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 - 30%

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

CASE STUDIES & RELATED OUTCOME

Skill Demonstrations  
20 - 35%

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

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

Exams  
20 - 35%

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

USE OF COMPUTER-RELATED NUTRITION  
EVALUATION; CRITICAL EXAMINATION OF THE  
FINDINGS RELATED TO TEXT AND LECTURE  
MATERIALS

Other Category  
10 - 30%

**Representative Textbooks and Materials:**

ESSENTIALS OF NUTRITION AND DIET THERAPY, Sue Rodwell Williams  
a good nutrition dictionary (as Tabors)