

# Course Syllabus

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## FDNT 62 Nutrition and Diet Therapy

### Section #1670, Fall 2017

## 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), dental assisting or dental hygiene programs. This course is CSU transferable.

## Student Learning Outcomes

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

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

## Class Meetings

This class will be completely online.

## Instructor Contact

**Tammy Sakanashi, M.S., R.D.N.**

Email: [tsakanashi@santarosa.edu](mailto:tsakanashi@santarosa.edu)

Phone: (707) 522-2611

Office Hours:

Monday (online only) 11:00 am - 1:30 pm

502T Plover Temporary or online

Tuesday 10:30 am – 12:00 pm

Wednesday 11:00 am - 1:30 pm

Thursday 12:00 pm – 2:00 pm

or by appointment

You may also use the [Canvas Inbox \(Links to an external site.\)Links to an external site.](#) to send the instructor a message.

You may also use the [Canvas Conversations InboxLinks to an external site.](#) to send me a message.

I respond to emails within 48 hours. I never respond on Sundays, so please expect a response to those messages on Monday.

## Course Web Site

Students will use the Canvas course web site for assignment instructions, submitting assignments, viewing classmates' work, sharing resources, and viewing grades.

## Textbook

[Nutrition for Health and Healthcare](#) 6th Edition by Whitney, DeBruyne, Pinna and Rolfes. Wadsworth, Cengage Learning ISBN: 978-1-305-62796-3

You can locate and order textbooks online via the [SRJC Bookstore](#). If your class is based out of Petaluma, your books will be listed on the [Petaluma Bookstore](#) web site.

## Required Software

- [Diet and Wellness Plus](#) program, access code (bundled with the text or purchased from publisher)  
OR  
use of the diet analysis program (DietAnalysis +9.0) in Business Computer Lab - 2nd floor Maggini Hall (USB drive needed to save data)
- [Adobe Reader \(Links to an external site.\)Links to an external site.](#)
- [Open Office \(Links to an external site.\)Links to an external site.](#)
- [Chrome \(Links to an external site.\)Links to an external site.](#) is the recommended browser for Canvas

Run this [computer readiness test \(Links to an external site.\)Links to an external site.](#) to check your browser for plugins and versions.

## Important Dates

Day Class Begins: 8/21/20

Day Class Ends: 12/15/2017

Last Day to Add without instructor's approval: 8/27/2017

Last Day to Drop with refund: 9/3/2017

Last Day to Add with instructor's approval: 9/10/2017

Last Day to Drop without a 'W' symbol: 9/10/2017

Last Day to Drop with a 'W' symbol: 11/19/2017

## Dropping the Class

If you decide to discontinue this course, it is your responsibility to officially drop it. A student may be dropped from any class when that student's absences exceed ten percent (10%) of the total hours of class time. It is strongly advised that if you need to miss more than one class/homework deadline in a row that you contact the instructor to avoid being dropped from the class.

## Attendance

For face-to-face courses, students who fail to attend the first class meeting may be dropped by the instructor. For classes that meet online, students who fail to log on and initiate participation by 11:59 p.m. Pacific Time of the first day of the class may be dropped by the instructor.

Instructors are required to drop all No-Show students immediately following the second class meeting. A No-Show is an enrolled student who has not attended any class meeting of the course. For classes that meet online, a No-Show is an enrolled student who has not logged on and initiated active participation by 11:59 p.m. Pacific Time of the second day of the class.

## Pass-NoPass (P/NP)

This class must be taken for a grade.

## Instructor Announcements and Q&A Forum

The instructor will post announcements on the Announcements page in Canvas throughout the semester. Canvas notifies students according to their preferred Notification Preferences.

## Late Policy

All assignments are due at 11:59 p.m. Pacific Standard Time on the due date. No late submissions are accepted.

# Final Exam

There will be a 3 hour final exam. The material comes from the textbook, class lectures and supplemental materials. The exam will open during finals week and can be accessed once for a 3 hour block until Friday 11:59 pm of finals week. Note: You cannot stop the exam and go back to continue it at a later date/time.

