



**Diet and Nutrition for Allied Health Sciences/  
ALHS 1060  
COURSE SYLLABUS  
SUMMER 2017- EVENING**

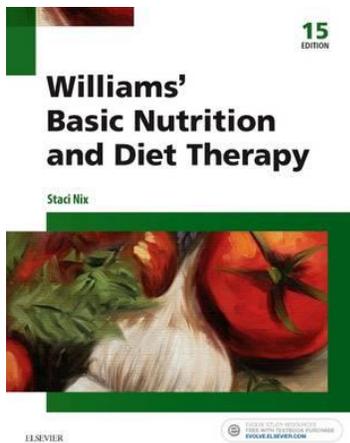
**Semester:** Summer 2017  
**Course Title:** Diet and Nutrition for Allied Health Science  
**Course Number:** ALHS 1060  
**Credit Hours/ Minutes:** 2/1500  
**Class Location:** 733  
**Class Meets:** Tuesday Evenings 5:30-8:20 /9 weeks  
**CRN:** 60212

**Instructor:** Brooke Hinson, RN, MSN  
**Email Address:** bhinson@southeasterntech.edu  
**Daytime Instructor:** Brooke Hinson, RN, MSN  
**Office Location:** Gillis Medical Building, 707  
**Office Hours:** M-R, 4-5pm, or call/email for appt.  
**Email Address:** bhinson@southeasterntech.edu  
**Phone:** 912-538-3144

**Fax Number:** 912-538-3106  
**Tutoring Hours:** Email instructor for appointment

**REQUIRED TEXT:**

- **Williams' Basic Nutrition and Diet Therapy, 15<sup>th</sup> edition, author Staci Nix**



**REQUIRED SUPPLIES & SOFTWARE:** Paper, pen, pencil, highlighter & Internet access. (Mozilla Firefox or Google Chrome are preferred browsers) The CourseMate code is also required to access online course content.

Note: Although students can use their smart phones and tablets to access their online course(s), exams, discussions, assignments, and other graded activities should be performed on a personal computer. Neither Blackboard nor GVTC provide technical support for issues relating to the use of a smart phone or tablet so students are advised to not rely on these devices to take an online 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.

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.

**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.

### **ADDITIONAL ATTENDANCE PROVISIONS**

#### ***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 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.

**For this class, which meets 1 day a week for 9 weeks, the maximum number of days a student may miss is 1 days during the semester.**

**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 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.

Abandoning a course(s) instead of following the 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 student's 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 purposes 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.

**MENU/FOOD DIARY:** See below for detailed instructions. Both documents are to be saved as a word document and submitted to the drop box by the due date listed on the lesson plan. This assignment counts for 5% of the course grade.

**MAKE-UP GUIDELINES:** There are no make-ups in this course. If you do not complete graded assignments by the due dates you will receive a grade of zero.

**NO GRADES ARE DROPPED.**

**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, Room 108 Vidalia Campus, 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 the Special Needs Office. 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 BLACKBOARD, Remote Lab Access, Student Email (Office 265), 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 Tests	60%
Self-Tests	15%
Menu/Food Diary Assignment	5%
Final Exam	<u>20%</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 Chapter Tests, self- tests(quizzes), and 1 comprehensive final exam at the end of the semester.

**AHLS 1060 Diet and Nutrition for Allied Health Sciences**  
**SUMMER Semester 2017 Lesson Plan**  
**Tuesday Evenings 5:30-8:20pm**  
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>
May 23		Get books Review STC Policies Review Syllabus/Lesson Plan Review Sample Menu and 7-Day Food Diary Assignment	Read Chapters 1-3 for next class Create "Evolve" account and access online resources	CC 1,2,3,4 GA 1, 2, 3
May 30	Chap 1 Chap 2 Chap 3	Chap 1 Food, Nutrition, and Health Chap 2 Carbohydrates Chap 3 Fats	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
June 6 (at home assignment)	Chap 4 Chap 5 Chap 6	Chap 4 Proteins Chap 5 Digestion, Absorption, and Metabolism Chap 6 Energy Balance	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
June 13	Chap 7 Chap 8 Chap 9	Chap 7 Vitamins Chap 8 Minerals Chap 9 Water	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
June 20	Chap 10 Chap 11 Chap 12	Chap 10 Nutrition during Pregnancy and Lactation Chap 11 Nutrition during Infancy, Childhood, and Adolescents Chap 12 Nutrition during Adulthood- Early, Middle, and Later Years	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
June 27	Chap 13 Chap 14 Chap 15	Chap 13 Community Food Supply and Health Chap 14 Food Habits and Cultural Patterns Chap 15 Weight Management	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3

		<b>Week of July 4</b>		
		<b>No Assignments this week</b>		
July 11	Chap 16 Chap 17 Chap 18	Chap 16 Nutrition and Physical Fitness Chap 17 Nutritional Care Chap 18 Gastrointestinal and Accessory Organ Problems	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
July 18	Chap 19 Chap 20 Chap 21	Chap 19 Coronary Heart Disease and Hypertension Chap 20 Diabetes Mellitus Chap 21 Kidney Disease  <a href="#"><u>Sample Menu and 7 Day Food Diary assignment due next class (July 25)</u></a>	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test"	CC 1,2,3,4 GA 1, 2, 3
July 25	Chap 22 Chap 23	Chap 22 Surgery and Nutritional Support Chap 23 Nutritional Support in Cancer and HIV	1. Read each chapter 2. Complete "Chapter Review Questions" 3. Access "Evolve" and complete self-test questions for each chapter 4. Complete "Chapter Test" 5. Review for Final Exam	CC 1,2,3,4 GA 1, 2, 3
August 1	<b>Final Exam All Chapters</b>	<b>Final Exam over all chapters</b>		CC 1,2,3,4 GA 1, 2, 3

**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.

**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. 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)**

<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
<p><i>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.</i></p>	

**Maximum Total: 70**

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