

Course Syllabus

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 Edit

DIET176, Applied Nutrition Therapy Section 5220 - Course Syllabus

Download: [Tentative Schedule - Activities/Topics](#)

<https://canvas.santarosa.edu/courses/70407/files/8521953?wrap=1>

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, and 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 weekly mandatory Zoom meetings for this class.

Tuesdays 4-6 PM Starting on 1/16 - See Tentative Schedule at top of the page for details

[Join Zoom Meeting](https://santarosa-edu.zoom.us/j/86071849838)  [_ \(https://santarosa-edu.zoom.us/j/86071849838\)](https://santarosa-edu.zoom.us/j/86071849838)

<https://santarosa-edu.zoom.us/j/86071849838>

Meeting ID: 860 7184 9838

Please refer to the due dates listed on assignments and in each module overview.

Instructor Contact

Mari Morris, MAS, RD

Email: mmorris@santarosa.edu

Phone: (707) 527-4999 Ext# 5386

Office Hours: Tuesdays 3 - 4 PM

[Join Zoom Meeting](https://santarosa-edu.zoom.us/j/86071849838)  [_ \(https://santarosa-edu.zoom.us/j/86071849838\)](https://santarosa-edu.zoom.us/j/86071849838)

I respond to emails within 48 hours.

Course Web Site

Students will use the Canvas course website for assignment instructions, submitting assignments, viewing classmates' work, sharing resources, and viewing grades.

Textbook and Materials

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](https://bookstore.santarosa.edu/).



[\(https://bookstore.santarosa.edu/\)](https://bookstore.santarosa.edu/) 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](http://get.adobe.com/reader/)  (<http://get.adobe.com/reader/>)
- [Open Office](https://www.openoffice.org/download/index.html)  (<https://www.openoffice.org/download/index.html>)

Important Dates

Date Class Begins:	1/16/2024	FIRST CENSUS DATE:	2/5/2024
Date Class Ends:	5/14/2024	Last Day Drop for Refund:	1/28/2024
Last Day Add w/o add code:	1/23/2024	Last Day Drop w/o W:	2/4/2024
Last Day Add with add code:	2/4/2024	Last Day Drop with W:	4/21/2024
Date Midterm Roster:	3/25/2024 - 4/21/2024	Last Day for P/NP option:	
Date Final Exam:	5/21/2024		

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 the course length), a W symbol (after 20%), or a grade (after 60%). Also, for several consecutive, unexplained absences or non-participation for two weeks, 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](https://canvas.santarosa.edu/courses/70407/discussion_topics/698125) (https://canvas.santarosa.edu/courses/70407/discussion_topics/698125)” is also on Canvas to ask for assistance from your classmates or instructor.

Attendance

Students who fail to log in to this course 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 at 11:59 pm on the due date. 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 the student sends the instructor a message.

Exams

There will be two midterms and one final exam. The material comes from the textbook, class lectures/modules, and supplemental materials. If an 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. \(https://canvas.santarosa.edu/courses/70407/grades\)](https://canvas.santarosa.edu/courses/70407/grades)

Grades will be assigned as follows:

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

Standards of Conduct

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the Standards is the 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](https://student-conduct.santarosa.edu/). (<https://student-conduct.santarosa.edu/>)

Collaborating on or copying 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](http://srjcstaff.santarosa.edu/~jroyal/research/plagiarism/plagiarism.html)

(<http://srjcstaff.santarosa.edu/~jroyal/research/plagiarism/plagiarism.html>)

[SRJC's policy on Academic Integrity](http://www.boarddocs.com/ca/santarosa/Board.nsf/goto?open&id=A63TMC78051C) ↗ (<http://www.boarddocs.com/ca/santarosa/Board.nsf/goto?open&id=A63TMC78051C>)

Other Important Policies and Practices

Avoid Plagiarism Like the, er, Plague

Although most students have likely heard about plagiarism during their years of schooling, it still is prevalent in higher education.

The video below reviews what plagiarism is and how not to do it.

