

# **Santa Rosa Junior College**

## **FDNT 162: Diet Therapy for Healthcare**

### **Section 1675 – Fall 2017**

#### **Course Description**

FDNT 162 'Diet Therapy for Healthcare' is a two unit online course designed to introduce you to the basics of diet therapy for use in a variety of healthcare settings. This course is for current and future healthcare practitioners, and the emphasis of the curriculum is on the use of nutrition as a therapeutic and preventive tool in direct patient care.

This class is AA Degree Applicable. It is a 2.0 unit course with 35 total contact hours per semester.

#### **Prerequisite Courses**

Required: FDNT 10 Elementary Nutrition (or equivalent)

Recommended: Completion of ENGL 100B or ESL 100

#### **Instructor**

##### **Instructor**

Heather Haluska, MS, RDN

[hhaluska@santarosa.edu](mailto:hhaluska@santarosa.edu)

Office Hours – Online:

-Monday: 9:00pm-10:00pm, Thursday: 12:30pm-1:00pm, Friday: 8:00am-8:30am

-By appointment – please contact instructor to schedule

#### **Student Learning Objectives**

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

- Determine the nutritional adequacy of a given diet and make scientifically sound recommendations for improvement for health promotion and disease prevention
- Identify specific disease states with nutrition implications and apply appropriate dietary recommendations
- Use clinical observations to identify nutrition related problems, adjust care as needed, and refer to nutrition experts for intervention, as appropriate.

#### **Academic Integrity**

Students enrolled in this course are expected to adhere to the Santa Rosa Junior College Rules & Regulations regarding Academic Integrity. Academic dishonesty is regarded as any act of deception, benign or malicious in nature, in the completion of any academic exercise. Examples of academic dishonesty include cheating, plagiarism, impersonation, misrepresentation of idea or fact for the purpose of defrauding, use of unauthorized aids or devices, falsifying attendance records, violation of testing protocol, inappropriate course assignment collaboration, and any other acts that are prohibited by the instructor of record. Any student found to be exhibiting any form of academic dishonesty will be dealt with on an individual basis and will be immediately removed from the course, pending further disciplinary action. For more information about SRJC Academic Integrity, see:

[http://www.santarosa.edu/for\\_students/rules-regulations/academic-integrity.shtml](http://www.santarosa.edu/for_students/rules-regulations/academic-integrity.shtml)

#### **Student Resources**

- SRJC Distance Education homepage: <http://online.santarosa.edu/>
- SRJC Online Student Handbook: <http://online.santarosa.edu/student/>
- SRJC Online Preparedness Quiz: <http://online.santarosa.edu/catedocs/assessment.html>
- SRJC Student Help Desk phone support: 707-521-6062
- Student Help Desk: <http://www.santarosa.edu/instruction/online-learning/student-help-desk/>

## **Disability Resources Department**

All efforts will be made to accommodate students with documented learning disabilities. Students with documented learning disabilities requiring accommodations – including additional time for quizzes, exams, assignments – must submit their disability accommodation letter by email to the instructor no later than 5:00pm on Friday of the first week of class. To learn more about the DRD at SRJC, visit: <http://online.santarosa.edu/presentation/?4928>

## **Textbook & Supplies**

The textbook for this course is: Nutrition for Health and Healthcare, 6th edition by DeBruyne/Pinna. (Thomson Wadsworth, 2017).

You have a few options to purchase the book:

- 1) Purchase or rent the book from the SRJC bookstore. If brand new, it's sold in a bundle with Diet & Wellness Plus (a diet analysis program).
- 2) Purchase online (eTextbook digital rental) at Course Smart:  
<https://www.vitalsource.com/products/nutrition-for-health-and-healthcare-linda-kelly-debruyne-v9781305888197>
- 3) Purchase direct from the publisher Thomson Wadsworth (paperback, rental, eBook, or eChapter): <http://www.cengagebrain.com/shop/isbn/9781305627963>
- 4) Text is on reserve at both libraries: QP143 .N894 2017

### *Diet Analysis:*

You will need access to a diet analysis program. If you choose to purchase a new textbook you'll get one bundled called Diet & Wellness Plus. If you are not using a new textbook, you do not need to use Diet & Wellness Plus, but any online program that does diet analysis (check with instructor first). If you obtain a used text, you can purchase the [Diet & Wellness Plus](#) access code online for \$30. Here is a link to the Cengage site:

<https://www.cengagebrain.com/shop/isbn/9781285856216&cid=APL1>

Students also have the option to use the computer labs and the Diet Analysis Plus programs on those computers. On the Santa Rosa Campus it's available in the Business Computer Lab on the 2<sup>nd</sup> floor of Maggini Hall and in Petaluma it's available in the Petaluma computer lab.

