

## FDNT62 - Nutrition & Diet Therapy (3 Units)

Spring 2020 Syllabus – Section 7040

Thurs 6:30-9:30pm 501T Plover Hall

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

**Instructor: Mari Morris, MAS, RD**

Office Hours:

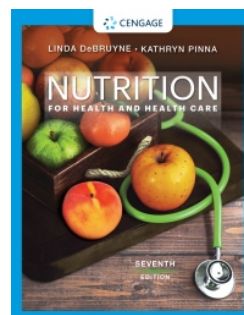
Tues & Thurs 5:30-6:30pm

501T Plover Hall

**\*\*Best way to contact me is via CANVAS\*\***

Phone: (707) 527-4999 Ext# 5386

E-mail: [mmorris@santarosa.edu](mailto:mmorris@santarosa.edu)



### Required texts and supplies:

- ***Nutrition for Health and Healthcare (7<sup>th</sup> Edition)*** by Whitney, DeBruyne, Pinna and Rolfes. Wadsworth, Cengage Learning ISBN# 9780357022467
- Diet and Wellness Plus – will discuss in class how to buy/access
- Scantron 882-E or equivalent, #2 pencils for all exams
- Calculator (in class and for exams)

### Course Objectives:

1. Recognize and explain factors influencing proper selection of food for nutrients and health.
2. Plan and evaluate acceptable daily food patterns in health and disease using food groups and exchange plans.
3. Examine the causes of nutritional deficiency diseases and over-“nutrition” diseases and recognize methods to control these disease conditions.
4. Recognize what is needed for valid nutrition information.

### Course Objectives (continued):

5. Assess the nutritional and emotional needs of a hospitalized patient. (Continued next page)
6. Identify factors that influence the nutritional requirements of healthy individuals and clients with altered physiological needs or disease.
7. Evaluate the risks and benefits of drug therapy and nutrient intake.
8. Examine the importance of allowing a patient's choices in dealing with food choices for health and well-being.

### Learning Activities:

Description	Points
8 Case Studies (25 points each)	200
Dietary Analysis Project	100
2 Midterm Exams (100 points each)	200
Final Exam (cumulative)	150
<b>TOTAL POINTS POSSIBLE</b>	<b>650</b>

### Grading Policy:

Your final grade will be assigned 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 and participation is required to do well in class. If you miss 2 or more consecutive classes you risk being dropped from the class. There is no reader; additional materials you may be tested on, as well as case studies, will be provided in class or on our CANVAS class page.
2. Complete required assignments on time (at beginning of class on the day they are due.) **No late assignments will be accepted.**
3. If you need to miss an exam PLEASE talk with me, **in person**, prior to the scheduled exam. **There is NO make up for the Final Exam.**
4. **Please turn off the ringer AND put your phones away in your bag during class. If you have extenuating circumstances to warrant a need to be connected, please speak to me before class.**
5. If you decide not to take this class, please consider speaking with me first. But it is fully **your responsibility** to drop the class through Admission & Records or online.
6. As a registered student in this course you are expected to follow the Santa Rosa Junior College Student Conduct Standards (<http://student-conduct.santarosa.edu/>)

## TENTATIVE LECTURE SCHEDULE

Note: Readings should be done prior to the lecture. Read the entire chapter indicated unless otherwise specified by page numbers.

\*\*Reading/Homework and dates are subject to change, please check Canvas for most current information.\*\*

Date		Topic	Reading/Homework Due
Jan	16	Course Outline & Introduction Nutrients/DRI, Myplate.gov	
	23	Digestion & Absorption Nutrition & Upper GI Tract Texture Modified Diets	Ch. 1, 2 & 17 <b>Due:</b> Case Study 1
	30	Carbohydrates Fiber Modified Diets	Ch. 3 & p400-406 <b>Due:</b> Case Study 2
<i>Feb 2<sup>nd</sup> last day to drop without a "W"</i>			
Feb	6	Lipids & Cardiovascular Disease	Ch. 4 & 21 <b>Due:</b> Case Study 3
<b><i>Feb 13<sup>th</sup> - NO CLASS – (Staff Development Day)</i></b>			
	20	Protein & High Protein Diets	Ch. 5 <b>Due:</b> Case Study 4, <b>Food Record &amp; Computer Analysis</b>
	27	<b>EXAM 1</b> Vegetarianism	
Mar	5	Metabolism, Weight Management	Ch. 6 & 7 <b>Due:</b> Case Study 5
	12	Diabetes & Water	Ch. 20 & p231-235
<b><i>Spring Break Mar 16-22 No Class</i></b>			
	26	Vitamins	Ch. 8 <b>Due:</b> Case Study 6
Apr	2	Vitamins & Minerals	p235-261
	9	Minerals & Hypertension	Ch. 21 & p597-601
	16	<b>EXAM 2</b> Later Adulthood <i>April 21<sup>st</sup> last day to drop with a "W"</i>	Ch. 12
<b><i>**Midterm Reports sent to anyone who is currently not passing the course**</i></b>			
	23	Pregnancy & Infancy Childhood	Ch. 10 & 11 <b>Due:</b> Case Study 7 & <b>Diet Analysis Project</b>
	30	Nutrition Assessment & Nutrition Support	Ch. 13 & 15 <b>Due:</b> Case Study 8
May	7	Malabsorption, Wasting Syndromes & Metabolic and Respiratory Stress	Ch. 16 & 18
	14	Liver Disease/Renal	Chapter 19 & 22
<b>May 21<sup>st</sup> - FINAL EXAM 6:30-9:30pm 501T Plover Hall</b>			