



**Diet and Nutrition for Allied Health Sciences/  
ALHS 1060  
COURSE SYLLABUS  
Spring 2016**

**Semester:** Spring 2016

**Course Title:** Diet and Nutrition for Allied Health Science

**Course Number:** ALHS 1060

**Credit Hours/ Minutes:** 2/1500

**Class Meets:** Tuesday & Thursday 9:00-10:00am

**Class Location:** Gillis Medical Building, 618

**CRN:** 20220

**Instructor:** Angie Headley, RN

**Office Hours:** 7:30 to 8:30, then 3:30 – 5:00

**Office Location:** Gillis Medical Building, 715

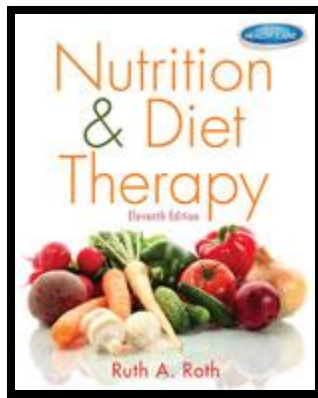
**Phone:** 478-289-2249

**Fax Number:** 912-538-3106

**Tutoring Hours:** Speak with course instructor to schedule

**REQUIRED TEXT:** Nutrition and Diet Therapy, 11<sup>th</sup> Edition, by Ruth Roth

**\*\*Previous editions of this text are not to be used in this course.**



**REQUIRED SUPPLIES & SOFTWARE:** Paper, pen, pencil, & highlighter, recorder strongly recommended, power points are available on the M drive.

**COURSE DESCRIPTION:** A study of the nutritional needs of the individual. Topics include: nutrients, standard and modified diets, nutrition throughout the lifespan, and client education.

**MAJOR COURSE COMPETENCIES:**

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1. Nutrients                         | 3. Client Education            |
| 2. Nutrition Throughout the Lifespan | 4. Standard and Modified Diets |

**PREREQUISITE(S):** Program Admission

**COURSE OUTLINE:**

**Nutrients**

1. Describe the food guide pyramid and the daily amounts needed.
2. Identify the source and functions of foods and nutrients in maintaining good health.
3. Identify food fallacies.
4. Describe the clinical signs of good nutritional status.
5. Identify the energy producing nutrients including their fuel value.
6. Calculate the energy needs of an individual based on age, sex, activity level, and health status.
7. Discuss the results of over or under consumption of kilocalories.
8. Identify the functions, sources, RDA, and classifications of carbohydrates.
9. Discuss the function of fiber including food sources.
10. Identify the functions, sources, RDA, and classifications of fats.

11. Explain the difference between saturated and unsaturated fatty acids including food sources.
12. Identify the functions, sources, RDA, and classifications of proteins.
13. Compare the effects on health of inadequate or excessive protein intake.
14. Discuss the general functions and classifications of vitamins.
15. Identify the functions, sources, RDA, and deficiency states of fat and water soluble vitamins.
16. Identify the function, sources, RDA, and deficiency states of both major and trace minerals.
17. Discuss the function, requirements, movement, and distribution of water in the body.
18. Describe mechanical and chemical digestion.
19. Describe the pathway of nutrients and the digestive processes that occur in the mouth, stomach, small intestine, and large intestine.
20. Develop a menu that includes variety and is nutritionally balanced.
21. Describe the appropriate methods for handling, storing, processing, and preparing food to conserve nutrients.
22. Promote food habits and cultural diversity by altering a standard diet to accommodate the individual.

### **Nutrition throughout the Lifespan**

1. Identify the nutritional needs for the infant, child, pregnant, lactating, and aged individual.

### **Client Education**

1. Demonstrate client education as it relates to nutrition and diet therapy.

### **Standard and Modified Diets**

1. Define the principles of diet therapy.
2. Explain the objectives of diet therapy.
3. Identify general and special diets.
4. Serve the correct diet, appropriately, to the client.

**GENERAL EDUCATION CORE COMPETENCIES:** STC has identified the following general education core competencies that graduates will attain:

1. The ability to utilize standard written English.
2. The ability to solve practical mathematical problems.
3. The ability to read, analyze, and interpret information.
4. The ability to utilize basic computer skills.

All students pursuing a degree, a diploma, or a Technical Certificate of Credit with a General Education component will be required to pass the General Education Competency Exams prior to graduation.

**STUDENT REQUIREMENTS:** Students are expected to complete all tests and daily assignments on the specified date. You must have your text books by the end of the first week. There will be no copies available. Students are responsible for policies and procedures in student catalog/handbook.

