



ALHS 1060 Diet and Nutrition for Allied Health Sciences

COURSE SYLLABUS

Fall Semester 2017

COURSE INFORMATION

Credit Hours/Minutes: 2/1500
Class Location: Building 8, Room 8164
Class Meets: Tuesday and Thursday 9:30 am to 10:30 pm
CRN: 20253

INSTRUCTOR CONTACT INFORMATION

Instructor Name: Joanna W. Bell, BSN, RN
Office Location: Building 8, Office 8164
Office Hours: 3:00 pm to 6:30 pm
Email Address: jbell@southeasterntech.edu
Phone: 478-289-2201
Fax Number: 478-289-2249
Tutoring Hours: Please schedule an appointment during office hours.

REQUIRED TEXT

Williams' Basic Nutrition and Diet Therapy 15th edition, Staci Nix, ISBN 978-0-323-37731-7

REQUIRED SUPPLIES & SOFTWARE

Pen, pencil, paper, highlighter, notebook, and computer access are utilized for this course.

RECOMMENDED SUPPLIES AND SOFTWARE

Students are encouraged to activate Evolve Student Resources that comes with each textbook purchase. Computer access is required to utilize these resources. Instructions are included on the preface of the textbook.

Power Points

Power Points for this course can be accessed through Evolve Student Resources. Power points are also located 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

2. Nutrition Throughout the Lifespan
3. Client Education
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.

STUDENT REQUIREMENTS

Students are expected to complete all daily assignments as specified in the lesson plan. Students are expected to know the answers to the Chapter Review Questions at the end of each chapter.

ATTENDANCE GUIDELINES

Class attendance is a very important aspect of a student's success. Being absent from class prevents students from receiving the full benefit of a course and also interrupts the learning process. Southeastern Technical College considers both tardiness and leaving early as types of absenteeism. Responsibility for class attendance rests with the student. Regular and punctual attendance at all scheduled classes is required for student success. Students will be expected to complete all work required by the instructor as described in the individual course syllabus.

Instructors have the right to give unannounced quizzes/assignments. Students who miss an unannounced quiz or assignment will receive a grade of 0. Students who stop attending class, but do not formally withdraw, may receive a grade of F and face financial aid repercussions in upcoming semesters.

Instructors are responsible for determining whether missed work may be made up and the content and dates for makeup work is at the discretion of the instructor.

Students will not be withdrawn by an instructor for attendance; however, all instructors will keep records of graded assignments and student participation in course activities. The completion dates of these activities will be used to determine a student's last date of attendance in the event a student withdraws, stops attending, or receives an F in a course.

ADDITIONAL ATTENDANCE PROVISIONS FOR HEALTH SCIENCES

Requirements for instructional hours within Health Science and Cosmetology programs reflect the rules of respective licensure boards and/or accrediting agencies. Therefore, these programs have stringent attendance policies. Each program's attendance policy is published in the program's handbook and/or syllabus which specify the number of allowable absences. All provisions for required make-up work in the classroom or clinical experiences are at the discretion of the instructor.

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. Time and/or 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 (90%) may be dropped from the course as stated in the Withdrawal Procedure.

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.

For this class, which meets 2 days a week for 15 weeks, the maximum number of days a student may miss is 3 days during the semester.

SPECIAL NEEDS

Students with disabilities who believe that they may need accommodations in this class based on the impact

of a disability are encouraged to contact Helen Thomas, 912-538-3126, hthomas@southeasterntech.edu, to coordinate reasonable accommodations.

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.

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 Helen Thomas, 912-538-3126, hthomas@southeasterntech.edu.

WITHDRAWAL PROCEDURE

Students wishing to officially withdraw from a course(s) or all courses after the drop/add period and prior to the 65% portion of the semester (date will be posted on the school calendar) must speak with a Career Counselor in Student Affairs and complete a Student Withdrawal Form. A grade of "W" is assigned when the student completes the withdrawal form from the course.

Students who are dropped from courses due to attendance (see your course syllabus for attendance policy) after drop/add until the 65% point of the semester will receive a "W" for the course. Abandoning a course(s) instead of following official withdrawal procedures may result in a grade of 'F' being assigned.