## **Course Organization**

This course is divided into eight modules. Every week during the semester you will complete one module. In each module, students will be responsible for viewing/reviewing the online lecture(s), reading the associated textbook selections, completing the module assignments, posting a related discussion board post and completing a quiz on that module's material. All weekly work opens to students on a Monday (at 12:00am) and is due one week later on Sunday at 11:59pm.

### *Lectures*

Go to the homepage for each module to find corresponding lecture materials supporting that module. Lecture material may be provided in any combination of written text, pictures/graphics, video and/or slides with synchronized audio.

### *Assignments*

Each module contains one case study assignment. The case study assignments are designed to test the application of your knowledge of the module. The case study assignments contain 10 multiple-choice questions and students have unlimited time to complete the assignment. All case

study assignments must be submitted by 11:59pm on Sunday. Each case study assignment is worth 10 points. Case studies are not timed. A late submission will receive a 20% penalty. Submissions more than 3 days late are not accepted.

#### *Discussion Board Posts*

After completing the module's lecture and case study assignment, students will be directed to a module -specific discussion board. The weekly discussion board will feature directed discussion questions posed by the instructor based on the weekly lecture topic or completed assignment material. Students are expected to answer the discussion questions in an original, proofread, grammatically-correct response of substantial length (usually 1-2 paragraphs). In addition to the original student response, students must respond to at least one other student's post to foster and promote meaningful online discussion. A maximum of 5 points are available for the weekly discussion board post (3 points for the original post/response and 2 points for responding to another student). Posts are due by 11:59 pm on Sunday and **no late posts are accepted**. In order to be a participant in placing an original post and response post, you cannot wait until the last minute! Questionable, sloppy, unprofessional, inappropriate, or antagonizing posts will be removed at the instructor's discretion.

#### *Quizzes*

Upon completing the module's lectures, case study assignment, discussion board, activities and readings, students will take a quiz on that module's material. Each quiz will consist of 10 questions based on the module's material. Quizzes are open-book, open-note and are worth a maximum of 20 points. Students will have **60 minutes** to complete the quiz. All quizzes are due by 11:59pm on Sunday. There are no make-up quizzes and no late quizzes are accepted. In an attempt to eliminate academic dishonesty in the online testing environment, students are presented with 10 questions from a larger randomized pool of questions of similar difficulty, such that no 2 students receive the same 10 questions on the quiz.

#### *Exams*

There are 2 exams in this class. The exams are not cumulative. Each exam contains 50 questions and is worth a total of 100 points. Students have **120 minutes** to complete the 50-question exam. There are no make-up exams or late exams accepted. In an attempt to eliminate academic dishonesty in the online testing environment, students are presented with 50 questions from a larger randomized pool of questions of similar difficulty, such that no 2 students receive the same 50 questions on the exam.

#### *Diet Analysis Project*

Toward the end of the class, students will complete a final project intended to analyze the adequacy of their own diet using a free online program. More information will be provided about this assignment towards the end of class.

#### *Extra Credit*

There may be a few extra credit assignment opportunities presented throughout the semester. You will be given at least one week to work on the extra credit assignments. No late work will be accepted. Please note that there is no curve or no rounding of scores in this class, so you are encouraged to participate in the extra credit opportunities in order to maximize your grade.

