



ALHS 1060 Diet and Nutrition for Allied Health Sciences
COURSE SYLLABUS
Spring Semester 2018

COURSE INFORMATION

Credit Hours/Minutes: 2/1500

Class Location: 842

Class Meets: Tuesday and Thursday, 8:15-9:15am

Course Reference Number (CRN): 40221

INSTRUCTOR CONTACT INFORMATION

Instructor Name: Brooke Hinson, MSN, RN

Office Location: 707 Gillis Medical Building, Vidalia Campus

Office Hours: 3-5 Monday thru Thursday

Email Address: [Brooke Hinson \(bhinson@southeasterntech.edu\)](mailto:bhinson@southeasterntech.edu)

Phone: 912-538-3144

Fax Number: 912-538-3106

Tutoring Hours (if applicable): email instructor to set up appointment time

SOUTHEASTERN TECHNICAL COLLEGE'S (STC) CATALOG AND HANDBOOK

Students are responsible for all policies and procedures and all other information included in Southeastern Technical College's [Catalog and Handbook \(http://www.southeasterntech.edu/student-affairs/catalog-handbook.php\)](http://www.southeasterntech.edu/student-affairs/catalog-handbook.php).

REQUIRED TEXT

Williams' Basic Nutrition and Diet Therapy, 15th edition, author Staci Nix

REQUIRED SUPPLIES & SOFTWARE

Paper, pen, pencil, highlighter & Internet access. (Mozilla Firefox or Google Chrome are required browsers)

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

Southeastern Technical College 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 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.

A sample menu and 7 day food diary is a requirement for this course. See below for detailed instructions. Both documents are to be typed as a word document and submitted to the instructor by the due date listed on the lesson plan. This assignment counts for 5% of the course grade.

Evolve Student Resources

Students are required to take self-test (quizzes) for each chapter through Evolve. Self-tests count for 10% of the course grade.

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 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" (Failing 0-59) 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 PROVISIONS

Health Sciences

Requirements for instructional hours within Health Science 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 below 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. A tardy will be issued if a student has missed less than 20% of instructional class time. An automatic absence will be issued if the student misses greater than 20% of instructional class time. This averages out to 10 minutes per hour. For example, a class that meets from 9:00-11:30 will be considered absent if he/she is not in class by 9:30.

A student is allowed to miss a maximum of **3 days of class**. Students missing more than **3 days of class** will be dropped for exceeding the attendance policy or issued a grade if it is past the 65% mark.

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 \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126, 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 \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126.

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" (Withdrawn) 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 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.

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.
NO GRADES ARE DROPPED.

ACADEMIC DISHONESTY POLICY

The Southeastern Technical College Academic Dishonesty Policy states that 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 Southeastern Technical College 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" (Withdrawn Failing) 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:

American With Disabilities Act (ADA)/Section 504 - Equity- Title IX (Students) – Office of Civil Rights (OCR) Compliance Officer	Title VI - Title IX (Employees) – Equal Employment Opportunity Commission (EEOC) Officer
Helen Thomas, Special Needs Specialist Vidalia Campus 3001 East 1 st Street, Vidalia Office 108 Phone: 912-538-3126 Email: Helen Thomas	Blythe Wilcox, Director of Human Resources Vidalia Campus 3001 East 1 st Street, Vidalia Office 138B Phone: 912-538-3147 Email: Blythe Wilcox

American With Disabilities Act (ADA)/Section 504 - Equity- Title IX (Students) – Office of Civil Rights (OCR) Compliance Officer	Title VI - Title IX (Employees) – Equal Employment Opportunity Commission (EEOC) Officer
hthomas@southeasterntech.edu	bwilcox@southeasterntech.edu

ACCESSIBILITY STATEMENT

Southeastern Technical College is committed to making course content accessible to individuals to comply with the requirements of Section 508 of the Rehabilitation Act of Americans with Disabilities Act (ADA). If you find a problem that prevents access, please contact the course instructor.

