Course Syllabus
Fall 2022
FDNT 62 Section 0347 Nutrition and Diet Therapy

Instructor: Heather Gilardi, MS, RDN
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Office Hours: Tuesdays from 1-2pm (online), and Wednesdays from 1:30-2:30pm (in person) or by appointment. For 1:1 questions, please email me, or we can set up a time to meet by zoom.

Important Notes about this class:

- All modules will be assigned on Wednesday mornings and will be due by 11:59pm on Tuesday evenings.
- Assignments or quizzes will automatically be closed at that time on the assigned due date.
- Your lowest quiz score will automatically be dropped.
- The Diet Analysis Project counts for 20% of your grade and is an important part of this class. More information will come out as Announcements to help you understand the expectations for the diet analysis project, and I will hold 2-3 optional zoom meetings to explain the project in greater detail.
- Check the Announcements frequently. This is where I'll post any pertinent information that comes up during the semester.
- There are no required zoom meetings for this course, but there will be periodic optional zoom meetings to explain assignments and answer questions. These meetings will be recorded, and it is mandatory that you watch the recordings if you are unable to attend the zoom meeting.

Required texts and supplies:

- Nutrition for Health and Healthcare 8th Edition by DeBruyne and Pinna, Wadsworth, Cengage Learning
- Diet and Wellness Plus program, access code (bundled with the text)
- Click here (Links to an external site.) for instructions on purchasing and accessing Diet and Wellness Plus if you did not purchase the bundle from the SRJC bookstore or paste this URL into your browser: https://www.cengage.com/c/diet-and-wellness-plus-1e-cengage/9781285856216PF/ (Links to an external site.)
- Please note you **do not** need to purchase Cengage Unlimited for this course. You need Diet and Wellness Plus 6 Months ISBN: 9781285856216, and cost is $32.

Student Learning Outcomes: *Upon completion of this course, students will be able to:*

- Determine nutritional adequacy of a given diet and make scientifically sound recommendations 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 expert for intervention, as appropriate.

Learning Activities: You will be expected to complete 1 module each week, for a total of 15 modules. Each module consists of an introduction, a power point presentation and other learning resources like videos or articles, learning activities and a quiz. The introduction to each module contains the assigned reading for that week and lists all assignments that are due for that week. New modules will be assigned every Wednesday morning, and all assignments and quizzes must be completed by the following Tuesday evening. You will also complete a 100-point Diet Analysis Project, and this project will be included in the weekly modules.

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

Grading is weighted as follows:

- Quizzes (15 total): 35% of overall grade
- Assignments (Case Studies and Graded Discussions): 35% of overall grade
- Diet Analysis Project: 20% of overall grade
- Final Exam: 10% of overall grade

Student Responsibilities:

- Complete each weekly module, including assigned reading and videos, learning activities and quizzes.
- **Late Homework:** Homework turned in 1 day after the due date will lose 10% of the available points; work turned in after 3 days will only be eligible for a C grade or pass (75% of the points available). No late discussions, notes, etc. will be accepted past the end of each module.
- **Late Projects:** Late Diet Analysis Projects turned in 1 day after the due date will lose 10% of the available points; formal projects or assignments turned in after 3 days will only be eligible for a C or pass (75% of the points available). No late formal projects will be accepted 1 week past the due date.
- If you decide not to take the class it is up to you to officially drop the class.
- As a registered student in this course you are expected to abide by the Santa Rosa Junior College Student Conduct Standards. Any student found in violation of these standards is subject to failing this course.

Weekly Schedule:
Aug 15-23: Week 1 Overview of Nutrition and Health
Aug 24-30: Week 2 Digestion and Absorption
Aug 31–Sep 6: Week 3 Carbohydrates
Sep 7-13: Week 4 Diabetes Mellitus
Sep 14-20: Week 5 Lipids
Sep 21-27: Week 6 Cardiovascular Disease
Sep 28-Oct 4: Week 7 Protein and Vegetarianism
Oct 5-11: Week 8 Vitamins and Vitamin Supplements (Spring Break is Mar 15-19)
Oct 12-18: Week 9 Fluids and Electrolytes, Minerals Weight Management
Oct 19-25: Week 10 Energy Balance, Body Composition Weight Management
Oct 26-Nov 1: Week 11 Weight Management
Nov 2-8: Week 12 Nutrition for Pregnancy, Infancy and Childhood
Nov 9-15: Week 13 Nutrition for Older Adults and Nutrition Care and Assessment
Nov 16-22: Week 14 Nutrition Intervention, Diet and Drug Interactions and Nutrition Support
Nov 23-Dec 6: Week 15 Lower GI Disorders and Probiotics + Nutrition for Cancer + Cooking Project
Dec 7-13: Final Exam