



ALHS 1060 Diet and Nutrition for Allied Health Sciences

COURSE SYLLABUS

Fall Semester 2017

COURSE INFORMATION

Credit Hours/Minutes: 2/1500

Class Location: Johnson County High School

Class Meets: Monday, Tuesday, Wednesday, Thursday, Friday, 8:54 AM-9:42 AM

Class Meets: August 1, 2017 to September 28, 2017

CRN: 20366

INSTRUCTOR CONTACT INFORMATION

Instructor Name: John Wilder Page

Full Time Instructor Name: Joanna W. Bell, BSN, RN

Office Location: Building 8, Office 8164

Office Hours: 3:30 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

Nutrition and Diet Therapy, 10th edition by Ruth Roth.

REQUIRED SUPPLIES & SOFTWARE

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

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 5 days a week for 43 days, the maximum number of days a student may miss is 5 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 accessed 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

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. The one day menu assignment should contain a minimum of 1200 kilocalories. This menu assignment is also recorded in myfitnesspal.com.

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
8/1/17		Introduction to course, ALHS 1060 Review Menu Assignment	<ul style="list-style-type: none">• Set up account for myfitnesspal.com• Read Chapters 1 & 2	1,2,3,4 a, b, c
8/2/17	7-Day Food Diary and Menu Assignment	Set up account for myfitnesspal.com	<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
8/3/17	7-Day Food Diary and Menu Assignment	Set up account for myfitnesspal.com	<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
8/4/17	Chapter 1	The Relationship of Nutrition and Health	<ul style="list-style-type: none">• Read Chapters 3 & 4	1,2,3,4 a, b, c
8/7/17	Chapter 2	Planning a Healthy Diet	<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
8/8/17	Chapter 3	Digestion, Absorption, and Metabolism	<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
8/9/17	Chapter 4	Carbohydrates	<ul style="list-style-type: none"> • Study for Exam 	1,2,3,4 a, b, c
8/10/17		The Relationship of Nutrition and Health Planning a Healthy Diet Digestion, Absorption, and Metabolism Carbohydrates	<ul style="list-style-type: none"> • Exam 1 (Chapters 1-4) • Read Chapters 5-8 	1,2,3,4 a, b, c
8/11/17	Chapter 5	Lipids (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
8/14/17	Chapter 6	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
8/15/17	Chapter 7	Vitamins	<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
8/16/17	Chapter 8	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
8/17/17		Lipids (Fats) Proteins Vitamins Minerals	<ul style="list-style-type: none"> • Exam 2 (Chapters 5-8) • Read Chapters 9-12 	1,2,3,4 a, b, c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
8/18/17	Chapter 9	Water	<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
8/21/17	Chapter 10	Foodborne Illnesses and Allergies	<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
8/22/17	Chapter 11	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
8/23/17	Chapter 12	Nutrition During Infancy	<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
8/24/17		Water Foodborne Illnesses and Allergies Nutrition During Pregnancy and Lactation Nutrition During Infancy	<ul style="list-style-type: none"> • Exam 3 (Chapters 9-12) • Read Chapters 13-16 	1,2,3,4 a, b, c
8/25/17	Chapter 13	Nutrition for Children and Adolescents	<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
8/28/17	Chapter 14	Nutrition During Young and Middle Adulthood	<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
8/29/17	Chapter 15	Nutrition During Late Adulthood	<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
8/30/17	Chapter 16	Diet and Weight Control	<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
8/31/17		Nutrition for Children and Adolescents Nutrition During Young and Middle Adulthood Nutrition During Late Adulthood Diet and Weight Control	<ul style="list-style-type: none"> • Exam 4 (Chapters 13-16) • Read Chapters 17-20 	1,2,3,4 a, b, c
9/5/17	Chapter 17	Diet and Diabetes Mellitus	<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
9/6/17	Chapter 18	Diet and Cardiovascular 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
9/7/17	Chapter 19	Diet and Renal 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
9/8/17	Chapter 20	Diet and Gastrointestinal Problems	<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
9/11/17 65 % of Semester		Diet and Diabetes Mellitus Diet and Cardiovascular Disease Diet and Renal Disease Diet and Gastrointestinal Problems	<ul style="list-style-type: none"> • Exam 5 (Chapters 17-20) • Read Chapters 21-23 	1,2,3,4 a, b, c
9/12/17	Chapter 21	Diet and Cancer	<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
9/13/17	Chapter 22	Diet and Client With Special Needs	<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
9/14/17	Chapter 23	Nutritional Care of Clients	<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
9/15/17		Diet and Cancer Diet and Client With Special Needs Nutritional Care of Clients	<ul style="list-style-type: none"> • Exam 6 (Chapters 21-23) • 7 Day Food Diary and Menu Assignment Due • Study for Final Exam 	1,2,3,4 a, b, c
9/18/17	Chapters 1-23	Final Exam Review	<ul style="list-style-type: none"> • Study for Exam 	1,2,3,4 a, b, c
9/19/17	Chapters 1-23	Final Exam Review	<ul style="list-style-type: none"> • Study for Exam 	1,2,3,4 a, b, c
9/20/17	Chapters 1-23	Final Exam Review	<ul style="list-style-type: none"> • Study for Exam 	1,2,3,4 a, b, c
9/21/17	Chapters 1-23	Make Up Missed Exam	<ul style="list-style-type: none"> • Make Up Exam 	1,2,3,4 a, b, c
9/22/17	Chapters 1-23	Make Up Missed Exam	<ul style="list-style-type: none"> • Make Up Exam 	1,2,3,4 a, b, c
9/25/17	Chapters 1-23	Comprehensive Exam: Chapters 1-23	<ul style="list-style-type: none"> • Final Exam 	1,2,3,4 a, b, c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/26/17	Chapters 1-23	Comprehensive Exam: Chapters 1-23	• Final Exam	1,2,3,4 a, b, c
9/27/17	Chapters 1-23	Comprehensive Exam: Chapters 1-23	• Final Exam	1,2,3,4 a, b, c
9/28/17	Chapters 1-23	Comprehensive Exam: Chapters 1-23	• 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.