GRIEVANCE PROCEDURES

Grievance procedures can be found in the Catalog and Handbook located on Southeastern Technical College’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 [Southeastern Technical College \(STC\) Website \(www.southeasterntech.edu\)](http://www.southeasterntech.edu).

TECHNICAL COLLEGE SYSTEM OF GEORGIA (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 Tests	65%
Evolve Self-Tests (quizzes)	10%
Final Exam	20%
Sample Menu/Food Diary	5%

GRADING SCALE

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

**ALHS 1060 Diet and Nutrition for Allied Health Sciences
Spring Semester 2018 Lesson Plan**

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
Week 1 1/9		Go over syllabus and lesson plan Go over STC policies Review Evolve Access Get books	Read Chapter 1 for next class Get Evolve account set up for next class	1-4 a-c
1/11	Chapter 1	Food, Nutrition, and Health Set up Evolve account for self-tests	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 2 1/16	Chapter 2	Carbohydrates	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
1/18	Chapter 3	Fats	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 3 1/23	Test Chapters 1-3	TEST	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
1/25	Chapter 4	Proteins	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 4 1/30	Chapter 5	Digestion, Absorption, Metabolism	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
2/1	Chapter 6	Energy Balance	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 5 2/6	Test Chapters 4-6	TEST	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
2/8	Chapter 7	Vitamins	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 6 2/13	Chapter 8	Minerals	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			book Study for test	
2/15	Chapter 9	Water and Electrolyte Balance	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 7 2/20	Test Chapters 7-9	TEST	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
2/22	Chapter 10	Nutrition during Pregnancy and Lactation	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 8 2/27	Chapter 11	Nutrition during Infancy, Childhood, and Adolescence	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
3/1	Chapter 12	Nutrition for Adults: The Early, Middle, and Later Years	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 9 3/6	Test Chapters 10-12	TEST	Read chapter Complete and print results for Evolve self-test	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			Complete chapter review questions in book Study for test	
3/8	Chapter 13	Community Food Supply and Health	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 10 3/13	Chapter 14	Food Habits and Cultural Patterns	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
3/15	Chapter 15	Weight Management	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 11 3/20	Test Chapters 13-15	TEST	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
3/22	Chapter 16	Nutrition and Physical Fitness	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 12 3/27	Chapter 17	Nutrition Care	Read chapter Complete and print	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			results for Evolve self-test Complete chapter review questions in book Study for test	
3/29	Chapter 18	Gastrointestinal and Accessory Organ Problems Sample Menu and Food Diary due next class	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week of April 3 Spring Break	Spring Break	Spring Break		
Week 13 4/10	Test Chapters 16-18	TEST Sample Menu and Food Diary due today	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
4/12	Chapter 19	Coronary Heart Disease and Hypertension	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
Week 14 4/17	Chapter 20	Diabetes Mellitus	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
4/19	Chapter 21	Kidney Disease	Read chapter Complete and print results for Evolve self-test	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			Complete chapter review questions in book Study for test	
Week 15 4/24	Test Chapters 19-21	TEST	Read chapter Complete and print results for Evolve self-test Complete chapter review questions in book Study for test	1-4 a-c
4/26	Chapter 22 Chapter 23	Surgery and Nutritional Support Nutritional Support in Cancer and HIV	Study for final exam	1-4 a-c
Week 16 5/1	Final Exam	Final Exam		1-4 a-c

Competency Areas: (will vary for each course/taken from state standards)

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.

This assignment has two parts. Both parts should be submitted TOGETHER in a single word document.

Part 1

Instructions for a Sample Menu Assignment

(see lesson plan for due date)

1. Choose a diet from the Diet and Nutrition Textbook or online. 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 and saved as a word document. (this will be emailed to instructor by the due date listed on the lesson plan)
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.

Part 2

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 copy them into a word document.

After completing the 7 day diary, write a paragraph summary of how you feel about what you ate and what you could do to eat healthier.

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 per day will be deducted for each day the assignment is late.**

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