## Grading

COMPONENT	POINTS	TOTAL POINTS
8 Case Study Assignments	10 points each	80 points total from assignments
8 Discussion Board Posts	5 points per post	40 points total from posts
8 Quizzes	20 points per quiz	160 points from quizzes
1 Diet Analysis Project	40 points per project	40 points from project
2 Exams	100 points per exam	200 points from exams
Total Possible Points		520 points

## Final Grade

TOTAL POINTS	PERCENTAGE	FINAL GRADE
468-520 points	90-100%	A
416-467 points	80-89%	B
364-415 points	70-79%	C
312-363 points	60-69%	D
0-311 points	0-59%	F

## FDNT 162 Diet Therapy for Healthcare – Course Schedule – Fall 2017

DATES	LECTURE TOPIC	READINGS	WORK DUE
Week 1 Aug 21 - Aug 27	<b>Module 1: Nutrition Overview</b> <ul style="list-style-type: none"> <li>✓ Introduction to Nutrition Science</li> <li>✓ Vitamins, Minerals &amp; Water</li> </ul>	Chapters 1, 3, 4, 5, 8 & 9	Due by: Aug 27, 11:59pm <ul style="list-style-type: none"> <li>○ Extra Credit Intro Post</li> <li>○ Case Study 1</li> <li>○ Post 1</li> <li>○ Quiz 1</li> </ul>
Week 2 Aug 28 – Sept 3	<b>Module 2: Gathering Data</b> <ul style="list-style-type: none"> <li>✓ Liver Disease &amp; Alcohol</li> <li>✓ Nutrition Screening &amp; Assessment</li> <li>✓ Nutrition Counseling</li> </ul>	Chapter 19 Chapter 13	Due by: Sept 3, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 2</li> <li>○ Post 2</li> <li>○ Quiz 2</li> </ul>
Week 3 Sept 4 - Sept 10	<b>Module 3: Nutrition Throughout the Lifecycle</b> <ul style="list-style-type: none"> <li>✓ Pregnancy, Breastfeeding &amp; Infancy</li> <li>✓ Childhood, Adolescence, &amp; Older Adults</li> </ul>	Chapters 10, 11, & 12	Due by: Sept 10, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 3</li> <li>○ Post 3</li> <li>○ Quiz 3</li> </ul>
Week 4 Sept 11 – Sept 17	<b>Module 4: Feeding Options</b> <ul style="list-style-type: none"> <li>✓ Hospital &amp; Modified Diets</li> <li>✓ Food-Drug Interactions</li> <li>✓ Nutrition Support: Tube Feeding &amp; TPN</li> </ul>	Chapters 14 & 15	Due by: Sept 17, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 4</li> <li>○ Post 4</li> <li>○ Quiz 4</li> <li>○ <b>**EXAM 1**</b></li> </ul>
Week 5 Sept 18 - Sept 24	<b>Module 5: GI</b> <ul style="list-style-type: none"> <li>✓ Nutrient Digestion, Absorption &amp; Transport</li> <li>✓ Disorders of the Upper GI Tract</li> <li>✓ Disorders of the Lower GI Tract</li> </ul>	Chapters 2, 17 & 18	Due by: Sept 24, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 5</li> <li>○ Post 5</li> <li>○ Quiz 5</li> </ul>
Week 6 Sept 25 - Oct 1	<b>Module 6: Diabetes &amp; Weight Management</b> <ul style="list-style-type: none"> <li>✓ Diabetes</li> <li>✓ Weight Management</li> </ul>	Chapters 20, 6 & 7	Due by: Oct 1, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 6</li> <li>○ Post 6</li> <li>○ Quiz 6</li> <li>○ Extra Credit Label Assignment</li> </ul>
Week 7 Oct 2- Oct 8	<b>Module 7: Heart &amp; Kidney</b> <ul style="list-style-type: none"> <li>✓ Cardiovascular Disease</li> <li>✓ Kidney Disease</li> </ul>	Chapters 21 & 22	Due by: Oct 8, 11:59pm <ul style="list-style-type: none"> <li>○ Case Study 7</li> <li>○ Post 7</li> <li>○ Quiz 7</li> </ul>

Week 8 Oct 9 – Oct 15	<b>Module 8: Stress, Cancer, &amp; HIV/AIDS</b> <ul style="list-style-type: none"> <li>✓ Metabolic Stress</li> <li>✓ Cancer</li> <li>✓ HIV/AIDS</li> </ul>	Chapters 16 & 23	Due by: Oct 15, 11:59 pm <ul style="list-style-type: none"> <li>○ Case Study 8</li> <li>○ Post 8</li> <li>○ Quiz 8</li> </ul>
Week 9 Oct 16 – Oct 22			Due by: Oct 22, 11:59pm <ul style="list-style-type: none"> <li>○ **EXAM 2**</li> <li>○ Diet Analysis Project</li> </ul>