

# **DIET176 – Applied Nutrition Therapy**

## **Section 8155 – Course Syllabus**

### **Course Description**

Entry-level skills for Dietetic Technician, Registered, working with nutrition screening, assessment, development of nutrition care plans, and health-promoting client education and counseling. This course includes health history screening, consideration of drug-nutrient interactions, lab values, anthropometric data, conventional and alternative medicine options.

### **Student Learning Outcomes**

Upon completion of the course, students will be able to:

1. Demonstrate competency with entry-level skills for interviewing, screening, and assessing clients with nutrition-related needs.
2. Correctly interpret relevant elements of medical records and use dietary and lifestyle data from a client to write appropriate Nutrition Care Plans (NCP) for a client's general health promotion and disease risk reduction.
3. Work within the scope of practice for Dietetic Technician, Registered (DTR).
4. Appropriately refer clients needing the specialized help of a Registered Dietitian (RD), Speech Therapist, or other health professional.

### **Class Meetings**

There are five mandatory zoom meetings for this class.

They all fall on a Wednesday and start at 6:30 pm - (1/20, 2/17, 3/10, 4/7, 5/19)

The remainder of the class activities is asynchronous. Please refer to due dates listed on assignments and in each module overview.

### **Instructor Contact**

**Mari Morris**

Email: [mmorris@santarosa.edu](mailto:mmorris@santarosa.edu)

Phone: (707) 527-4999 Ext# 5386

Office Hours: Tuesdays 3-4 pm & Thursdays 5:30-6:30 pm Online – See canvas for link  
I respond to emails within 48 hours.

### **Course Web Site**

Students will use the Canvas course web site for assignment instructions, submitting assignments, viewing classmate's work, sharing resources, and viewing grades.

### **Textbook**

**Nutrition Therapy & Pathophysiology, 4th Edition.** Marcia Nelms and Kathryn P. Sucher.  
Cengage.

ISBN-13: 978-0-357-04171-0

ISBN-10: 0-357-04171-2

You can locate and order textbooks online via the [SRJC Bookstore](#). Note that if you want to pick your books up in Petaluma, you need to order them from the Petaluma Bookstore website.

**Choose Your Foods: Food lists for Diabetes** by the American Diabetes Association and Academy of Nutrition and Dietetics  
ISBN: 978-1-5840-780-0

### **Required Software**

You will need the following software for this course

- [Adobe Reader](#)
- [Open Office](#)

### **Important Dates**

Day Class Begins: 1/20/21

Day Class Ends: 5/28/21

Last Day to Add without instructor's approval: 1/26/21

Last Day to Add with instructor's approval: 2/7/21

Last Day to Drop without a 'W' symbol: 2/7/21

Last Day to Opt for Pass/No Pass: N/A

Last Day to Drop with a 'W' symbol: 4/27/21

### **Dropping the Class**

If you decide to discontinue this course, it is your responsibility to officially drop it to avoid getting no refund (after 10% of course length), a W symbol (after 20%), or a grade (after 60%). Also, for several consecutive, unexplained absences, the instructor may drop a student.

### **Instructor Announcements and Q&A Forum**

The instructor will post announcements on the "Instructor Announcements" page in Canvas throughout the semester. Canvas notifies students according to their preferred Notification Preferences as soon as the instructor creates an Announcement. A "Q&A Forum" is also on Canvas to ask for assistance of your classmates or of instructor.

### **Attendance**

Students who fail to attend the first class (zoom) or do not log-in to an online class after the second day of the semester will be dropped from the class. It is strongly advised that if you need to miss more than one class/homework deadline in a row that you contact me to avoid being dropped from the class.

### **Late Policy**

All assignments are due by 11:59pm on the due date. A late submission will receive a 20% penalty. Submissions more than one week late are not accepted without prior arrangement. Late work will not be graded unless student sends instructor an email with URL for late work.

### **Exams**

There will be two quizzes, two midterms and one final exam. The material comes from the textbook, class lectures and supplemental materials. If any exam is missed, a zero will be recorded as the score. It is your responsibility to take the online exams by the due date.

### **Grading Policy**

Visit the "Grades" in Canvas to keep track of your grades. I grade once a week and post grades and comments on the online Canvas gradebook.

Grades will be assigned as follows:

|   |     |                   |
|---|-----|-------------------|
| A | 90% | 452points or more |
| B | 80% | 402 to 451 points |
| C | 70% | 352 to 401 points |
| D | 60% | 301 to 351 points |

If taking Pass/No Pass you need at least 70% of the total class points and complete the midterm exam and the final exam to pass the class.

### 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. I encourage students to share information and ideas, but not their work. See these links on Plagiarism:

[SRJC Writing Center Lessons on avoiding plagiarism](#)

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

### Special Needs

Students with disabilities who believe they need accommodations in this class are encouraged to contact Disability Resources (527-4278), as soon as possible to better ensure such accommodations are implemented in a timely fashion.

### Schedule

If any changes are made to the class schedule during the semester, I will update this Schedule and post an Instructor Announcement on Canvas.

| Module   | Due Date | Activity   | Points Possible | Notes                  |
|----------|----------|--|-----------------|------------------------|
| Module 0 | Jan 20   | Discussion - Introduce yourself  | 3               | 1/20 at 6:30 pm – Zoom |
| Module 1 | Jan 25   | Discussion<br>Assignment 1   | 5<br>5          |                        |
| Module 2 | Feb 1    | Discussion<br>Case Study 1   | 5<br>15         |                        |
| Module 3 | Feb 8    | Discussion<br>Quiz   | 5<br>5          |                        |
| Module 4 | Feb 16   | Assignment 2 – Motivational Interviewing<br>Discussion                         | 5<br>5          |                        |
| Module 5 | Feb 22   | Video Activity– Flipgrid Cultural Diets<br>Discussion<br>Assignment 3 – Week 5 | 10<br>5<br>10   | 2/17 at 6:30 pm - Zoom |
|          | March 1  | Midterm 1  | 50              |                        |
| Module 6 | March 1  | Discussion   | 5               |                        |

| Module    | Due Date | Activity  | Points Possible | Notes                  |
|-----------|----------|---|-----------------|------------------------|
|           |          | Assignment 4 – Case Study: Interpreting Labs  | 10              |                        |
| Module 7  | March 8  | Discussion<br>Assignment 5 – Case Study: Diabetes<br>Quiz 2 – Estimating Carbohydrates                            | 5<br>10<br>15   |                        |
| Module 8  | March 15 | Discussion<br>Assignment 6 – Case Study: Diabetes 2   | 5<br>15         | 3/10 at 6:30 pm - Zoom |
| Module 9  | March 29 | Discussion<br>Assignment 7 – Case Study: CKD  | 5<br>15         |                        |
| Module 10 | April 5  | Discussion<br>Assignment 8 – Case Study: CVD  | 5<br>15         |                        |
| Module 11 | April 12 | Discussion – Case Study Proposal<br>Assignment 9 – Case Study: Enteral  | 5<br>10         | 4/7 at 6:30 pm - Zoom  |
|           | April 19 | Midterm 2   | 50              |                        |
| Module 12 | April 19 | Discussion –<br>Assignment 10 – Case Study: IBS   | 5<br>15         |                        |
| Module 13 | April 26 | Discussion<br>Assignment 11 – Case Study: Cancer  | 5<br>10         |                        |
| Module 14 | May 3    | Discussion<br>Assignment 12 – Case Study: Dementia  | 5<br>10         |                        |
| Module 15 | May 10   | Discussion – Dysphagia meal substitutions<br>Assignment 13 – Case Study: Older Adult                              | 5<br>10         |                        |
| Module 16 | May 17   | Group Case Study <ul style="list-style-type: none"> <li>• Video Presentation</li> <li>• Written Report</li> </ul> | 25<br>20        |                        |
| Module 17 | May 24   | Group Case Study <ul style="list-style-type: none"> <li>• Feedback</li> </ul>                                     | 5               | 5/19 at 6:30 pm - Zoom |
|           | By 5/28  | Final Exam  | 100             |                        |