After the 65% portion of the semester, the student will receive a grade for the course. (Please note: A zero will be given for all missed assignments.)

There is no refund for partial reduction of hours. Withdrawals may affect students' eligibility for financial aid for the current semester and in the future, so a student must also speak with a representative of the Financial Aid Office to determine any financial penalties that may be assessed due to the withdrawal. All grades, including grades of 'W', will count in attempted hour calculations for the purpose of Financial Aid.

Remember - Informing your instructor that you will not return to his/her course does not satisfy the approved withdrawal procedure outlined above.

GUIDELINES FOR MENU ASSIGNMENT

Students are encouraged to begin menu assignments early. Instructor feedback will be provided to student if assignments are turned in prior to due date as specified on the lesson plan/syllabus. 5 points will be deducted from each assignment per day if not turned in at beginning of class on due date. Assignments will not be accepted after second late day. Southeastern Technical College operates on a 4 day week including Monday, Tuesday, Wednesday, and Thursday. If the menu assignments are due on a Thursday, then assignments will not be accepted after Tuesday during the following week. Turning assignments in before due date or on due date will ensure that the student does not get deducted points for late submission.

7 Day Food Diary

Student will document food intake through myfitnesspal.com for 7 days. As food items are recorded into myfitnesspal.com, the program will automatically calculate caloric intake, carbohydrates, fats, proteins, cholesterol, sodium, sugars, and fiber. The student is to print the 7 day Food Diary and give to instructor on or before due date. This assignment due date can be found in the lesson plan/syllabus. Each day in the Food

Diary is worth a maximum of 10 points. A maximum of 70 points can be earned with the 7 Day Food Diary.

Sample Menu Assignment

Student will choose a diet from the textbook that he/she is interested in. Some examples include, but not limited to, are the Low Sodium diet and the Low Cholesterol diet. Student will create a one day menu plan that will include breakfast, lunch, dinner, and a snack. Student should be creative and implement concepts learned in the food guidance system, MyPlate as well as concepts learned throughout the course. The one day menu assignment should contain a minimum of 1200 kilocalories. This menu assignment is also recorded in myfitnesspal.com. A maximum of 30 points can be earned with the one day menu assignment. Student will print a copy of the menu assignment from myfitnesspal.com and give to instructor on or before due date as specified in the lesson plan/syllabus.

EXAMS

During an exam, students are required to place all textbooks and personal property on the counter located in the classroom. Students are to be seated with an empty seat between each student, if possible. No talking is allowed once the test begins. Students found with their cell phone or any other personal communication device during a test will be considered cheating and given a zero for the exam grade.

Exit Exam

A comprehensive final exam will be administered at the end of the semester as designated on the lesson plan. A chapter exam average must be at least a 70 to be eligible to take the final exam. If the student is not eligible to take the final exam, a grade of "0" will be recorded.

MAKEUP GUIDELINES (TESTS, QUIZZES, HOMEWORK, PROJECTS, ETC...)

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.

Any exceptions to the makeup guidelines for this class will require instructor approval and would only be allowed for exceptional circumstances.

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:

1. 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.

2. 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.

3. 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 third 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

The Technical College System of Georgia and its constituent Technical Colleges do not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, disabled veteran, veteran of the Vietnam Era, spouse of military member 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).

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies:

ADA/Section 504 - Equity- Title IX (Students) - OCR Compliance Officer	Title VI - Title IX (Employees) - EEOC Officer
Helen Thomas, Special Needs Specialist Vidalia Campus 3001 East 1 st Street, Vidalia Office 108 Phone: 912-538-3126 hthomas@southeasterntech.edu	Blythe Wilcox, Director of Human Resources Vidalia Campus 3001 East 1 st Street, Vidalia Office 138B Phone: 912-538-3147 bwilcox@southeasterntech.edu

GRIEVANCE PROCEDURES

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

ACCESS TO TECHNOLOGY

Students can now access Blackboard, 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](#).

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 POLICY

Assessment/Assignment	Percentage
Chapter Exams	70 %
Final Exam	25 %
7 Day Food Diary & One Day Menu Assignment	05 %

GRADING SCALE

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

7 DAY FOOD DIARY

Assignment	Maximum Points
Day 1	10
Day 2	10
Day 3	10
Day 4	10
Day 5	10
Day 6	10
Day 7	10

70 Points

ONE DAY MENU ASSIGNMENT

Assignment	Maximum Points
Breakfast	7.5
Lunch	7.5
Dinner	7.5
Snack	7.5

30 Points

ALHS 1060 Diet and Nutrition for Allied Health Science

FALL Semester 2017 Lesson Plan

DISCLAIMER STATEMENT

Instructor reserves the right to change the syllabus and/or lesson plan as necessary. The official copy of the syllabus is located inside the student's online course shell or will be given to student during face to face class time during the first day of the semester. The syllabus displayed in advance of the semester in a location other than the course student is enrolled in is for planning purposes only.

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
08-15-17 Tuesday	Chapter 1	Introduction to course, ALHS 1060 Review Menu Assignment Food, Nutrition, and Health	<ul style="list-style-type: none">• Set up account for myfitnesspal.com• Read Chapters 1 & 2• Set up account for Evolve Student Resources	1,2,3,4 a, b, c
08-17-17 Thursday	Chapter 1 Chapter 2	Food, Nutrition, and Health Carbohydrates	<ul style="list-style-type: none">• Complete chapter Review Questions at the end of the chapter• Study for Exam	1,2,3,4 a, b, c
08-22-17 Tuesday	Chapter 1 Chapter 2	Food, Nutrition, and Health Carbohydrates	<ul style="list-style-type: none">• Complete chapter Review Questions at the end of the chapter• Study for Exam	1,2,3,4 a, b, c
08-24-17 Thursday	Chapter 1 Chapter 2	Food, Nutrition, and Health Carbohydrates	<ul style="list-style-type: none">• Exam 1 (Chapters 1-2)• Read Chapters 3 & 4	1,2,3,4 a, b, c
08-29-17 Tuesday	Chapter 3	Fats	<ul style="list-style-type: none">• Complete chapter Review Questions at the end of the chapter• Study for Exam	1,2,3,4 a, b, c
08-31-17 Thursday	Chapter 4	Proteins	<ul style="list-style-type: none">• Complete chapter Review Questions at the end of the chapter• Study for Exam	1,2,3,4 a, b, c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
09-05-17 Tuesday	Chapter 3 Chapter 4	Fats Proteins	<ul style="list-style-type: none"> • Exam 2 (Chapters 3 & 4) • Read Chapters 5 & 6 	1,2,3,4 a, b, c
09-07-17 Thursday	Chapter 5 Chapter 6	Digestion, Absorption, and Metabolism Energy Balance	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
09-12-17 Tuesday	Chapter 5 Chapter 6	Digestion, Absorption, and Metabolism Energy Balance	<ul style="list-style-type: none"> • Exam 3 (Chapter 5 & 6) • Read Chapters 7 & 8 	1,2,3,4 a, b, c
09-14-17 Thursday	Chapter 7 Chapter 8	Vitamins Minerals	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
09-19-17 Tuesday	Chapter 7 Chapter 8	Vitamins Minerals	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
09-21-17 Thursday	Chapter 7 Chapter 8	Vitamins Minerals	<ul style="list-style-type: none"> • Exam 4 (Chapters 7 & 8) • Read Chapters 9, 10, & 11 	1,2,3,4 a, b, c
09-26-17 Tuesday	Chapter 9 Chapter 10	Water and Electrolyte Balance Nutrition During Pregnancy and Lactation	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
09-28-17 Thursday	Chapter 11	Nutrition During Infancy, Childhood, and Adolescence	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
10-03-17 Tuesday	Chapter 9 Chapter 10 Chapter 11	Water and Electrolyte Balance Nutrition During Pregnancy and Lactation Nutrition During Infancy, Childhood, and Adolescence	<ul style="list-style-type: none"> • Exam 5 (Chapters 9, 10, & 11) • Read Chapters 12 & 13 	1,2,3,4 a, b, c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
10-05-17 Thursday	Chapter 12	Nutrition for Adults: The Early, Middle, and Later Years	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
10-10-17 Tuesday	Chapter 13	Community Food Supply and Health	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
10-12-17 Thursday	Chapter 12 Chapter 13	Nutrition for Adults: The Early, Middle, and Later Years Community Food Supply and Health	<ul style="list-style-type: none"> • Exam 6 (Chapters 12 & 13) • Read Chapters 14 & 15 	1,2,3,4 a, b, c
10-17-17 Tuesday	Chapter 14 Chapter 15	Food Habits and Cultural Patterns Weight Management	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
10-19-17 Thursday	Chapter 14 Chapter 15	Food Habits and Cultural Patterns Weight Management	<ul style="list-style-type: none"> • Exam 7 (Chapters 14 & 15) • Read Chapters 16 & 17 	1,2,3,4 a, b, c
10-24-17 Tuesday 65 % Point	Chapter 16 Chapter 17	Nutrition and Physical Fitness Nutrition Care	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
10-26-17 Thursday	Chapter 16 Chapter 17	Nutrition and Physical Fitness Nutrition Care	<ul style="list-style-type: none"> • Exam 8 (Chapters 16 & 17) • Read Chapters 18 & 19 	1,2,3,4 a, b, c
10-31-17 Tuesday	Chapter 18 Chapter 19	Gastrointestinal and Accessory Organ Problems Coronary Heart Disease and Hypertension	<ul style="list-style-type: none"> • Complete chapter Review Questions at the end of the chapter • Study for Exam 	1,2,3,4 a, b, c
11-02-17 Thursday	Chapter 18 Chapter 19	Gastrointestinal and Accessory Organ Problems Coronary Heart Disease and Hypertension	<ul style="list-style-type: none"> • Exam 9 (Chapters 18 & 19) • Read Chapters 20 & 21 	1,2,3,4 a, b, c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
11-07-17 Tuesday	Chapter 20 Chapter 21	Diabetes Mellitus Kidney Disease	<ul style="list-style-type: none"> Complete chapter Review Questions at the end of the chapter Study for Exam 	1,2,3,4 a, b, c
11-09-17 Thursday	Chapter 20 Chapter 21	Diabetes Mellitus Kidney Disease	<ul style="list-style-type: none"> Complete chapter Review Questions at the end of the chapter Study for Exam 	1,2,3,4 a, b, c
11-14-17 Tuesday	Chapter 20 Chapter 21	Diabetes Mellitus Kidney Disease	<ul style="list-style-type: none"> Exam 10 (Chapters 20 & 21) Read Chapters 22 & 23 	1,2,3,4 a, b, c
11-16-17 Thursday	Chapter 22 Chapter 23	Surgery and Nutritional Support Nutrition Support in Cancer and HIV	<ul style="list-style-type: none"> Complete chapter Review Questions at the end of the chapter Study for Exam 7 Day Food Diary and One Day Menu Assignment Due Today at Beginning of Class 	1,2,3,4 a, b, c
11-21-17 Tuesday	Chapter 22 Chapter 23	Surgery and Nutritional Support Nutrition Support in Cancer and HIV	<ul style="list-style-type: none"> Exam 11 (Chapters 22 & 23) Study for Final Exam 	1,2,3,4 a, b, c
11-23-17 Thursday	HOLIDAY	HOLIDAYS (11-22 AND 11-23)	NO CLASS	1,2,3,4 a, b, c
11-28-17 Tuesday	Chapters 1-23	Make Up Missed Exam Day	<ul style="list-style-type: none"> Make Up Exam 	1,2,3,4 a, b, c
11-30-17 Thursday	Chapters 1-23	Final Exam Review	<ul style="list-style-type: none"> Study for Exam 	1,2,3,4 a, b, c
12-05-17 Tuesday	Chapters 1-23	Comprehensive Exam: Chapters 1-23	<ul style="list-style-type: none"> Final Exam 	1,2,3,4 a, b, c

Competency Areas:

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

General Core Educational Competencies

- a) The ability to utilize standard written English.
- b) The ability to solve practical mathematical problems.
- c) The ability to read, analyze, and interpret information.