

FDNT 62 Nutrition and Diet Therapy

Section 1670

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.

Course Structure:

The lecture and associated quiz will be uploaded each week on TUESDAY. If there is an assignment or discussion for the week they will also be uploaded on TUESDAY. The due dates each week for these activities are:

Quiz: Due by Monday the following week at 11:59 pm

Discussion: First post due by Friday and response post to a fellow student due on Sunday.

Case study: Due by Monday the following week at 11:59 pm

There will be 2 midterms and a final:

Midterm 1 will be uploaded during week 6.

Midterm 2 will be uploaded during week 12.

The final will be uploaded the last day of class.

Instructor Contact

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I usually respond to emails/CANVAS inbox messages within 48 hours.