**A final unit test average of 70 or higher is required to sit for the final (grades will not be rounded up, example 69.9 will not be rounded to 70). If the student has below a 70 average, the student will not be able to take the final and will receive a grade of zero for the final exam. The zero will be average into the overall course grade.**

**MAKEUP GUIDELINES FOR TESTS:** In the event of an excused absence on an exam day, the student will be allowed to make-up one exam (excluding the final exam) which will be given at the discretion of the instructor. A grade of "0" will be given to all subsequent exams missed. The make-up exam may or may not be the same as the original exam. It may also be a different test format. Failure to show up for a make-up exam results in a grade of zero.

An excused absence is jury duty, military duty, court duty, or required job training. Other excused absences may also include illness, hospitalization or a death in the student's immediate family. Official, written documentation such as a subpoena or a doctor's excuse must be provided by the student prior to taking the make-up exam. The instructor reserves the right to refuse for the student to take the make-up exam based on the merit of the documentation.

**NO EXTRA CREDIT OR BONUS POINTS WILL BE GIVEN. NO EXAM GRADES ARE DROPPED.**

**STUDENT SUPPLEMENTARY MATERIALS & COURSEMATE:** Nutrition and Diet Therapy, 11<sup>th</sup> edition, by Roth comes with access to free online student supplementary materials and COURSEMATE. Pages xxii and xxiii in the front of the textbook will provide student's with instructions for accessing the resources. You will need the access card/code purchased with the textbook to access COURSEMATE. To reinforce information taught in this course, students are encouraged to use the online resources provided with the textbook.

**STC ATTENDANCE POLICY:** It is essential that educational programs maintain requirements and standards necessary for successful employment of its graduates in business and industry. In view of the intensive nature of the educational programs, it is necessary for every student to be present and on time every day for all classes.

Attendance is counted from the first scheduled class meeting of each semester. To receive credit for a course a student must attend at least 90% of the scheduled instructional time. All work missed due to tardiness or absences must be made up at the convenience of the instructor. Any student attending less than the required scheduled instructional time as noted on each syllabus will receive a "W" for the course if removed from the course on or before the 65% date of the semester. After the 65% date, any student who has maintained a passing grade within a course will receive a "WP" for the course when attending less than the required scheduled instructional time as stated on each course syllabus. If, however, the student has not maintained a passing grade, he or she will receive a "WF" for the course. Tardy means arriving after the scheduled time for instruction to begin. Early departure means leaving before the end of the scheduled time. Three (3) tardies or early departures equal one (1) absence for the course involved.

**TRADITIONAL ATTENDANCE ADDENDUM:** This class will meet for a total of 2 days per week for 15 weeks; therefore, a student may miss no more than 4 days during the semester.

**SPECIFIC ABSENCES:** Provisions for Instructional Time missed because of documented absences due to jury duty, military duty, court duty, or required job training will be made at the discretion of the instructor.

**SPECIAL NEEDS ADDENDUM:** *Students with disabilities who believe that they may need accommodations in this class based on the impact of a disability are encouraged to contact Jan Brantley, Building One office 1208 Swainsboro Campus, 478-289-2274, or Helen Thomas, Room 108 Vidalia Campus, 912-538-3126, to coordinate reasonable accommodations.*

#### **PREGNANCY**

Southeastern Technical College does not discriminate on the basis of pregnancy. However, we can offer accommodations to students who are pregnant that need special consideration to successfully complete the course. If you think you will need accommodations due to pregnancy, please advise me and make appropriate arrangements with the Special Needs Office. Swainsboro Campus: Jan Brantley (478) 289-2274 -- Vidalia Campus: Helen Thomas Room 108 (912) 538-3126.

**ACADEMIC DISHONESTY POLICY:** The STC Academic Dishonesty Policy states *All forms of academic dishonesty, including but not limited to cheating on tests, plagiarism, collusion, and falsification of information, will call for discipline.* The policy can also be found in the *STC Catalog and Student Handbook.*

#### **Procedure for Academic Misconduct**

The procedure for dealing with academic misconduct and dishonesty is as follows:

##### **--First Offense--**

Student will be assigned a grade of "0" for the test or assignment. Instructor keeps a record in course/program files and notes as first offense. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus. The Registrar will input the incident into Banner for tracking purposes.

##### **--Second Offense--**

Student is given a grade of "WF" for the course in which offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of second offense. The Registrar will input the incident into Banner for tracking purposes.

##### **--Third Offense--**

Student is given a grade of "WF" for the course in which the offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of second offense. The Vice President for Student Affairs, or designee, will notify the student of suspension from college for a specified period of time. The Registrar will input the incident into Banner for tracking purposes.

**STATEMENT OF NON-DISCRIMINATION:** Southeastern Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, gender, religion, disability, age, disabled veteran, veteran of Vietnam Era or citizenship status, (except in those special circumstances permitted or mandated by law). This school is in compliance with Title VI of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, or national origin; with the provisions of Title IX of the Educational Amendments of 1972, which prohibits discrimination

on the basis of gender; with the provisions of Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of handicap; and with the American with Disabilities Act (ADA).