[Plagiarism: How to avoid it](http://www.youtube.com/watch?v=2q0NIWcTq1Y) ↗ (<http://www.youtube.com/watch?v=2q0NIWcTq1Y>)



(<http://www.youtube.com/watch?v=2q0NIWcTq1Y>)

This activity tests your knowledge of plagiarism (not graded): [Self-check: Plagiarism](http://www.canvas.com/object/reference/quizzes/i696b19c1010f6ed1b5e76a0cc2d518b2) (%24CANVAS_OBJECT_REFERENCE%24/quizzes/i696b19c1010f6ed1b5e76a0cc2d518b2)

Netiquette or Why Is It Harder to Be Polite Online?







Netiquette refers to using common courtesy in online communication. All members of the class are expected to follow netiquette in all course communications. Use these guidelines:

- Use capital letters sparingly. THEY LOOK LIKE SHOUTING.
- Forward emails only with a writer's permission.
- Be considerate of others' feelings and use language carefully.
- Cite all quotations, references, and sources (otherwise, it is plagiarism).
- Use humor carefully. It is hard to "read" tone; sometimes, humor can be misread as criticism or personal attack. Feel free to use emoticons like 😊 for a smiley face to let others know you are trying to be humorous.
- Use complete sentences and standard English grammar to compose posts. Write in proper paragraphs — review work before submitting it.
- Text speak, such as "ur" for "your" or "ru" for "are you" etc., is only acceptable when texting.

Disability Resources

Students with disabilities who believe they need accommodations in this class are encouraged to contact [Disability Resources \(527-4278\) \(https://drd.santarosa.edu/\)](https://drd.santarosa.edu/) as soon as possible to ensure better such accommodations are implemented in a timely fashion.

Course Summary:

Date	Details	Due
	 Overview - Week 1	to do: 12:01am
Tue Jan 16, 2024	 Discussion - Week 0 - Introduce yourself (https://canvas.santarosa.edu/courses/70407/assignments/1096579)	due by 3pm
	 Discussion - Week 1 (https://canvas.santarosa.edu/courses/70407/assignments/1096580)	due by 11:59pm
Mon Jan 22, 2024	 Knowledge Check (https://canvas.santarosa.edu/courses/70407/assignments/1096561)	due by 11:59pm
	 Overview - Week 2	to do: 11:59pm
	 Assignment 1 - Case Study: Nutrition Screening and Interviewing	due by 11:59pm

Mon Jan 29, 2024

<https://canvas.santarosa.edu/courses/70407/assignments/1096581>**Discussion - Week 2**<https://canvas.santarosa.edu/courses/70407/assignments/1096578>

due by 11:59pm

Fri Feb 2, 2024

**Ground Rules / Class Norms**

to do: 11:59pm

**Discussion - Week 3**<https://canvas.santarosa.edu/courses/70407/assignments/1096577>

due by 11:59pm

Mon Feb 5, 2024

**Quiz 1 - Week 3 - Medical Terminology**<https://canvas.santarosa.edu/courses/70407/assignments/1096557>

due by 11:59pm

**Overview - Week 4**

to do: 11:59pm

Mon Feb 12, 2024

**Assignment 2 - Week 4 (Motivational Interviewing)**<https://canvas.santarosa.edu/courses/70407/assignments/1096556>

due by 11:59pm

**Discussion - Week 4**<https://canvas.santarosa.edu/courses/70407/assignments/1096576>

due by 11:59pm

Tue Feb 13, 2024

**Video Activity: Week 5 - Flipgrid Cultural Diets**<https://canvas.santarosa.edu/courses/70407/assignments/1096597>

due by 4:30pm

**Content - Week 5 - Lecture Recording**

to do: 6:29pm

Tue Feb 20, 2024

**Assignment 3 - Week 5**<https://canvas.santarosa.edu/courses/70407/assignments/1096586>

due by 11:59pm


**Discussion - Week 5**<https://canvas.santarosa.edu/courses/70407/assignments/1096575>

due by 11:59pm

Mon Feb 26, 2024

**Midterm Exam 1**<https://canvas.santarosa.edu/courses/70407/assignments/1096562>


due by 11:59pm

 [Assignment 4 - Case Study:
Interpreting Labs](https://canvas.santarosa.edu/courses/70407/assignments/1096587) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096587>)

Fri Mar 1, 2024

 [Discussion - Week 6](https://canvas.santarosa.edu/courses/70407/assignments/1096574) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096574>)

