

Santa Rosa Junior College

FDNT 62: Nutrition and Diet Therapy

Fall 2019 – Section 0581

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

NOTE: This course may be taught in a format that combines multiple sections into one online course environment, or that allows students in one section to view or comment on the work of students in another section of the same course being taught by the same instructor. If you have any concerns about this, please contact your instructor for more details.

Prerequisites

Recommended: Eligibility for ENGL 100 or ESL 100 and Course Eligibility for MATH 150A

Instructor

Heather Haluska, MS, RDN

hhaluska@santarosa.edu

Office Hours – Online: TBD

-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.

Class Meetings

This is a fully online course. There are no in-person meetings.

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:

<https://rightsresponsibilities.santarosa.edu/academic-integrity>

Student Resources

- SRJC Distance Education homepage: <http://online.santarosa.edu/>
- SRJC Online Preparedness: <https://de.santarosa.edu/new-online-learning>
- SRJC Student Help Desk: <https://de.santarosa.edu/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://https://drd.santarosa.edu/>

Textbook & Supplies

The textbook for this course is: [Nutrition for Health and Healthcare, 7th edition by DeBruyne/Pinna. \(Thomson Wadsworth, 2020\).](#)

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). <http://www.bkstr.com/santarosastore/home/en>
- 2) Purchase online (eTextbook digital rental) at Course Smart: <https://www.vitalsource.com/products/nutrition-for-health-and-health-care-linda-kelly-debruyne-kathryn-v9780357390726>
- 3) Purchase direct from the publisher Thomson Wadsworth (paperback, rental, eBook, or eChapter): <https://www.cengage.com/c/nutrition-for-health-and-health-care-7e-debruyne/>
- 4) Text is on reserve at both libraries: QP143 .N894 2017

Diet Analysis Project:

You will need access to one of two different diet analysis programs. If you choose to purchase a new textbook you may get one bundled with it called **Diet & Wellness Plus**. If you obtain a used text, you can purchase the **Diet & Wellness Plus** online access code for \$30. Here is a link to the Cengage site:

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

The second option is to use the computer labs and the **Diet Analysis Plus** programs on those computers. Use of this program is FREE, but you must make sure you are able to save your work. On the Santa Rosa Campus it's available in the Business Computer Lab on the 2nd floor of Maggini Hall and in Petaluma it's available in the Petaluma computer lab.

Course Organization

This course is divided into eight modules.

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 Monday 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 15 points. Case studies are not timed.

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 2-3 paragraphs). In addition to the original student response, students must respond to at least two other student's post to foster and promote meaningful online discussion. A maximum of 10 points are available for each discussion board post (6 points for the original post/response and 4 points for the responses to another student). Posts are due by 11:59 pm on Monday 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 10 points. Students will have **60 minutes** to complete the quiz. All quizzes are due by 11:59pm on Monday. 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

Students will complete a diet analysis project intended to analyze the adequacy of their own diet. More information will be provided about this assignment later in the 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.

Grading

COMPONENT	POINTS	TOTAL POINTS
8 Case Study Assignments	15 points each	120 points total from assignments
8 Discussion Board Posts	10 points per post	80 points total from posts
8 Quizzes	10 points per quiz	80 points from quizzes
1 Diet Analysis Project	100 points per project	100 points from project
2 Exams	100 points per exam	200 points from exams
Total Possible Points		580 points

Final Grade

TOTAL POINTS	PERCENTAGE	FINAL GRADE
522-580 points	90-100%	A
464-521 points	80-89%	B
406-463 points	70-79%	C
348-405 points	60-69%	D
0-347 points	< 59%	F

Course schedule and due dates:

In Canvas, go to the “Modules” page, “Calendar”, or “Syllabus” in order to view the course schedule, weekly lecture and reading, and due dates for assignments, quizzes, and exams.

