

FDNT 62 Nutrition and Diet Therapy

Online 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

Phone: (707) 522-2611

In-person Office Hours -

Location: 500T Plover Temporary, Santa Rosa Campus

Tu 10:30 am – 12:00 pm

W 12:00 pm - 1:30 pm

Th 12:00 pm – 2:00 pm

or by appointment

Online Chat - I will be available to chat online during this time so please join me if you have any questions or comments about the class or would just like to chat.

M 4:00-5:00 PM

You may also use the [Canvas Inbox](#) to send the instructor a message.

You may also use the [Canvas Conversations Inbox](#) 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](#)
- [Open Office](#)
- [Chrome](#) is the recommended browser for Canvas

Run this [computer readiness test](#) to check your browser for plugins and versions.

Important Dates

Day Class Begins: 8/20/2018

Day Class Ends: 12/14/2018 Final Exam is due: 12/21/2018

Last Day to Add without instructor's approval: 8/26/2018

Last Day to Drop with refund: 9/2/2018

Last Day to Add with instructor's approval: 9/9/2018

Last Day to Drop without a 'W' symbol: 9/9/2018

Last Day to Drop with a 'W' symbol: 11/18/2018

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 14 posts = 70 points

Quiz, weekly: 15 points each x 14 quizzes = 210 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: 100 points

Midterms: 50 points each x 2 midterms = 100 points

Final exam: 100 points

Total points possible: 700 points

Final grades will be assigned as follows:

A	90%	630 points or more
B	80%	560 to 629.9 points
C	70%	490 to 559.9 points
D	60%	420 to 489.9 points
F	<59.9%	less than 419.9 or not taking the final

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](#)
[SRJC's statement on Academic Integrity](#)

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*.