**GRIEVANCE PROCEDURES:** Grievance procedures can be found in the Catalog and Handbook located on STC's website.

**ACCESS TO TECHNOLOGY:** Students can now access Angel, Remote Lab Access, Student Email, Library Databases (Galileo), and BannerWeb via the mySTC portal or by clicking the Current Students link on the STC website at [www.southeasterntech.edu](http://www.southeasterntech.edu).

**GRADING POLICY**

Chapter Exams	70%
Menu/Food Diary Assignment	5%
Final Exam	<u>25%</u>
	100%

**TCSG GUARANTEE/WARRANTY STATEMENT:**

*The Technical College System of Georgia guarantees employers that graduates of State Technical Colleges shall possess skills and knowledge as prescribed by State Curriculum Standards. Should any graduate employee within two years of graduation be deemed lacking in said skills, that student shall be retrained in any State Technical College at no charge for instructional costs to either the student or the employer.*

**GRADING SCALE**

- A: 90-100
- B: 80-89
- C: 70-79
- D: 60-69
- F: 0-59

**Evaluation Procedures:**

Students will be given written chapter examinations throughout the semester and 1 comprehensive final exam at the end of the semester.

**Each student's final course grade will be determined as follows:**

Average of Exams	x 0.70 =	+ _____
Menu/Food Diary Assignment	x 0.05 =	+ _____
Final Exam	x 0.25 =	+ _____
	=	_____
		Final Numerical Course Grade

**AHLS 1060 Diet and Nutrition for Allied Health Sciences**  
**Fall Semester 2015 Lesson Plan T/R 9-10 am**  
**Syllabus/Lesson Plan are subject to change at the discretion of the instructor**

<b>Date</b>	<b>Chap / Less</b>	<b>Content</b>	<b>Assignments &amp; Tests Due</b>	<b>Comp Area</b>
TUE 1/12/16	Ch 1	Introduction to Class and review syllabus/lesson plan Review Sample Menu/7-Day Food Diary Assignment Instructions Chap 1 The Relationship of Nutrition and Health	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 1/14/16	Ch 2	Chap 2 Planning a Healthy Diet	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 1/19/16	<b>Test 1</b>	<b>Test Chap 1-2</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 1/21/16	Chap 3	Chap 3 Digestion, Absorption, and Metabolism	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 1/26/16	<b>Test 2</b>	<b>Chap 3 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 1/28/16	Chap 4 Chap 5	Chap 4 Carbohydrates Chap 5 Lipids or Fats	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 2/2/16	<b>Test 3</b>	<b>Chapter 4-5 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 2/4/16	Chap 6-7	Chap 6 Proteins Chap 7 Vitamins	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND	CC 1,2,3,4 GC 1,2,3,4

			access supplementary materials and COURSEMATE	
TUE 2/9/16	<b>Test 4</b>	<b>Test Chap 6-7</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 2/11/16	Chap 8-9	Chap 8 Minerals Chap 9 Water	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 2/16/16	<b>Test 5</b>	<b>Chapters 8-9 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 2/18/16	Chap 10-11	Chap 10 Food Related Illnesses and Allergies Chap 11 Diet during Pregnancy and Lactation	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 2/23/16	<b>Test 6</b>	<b>Chapters 10-11 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 2/15/16	Chap 12-13	Chap 12 Diet during Infancy Chap 13 Diet during Childhood and Adolescence	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 3/1/16	<b>Test 7</b>	<b>Chapters 12-13 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 3/3/16	Chap 14-15	Chap 14 Diet during Young and Middle Adulthood Chap 15 Diet during Late Adulthood	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 3/8/16	<b>Test 8</b>	<b>Chapters 14-15 Test</b>	Read all chapters for test Complete all end of chapters activities	CC 1,2,3,4 GC 1,2,3,4

			Study for upcoming test AND access supplementary materials and COURSEMATE	
THU 3/10/16	Chap 16-17	Chap 16 Diet and Weight Control Chap 17 Diet and Diabetes Mellitus	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 3/15/16	<b>Test 9</b>	<b>Chapter 16-17 Test</b>	Read all chapters for test Complete all end of chapters activities  Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 3/17/16	Chap 18	Chap 18 Diet and Cardiovascular Disease	Read all chapters for test Complete all end of chapters activities  Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 3/22/16	<b>Test 10</b>	<b>Chapter 18 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 3/24/16	Chap 19	Chap 19 Diet and Renal Disease	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 3/29/16		<b>Spring Break</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 3/31/16		<b>Spring Break</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 4/5/16	<b>Test 11</b>	<b>Chapter 19 Test</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND	CC 1,2,3,4 GC 1,2,3,4

