

Diet Therapy for Health Care Syllabus

HUN 2015 , Summer 2021, May 17 - June 18

Course & Instructor Information

Instructor: Roman Pawlak, Ph.D, RDN

Office Hours: By Appointment

Contact Hours: 15

Credits: 1

Course Description

This course is scheduled for students who wish to further investigate curriculum presented in The Principles of Nutrition (HUN1201).

Prerequisites

To be taken in conjunction with The Principles of Nutrition.

Textbook Information

There are no textbooks required for this course.

Measurable course Objectives

Measurable Course Objectives are outcomes, students are expected to achieve by the end of the course.

- Identify the forces that influence an individual's eating pattern.
- Demonstrate knowledge of the dietary goals and guidelines set for Americans by listing these guidelines and specifying ways to implement them into the planning of healthful diets.
- Analyze the nutritional adequacy of daily food intake by calculating the daily intake of specific nutrients and comparing them to an established standard and identifying alternative diet plans.
- Identify food myths, fads, and fallacies and why each is incorrect.

- Demonstrate understanding of how to read and interpret food labels.
- Explain how DRIs are developed and outline their role in healthful diet planning.
- Describe the process of digestion, absorption and metabolism. This includes identifying parts of the digestive system, describing the mechanical and enzymatic activities involved in digestion, and discussing the hormonal regulation of the digestive processes.
- Demonstrate a comprehension of carbohydrates, lipids, and protein by discussing their structure, classifications, function, and dietary sources. Identify the association between the three energy-yielding nutrients and disease.
- Demonstrate a comprehension of energy balance and weight control. Discuss prudent ways to manage body weight. