



**SANTA ROSA JUNIOR COLLEGE**  
*Celebrating 1918 2018*

Health Sciences

Foods & Nutrition  
Program

## **Nutrition & Diet Therapy (FDNT 62)**

**3 Units**

**Fall 2018**

**Section: 0347**

Tu 1:30-4:30 pm

ROOM: 501T Plover Temporary

### **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.

### **Instructor:**

Tammy Sakanashi M.S., R.D.

Phone: 522-2711

Office: 500T Plover Temporary (next door to the classroom)

e-mail: [tsakanashi@santarosa.edu](mailto:tsakanashi@santarosa.edu)

### **Office Hours:**

Tu 10:30 am – 12:00 pm

W 12:00 pm - 1:30 pm

Th 12:00 pm – 2:00 pm

*or by appointment*

### **Required texts and supplies:**

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

### **OR**

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

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

**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.

**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
<b>Total</b>	<b>600</b>

**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](http://www.santarosa.edu/admin/scs)). Any student found in violation of these standards is subject to failing this course.



**FDNT 62 Nutrition and Diet Therapy (Fall 2018)**

TENTATIVE LECTURE SCHEDULE

Aug	21	Course Outline and Introduction Nutrients, Nutrition profile	Ch. 1
	28	Digestion and Absorption Nutrition and Upper GI Tract Disorders Consistency modified diets	Ch. 2 Ch. 17 Ch. 14
Sep	4	<b>No class – campus closed</b>	
	11	Carbohydrates Fiber modified diets	Ch. 3 Ch. 18
		<b>(Note! September 9th is the last day to drop without a “W”)</b>	
	18	Lipids Cardiovascular Disease	Ch. 4 Ch. 21
	25	Protein	Ch. 5
Oct	2	<b>Exam I</b> High Protein Diets Vegetarianism	p. 136-140
	9	Metabolism and Energy Balance	Ch. 6
		<b>Due October 11th: 3-day food record and computer printout</b>	
	16	Weight Control Diabetes	Ch. 7 Ch. 20
		<b>Midterm reports sent to your student portal between Oct 15th – Nov 18th</b>	
	23	Vitamins	Ch. 9
	30	Minerals and Hypertension	Ch. 21
Nov	6	Trace minerals and Water	Ch. 9
	13	<b>Exam II</b> Later Adulthood	Ch. 12
		<b>(Note! November 18th is the last day to drop with a “W”)</b>	
	20	Pregnancy and Infancy Childhood	Ch. 10 Ch. 11

<b>Nov</b>	27	Nutrition Assessment	Ch. 13
		Nutrition Support	Ch. 15
		<b>Due November 27th: Complete Diet Analysis Project</b>	

<b>Dec</b>	4	Malabsorptive Problems	Ch. 18
		Wasting Syndromes	Ch. 23
		Metabolic & Respiratory Stress	Ch. 16
	11	Liver Disease	Ch. 19
		Renal Disease	Ch. 22

<b>Dec</b>	18	<b>Exam III (FINAL):</b>	<b>Tuesday <u>1:00-3:45 pm</u></b>
			<b>Room: 501T</b>

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