 [Assignment 5 - Case Study:
Diabetes](https://canvas.santarosa.edu/courses/70407/assignments/1096588) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096588>)

 [Assignment 6 - Case Study:
Diabetes 2](https://canvas.santarosa.edu/courses/70407/assignments/1096589) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096589>)

 [Discussion - Week 7](https://canvas.santarosa.edu/courses/70407/assignments/1096573) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096573>)

Mon Mar 4, 2024


 [Discussion - Week 8](https://canvas.santarosa.edu/courses/70407/assignments/1096572) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096572>)

 [Quiz 2 - Week 7 - Estimating
Carbohydrates](https://canvas.santarosa.edu/courses/70407/assignments/1096563) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096563>)

 [Quiz 2: Estimating
Carbohydrates](https://canvas.santarosa.edu/courses/70407/assignments/1096558) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096558>)

Tue Mar 5, 2024

 [Discussion - Week 9](https://canvas.santarosa.edu/courses/70407/assignments/1096571) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096571>)

 [Assignment 7 - Case Study:
CKD](https://canvas.santarosa.edu/courses/70407/assignments/1096590) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096590>)

Mon Mar 18, 2024

 [Post Exam Survey Extra
Credit](https://canvas.santarosa.edu/courses/70407/assignments/1096596) due by 11:59pm
(<https://canvas.santarosa.edu/courses/70407/assignments/1096596>)

Mon Mar 25, 2024



[Discussion - Week 10](https://canvas.santarosa.edu/courses/70407/assignments/1096570)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096570>)

due by 11:59pm

Tue Mar 26, 2024



[Content - Watch BEFORE our Zoom 4/5](#)

to do: 4pm

Tue Apr 2, 2024



[Assignment 8 - Case Study: CVD](https://canvas.santarosa.edu/courses/70407/assignments/1096591)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096591>)

due by 11:59pm



[Assignment 9 - Case Study: Enteral Nutrition](https://canvas.santarosa.edu/courses/70407/assignments/1096592)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096592>)

due by 11:59pm

Tue Apr 9, 2024



[Discussion - Week 11 - Case Study Proposal](https://canvas.santarosa.edu/courses/70407/assignments/1096569)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096569>)

due by 11:59pm

Wed Apr 10, 2024



[Assignment 10 - Case Study: IBS](https://canvas.santarosa.edu/courses/70407/assignments/1096582)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096582>)

due by 11:59pm



[Discussion - Week 12](https://canvas.santarosa.edu/courses/70407/assignments/1096568)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096568>)

due by 11:59pm

Mon Apr 15, 2024



[Discussion - Week 13](https://canvas.santarosa.edu/courses/70407/assignments/1096567)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096567>)

due by 11:59pm



[Midterm Exam 2](https://canvas.santarosa.edu/courses/70407/assignments/1096560)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096560>)

due by 11:59pm

Tue Apr 16, 2024



[Assignment 11 - Case Study: Cancer](https://canvas.santarosa.edu/courses/70407/assignments/1096583)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096583>)

due by 11:59pm

Mon Apr 22, 2024



[Discussion - Week 14](https://canvas.santarosa.edu/courses/70407/assignments/1096566)

(<https://canvas.santarosa.edu/courses/70407/assignments/1096566>)

due by 11:59pm

Fri Apr 26, 2024

**Assignment 12 - Case Study:****Dementia**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096584>**Assignment 13 - Case Study:****Older Adult - Now Extra Credit**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096585>

Mon Apr 29, 2024

**Discussion - Week 15**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096565>**Overview: Group Case Study****Feedback and Final Exam**

to do: 11:59pm

Preparation

Wed May 1, 2024

**FDNT10 Lecture 15:****Alcohol/Caffeine**

to do: 11:59pm

**Case Study Presentation**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096564>

Fri May 3, 2024

**Flipgrid - Case Study Group****Presentation**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096594>

Fri May 10, 2024

**Group Case Study Report**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096595>

Fri May 17, 2024

**Final Exam**

due by 11:59pm

<https://canvas.santarosa.edu/courses/70407/assignments/1096559>**Extra Credit - Report any****errors**<https://canvas.santarosa.edu/courses/70407/assignments/1096593>