## Grading Policy

Click the “Grades” link in Canvas to keep track of your grades. I grade once a week and post grades and comments in the Canvas gradebook.

Your final grade will be based on the following point distribution:

Discussion posts: 5 points each x 16 posts = 80 points

Quiz, weekly: 15 points each x 16 quizzes = 240 points

Case study: 20 points each x 6 case studies = 120 points

(Note: There will be 8 case studies assigned during the course, your 6 highest scores will count toward your grade. If you miss a case study it cannot be made up.)

Diet Analysis project: 60 points

Final exam: 100 points

**Total points possible: 600 points**

Final grades will be assigned as follows:

**A** 90% 540 points or more

**B** 80% 480 to 539.9 points

**C** 70% 420 to 479.9 points

**D** 60% 360 to 419.9 points

## Standards of Conduct

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the Standards is basis for referral to the Vice President of Student Services or dismissal from class or from the College. See the [Student Code of Conduct page](#).

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. Students are encouraged to share information and ideas, but not their work. See these links on Plagiarism:

[SRJC Writing Center Lessons on avoiding plagiarism \(Links to an external site.\)](#)[Links to an external site.](#)

[SRJC's statement on Academic Integrity \(Links to an external site.\)](#)[Links to an external site.](#)

## Special Needs

Every effort is made to conform to accessibility standards for all instructor-created materials. Students should contact their instructor as soon as possible if they find that they cannot access any course materials. Students with disabilities who believe they need accommodations in this class are encouraged to contact Disability Resources (527-4278).

## List of assignments

**Note to students:** the assignments listed below do not include all course content. To view all course content, go to *Modules*.

## Course Summary:

Date	Details
Sun Aug 27, 2017	<a href="#">Check-In Discussion - Week 1 - Fall 2017</a>
Mon Aug 28, 2017	<a href="#">Quiz 1 - Week 1 - Fall 2017</a>
Sun Sep 3, 2017	<a href="#">Discussion - Week 2 - Fall 2017</a>
	<a href="#">Check-In Discussion - Week 1 - Fall 2017</a> (2 students)
	<a href="#">Quiz 2 - Week 2 - Fall 2017</a>
Mon Sep 4, 2017	<a href="#">Assignment: Case Study 1 - Week 2 - Fall 2017</a>
	<a href="#">Quiz 1 - Week 1 - Fall 2017</a> (2 students)

Date	Details
Sun Sep 10, 2017	<a href="#">Discussion - Week 3 - Fall 2017</a>
Mon Sep 11, 2017	<a href="#">3 day food record</a>
	<a href="#">Discussion - Week 2 - Fall 2017</a> (1 student)
	<a href="#">Quiz 3 - Week 3 - Fall 2017</a>
	<a href="#">Assignment: Case Study 1 - Week 2 - Fall 2017</a> (1 student)
	<a href="#">Quiz 2 - Week 2 - Fall 2017</a> (1 student)
Tue Sep 12, 2017	<a href="#">Discussion - Week 3 - Fall 2017</a> (1 student)
Sun Sep 17, 2017	<a href="#">Discussion - Week 4 - Fall 2017</a>
Mon Sep 18, 2017	<a href="#">Assignment: Case Study 2 - Week 4 - Fall 2017</a>
	<a href="#">Quiz 4 - Week 4 - Fall 2017</a>
Sun Sep 24, 2017	<a href="#">Discussion - Week 5 - Fall 2017</a>
Mon Sep 25, 2017	<a href="#">Assignment: Case Study 3 - Week 5 - Fall 2017</a>
	<a href="#">Quiz 5- Week 5 - Fall 2017</a>
Sun Oct 1, 2017	<a href="#">Discussion - Week 6 - Fall 2017</a>
Mon Oct 2, 2017	<a href="#">Quiz 6 - Week 6 - Fall 2017</a>
Sun Oct 8, 2017	<a href="#">Discussion - Week 7 - Fall 2017</a>
Mon Oct 9, 2017	<a href="#">Analysis of your 3 day food diary: Diet and Wellness Plus Program</a>
	<a href="#">Quiz 7 - Week 7 - Fall 2017</a>

