

Nutrition & Diet Therapy (FDNT 62)

**3 Units
Fall 2016**

Section: 1304

F 9:00-11:50 AM

ROOM: 692 Call Building Petaluma Campus

Course Description: This course is designed for allied health students who need to understand the basic principles of nutrition, as well as, the nutritional needs of patients with varied physiological/disease states. In this class we will cover how the chemicals in food (nutrients) are used by the body, which foods are good sources of these nutrients and how to plan a diet with these foods to achieve optimal health. Once you've mastered these basic principles of nutrition we will start applying this knowledge to health conditions that affect the nutrient needs of individuals and learn how to plan diets that are appropriate for these conditions. This course fulfills requirements for students planning to apply to the Santa Rosa Junior College's nursing (RN/LVN), psych tech, dental assisting or dental hygiene programs. This course is CSU transferable.

Instructor:

Tammy Sakanashi M.S., R.D.

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Office Hours:

M & W 11:00 am – 1:00 pm (SR Campus)

F 8:30-9:00 am (692 Petaluma Center)

or by appointment

Required texts and supplies:

- Nutrition for Health and Healthcare 6th Edition by Whitney, DeBruyne, Pinna and Rolfes. Wadsworth, Cengage Learning
- MindTap access code (bundled with the text)

OR

use of the diet analysis program (DietAnalysis +9.0) in Business Computer Lab - 2nd floor Maggini Hall (USB drive needed to save data)

- Scantron cards, #2 pencils for all exams
- Calculator (in class and for exams)

Course Objectives:

At the end of this course you will be able to:

1. Recognize and explain factors influencing proper selection of food for nutrients and health.
2. Plan and evaluate acceptable daily food patterns in health and disease using food groups and exchange plans. (continued on the next page)

Course Objectives (continued):

3. Examine the causes of nutritional deficiency diseases and over-"nutrition" diseases and recognize methods to control these disease conditions. (continued next page)
4. Recognize what is needed for valid nutrition information.
5. Assess the nutritional and emotional needs of a hospitalized patient.
6. Identify factors that influence the nutritional requirements of healthy individuals and clients with altered physiological needs or disease.
7. Evaluate the risks and benefits of drug therapy and nutrient intake.
8. Examine the importance of allowing a patient's choices in dealing with food choices for health and well being.

Learning Activities:

	POINTS
Case Studies (6 total, 25 pt each)	150
Mid-term exams x 2 (100 pt each)	200
Personal Nutrition Study (Diet Analysis)	100
Final Exam (cumulative)	150

Total **600**

Grading:

Your final grade will be assigned approximately according to the following:

- A = 90% or more of total points
- B = 80-89% of total points
- C = 70-79% of total points
- D = 60-69% of total points or less than 60% on the Final exam
- F = less than 60% of total points or less than 50% on the Final exam

Student Responsibilities:

1. Regular attendance at class meetings, class participation and completion of reading assignments. If you miss more than 3 class periods or a total of 9 class hours you will be dropped from the course.
2. NO LATE ASSIGNMENTS ACCEPTED.(All assignments are due at the BEGINNING OF THE CLASS PERIOD on the day they are due).
3. Exams will cover lecture material including any text and handout material referred to in lecture. If an exam needs to be missed you must **talk to me (not email)** prior to the scheduled exam. There is NO make up for the Final Exam.
4. **Do not have cell phones out during lecture or exams. It is okay to use them while working on case studies in class.**
5. If you decide not to take the class it is up to you to officially drop the class.
6. As a registered student in this course you are expected to abide by the Santa Rosa Junior College Student Conduct Standards (www.santarosa.edu/admin/scs). Any student found in violation of these standards is subject to failing this course.

TENTATIVE LECTURE SCHEDULE

(Note: Readings should be done prior to the lecture. Read the entire chapter indicated unless specific pages are emphasized in parentheses.)

Aug	26	Course Outline and Introduction Nutrients, MyPlate.gov	Ch. 1
Sep	2	Digestion and Absorption Nutrition and Upper GI Tract Disorders Consistency modified diets	Ch. 2 Ch. 17 Ch. 14
	9	Carbohydrates Fiber modified diets	Ch. 3 Ch. 18
		(Note! September 11th is the last day to drop without a "W")	
	16	Lipids Cardiovascular Disease	Ch. 4 Ch. 21
	23	Protein	Ch. 5
		Due: 3-d Food Record and Computer Analysis	
	30	Exam I High Protein Diets Vegetarianism	p. 136-140
Oct	7	Metabolism and Energy Balance	Ch. 6
	14	Weight Control Diabetes	Ch. 7 Ch. 20
	21	Vitamins	Ch. 9
	28	Minerals and Hypertension Trace minerals and Water	Ch. 21 Ch. 9
Nov	4	Exam II Later Adulthood	Ch. 12
		(Note! Nov 20th is the last day to drop with a "W")	
	11	Holiday – no class	
	18	Pregnancy and Infancy Childhood	Ch. 10 Ch. 11
	25	Holiday – no class	
	2	Nutrition Assessment Nutrition Support	Ch. 13 Ch. 15
		Due: Complete Diet Analysis Project	

	9	Malabsorptive Problems	Ch. 18
		Wasting Syndromes	Ch. 23
		Metabolic & Respiratory Stress	Ch. 16
Dec	16	Liver Disease	Ch. 19
		Renal Disease	Ch. 22

**Dec 23 Exam III (FINAL): Friday 9:00 -11:50 AM
Room: 692 Call Building**

NOTE: The final must be taken on the assigned day and at the assigned time.