			access supplementary materials and COURSEMATE <b>(Reminder** Sample Menu and Food Diary Assignment It is worth 5% of your grade for the course)</b>	
THU 4/7/16	Chap 20-21	Chap 20 Diet and Gastrointestinal Problems Chap 21 Diet and Cancer	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
TUE 4/12/16	<b>Test 12</b>	<b>Chapters 20-21 Test Reminder: ** Sample Menu and Food Diary Assignment</b>	Read all chapters for test Complete all end of chapters activities Study for upcoming test AND access supplementary materials and COURSEMATE	CC 1,2,3,4 GC 1,2,3,4
THU 4/14/16	Chap 22 Chap 23	Chap 22 Diet and Clients with Special Needs Chap 23 Nutritional Care of Clients <b>Sample Menu Assignment due next class</b>	Read all chapters for test Complete all end of chapters activities Study for make-up test if applicable	CC 1,2,3,4 GC 1,2,3,4
TUE 4/19/16	<b>Test 13</b>	<b>Chapters 22-23 Test Sample Menu Assignment and 7-Day Food Diary DUE TODAY</b>	Review all previous chapters in preparation for comprehensive final exam	CC 1,2,3,4 GC 1,2,3,4
THU 4/21/16	Ch 1-12	Brief Review Chapters 1-12 for final exam Students can ask questions about previous information in preparation for final exam during this class-time. <b>**Make-up test today</b>		
TUE 4/26/16	Ch 13-23	Brief Review Chapters 13-23 for final exam Students can ask questions about previous information in preparation for final exam during this class-time.	Review all previous chapters in preparation for comprehensive final exam	CC 1,2,3,4 GC 1,2,3,4
TUE 4/28/16	<b>Final Exam</b>	<b>Comprehensive Final Exam</b>		CC 1,2,3,4 GC 1,2,3,4

**COURSE COMPETENCIES:** (CC)

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1. Nutrients                         | 3. Client Education            |
| 2. Nutrition Throughout the Lifespan | 4. Standard and Modified Diets |

**GENERAL EDUCATION CORE COMPETENCIES:** (GC)

STC has identified the following general education core competencies that graduates will attain:

1. The ability to utilize standard written English
2. The ability to solve practical mathematical problems.
3. The ability to read, analyze, and interpret information.
4. The ability to utilize basic computer skills.



### **Instructions for a Sample Menu Assignment**

(see lesson plan for due date)

1. Choose a diet from the Diet and Nutrition Textbook. For example Low Fat Diet, Low Sodium Diet, etc.
2. Then make out a menu including a sample breakfast, lunch, snack and a dinner meal for one day.
3. The meals should be well balanced and include the recommendations from my plate. For example if my plate recommends 3-5 servings of fruits and vegetable a day then your menu should include these servings.
4. You can use your textbook, my plate online, the Diabetic Association or another appropriate source.
5. The assignment must be typed. One page should be sufficient no more than two pages.
6. Label above the meal ex. Breakfast, Lunch, Snack, Dinner. Then list the selections under the heading.
7. Ex. Breakfast

1 boiled egg	77 calories
½ Grapefruit	80 calories
1 piece of White Toast	66 calories
1 cup of decaf coffee black	2 calories
8. Double Space after each meal.
9. List the calories next to each item and give the total amount of calories for the day at the bottom of the menu. Do not forget to list all beverages, points will be deducted if not.

### **Instructions for 7-day Food Diary**

Keep a food diary for 7 days and write down everything you have to eat and drink. Place the calories next to each item and total your daily caloric intake. Turn your diary in typed in the format of your sample menu as instructed above. What did you learn? Helpful Hint\*\* (my fitness pal is a wonderful app if you have a smartphone and is also available free on the internet to keep track of all your intake.) It also has a printable option. I prefer you just print your complete 7 day diary and turn it in. It also has a breakdown of carbs, cholest., protein, etc. You may do your Sample Menu the same way, just look up the foods allowed for ex, a low cholesterol diet and plug them into the my fitness pal and print off.

### **Grading Rubric**

**Sample menu breakfast/lunch/snack/dinner** – each worth a maximum of 7.5 points for a maximum grand total of 30 points

**Food Diary**- each day is worth a maximum of 10 points for a maximum grand total of 70 points

**\*\*\*20 Points will be deducted for each day it is late.**

**Combined total maximum grade= 100 points (worth 5% of final ALHS 1060 grade)**

<b>Sample Menu</b>	<b>Maximum points for each</b>
Breakfast	7.5
Lunch	7.5
Snack	7.5
Dinner	7.5

**Maximum Total: 30**

<b>Food Diary</b>	<b>Maximum points for each day</b>
Day 1	10
Day 2	10
Day 3	10
Day 4	10
Day 5	10
Day 6	10
Day 7	10

**Maximum Total: 70**

**Combined total maximum grade= 100 points (Worth 5% of final ALHS 1060 grade)**