<b>Date</b>	<b>Details</b>
Sun Oct 15, 2017	<a href="#"><u>Discussion - Week 8 - Fall 2017</u></a>
Mon Oct 16, 2017	<a href="#"><u>Quiz 8 - Week 8 - Fall 2017</u></a>
Sun Oct 22, 2017	<a href="#"><u>Discussion - Week 9 - Fall 2017</u></a>
Mon Oct 23, 2017	<a href="#"><u>Assignment: Case Study 4 - Week 9 - Fall 2017</u></a> <a href="#"><u>Quiz 9 - Week 9 - Fall 2017</u></a>
Sun Oct 29, 2017	<a href="#"><u>Discussion - Week 10 - Fall 2017</u></a>
Mon Oct 30, 2017	<a href="#"><u>Quiz 10 - Week 10 - Fall 2017</u></a>
Sun Nov 5, 2017	<a href="#"><u>Assignment: Case Study 5 - Week 11 - Fall 2017</u></a> <a href="#"><u>Discussion - Week 11 - Fall 2017</u></a>
Mon Nov 6, 2017	<a href="#"><u>Quiz 11 - Week 11 - Fall 2017</u></a>
Sun Nov 12, 2017	<a href="#"><u>Discussion - Week 12 - Fall 2017</u></a>
Mon Nov 13, 2017	<a href="#"><u>Quiz 12 - Week 12 - Fall 2017</u></a>
Sun Nov 19, 2017	<a href="#"><u>Discussion - Week 13 - Fall 2017</u></a>
Mon Nov 20, 2017	<a href="#"><u>Assignment: Case Study 6 - Week 13 - Fall 2017</u></a> <a href="#"><u>Quiz 13 - Week 13 - Fall 2017</u></a>
Sun Nov 26, 2017	<a href="#"><u>Discussion - Week 14 - Fall 2017</u></a>
Mon Nov 27, 2017	<a href="#"><u>Quiz 14 - Week 14 - Fall 2017</u></a>
Sun Dec 3, 2017	<a href="#"><u>Discussion - Week 15 - Fall 2017</u></a>

Date	Details
Mon Dec 4, 2017	<a href="#"><u>Assignment: Case Study 7- Week 15 - Fall 2017</u></a>
	<a href="#"><u>Quiz 15 - Week 15 - Fall 2017</u></a>
Sun Dec 10, 2017	<a href="#"><u>Discussion - Week 16 - Fall 2017</u></a>
Mon Dec 11, 2017	<a href="#"><u>Assignment: Case Study 8 - Week 16 - Fall 2017</u></a>
	<a href="#"><u>Quiz 16 - Week 16 - Fall 2017</u></a>
	<a href="#"><u>Complete Diet Analysis Project</u></a>
	<a href="#"><u>Computer Analysis of Your 3 Day Diary</u></a>
	<a href="#"><u>CS 1: 24 hour Recall and MyPlate assessment</u></a>
	<a href="#"><u>CS 2 Modified Diet</u></a>
	<a href="#"><u>CS 3 Diverticular Disease</u></a>
	<a href="#"><u>CS 4 Heart Disease</u></a>
	<a href="#"><u>CS 8 Pregnancy</u></a>
	<a href="#"><u>CS Diabetes Mellitus</u></a>
	<a href="#"><u>CS Hypertension</u></a>
	<a href="#"><u>CS Vegan Diet</u></a>
	<a href="#"><u>Energy Balance Quiz</u></a>
	<a href="#"><u>Exam 2</u></a>
	<a href="#"><u>Exam 3</u></a>
	<a href="#"><u>Exam I</u></a>
	<a href="#"><u>Final Exam - Week 17 - Fall 2017</u></a>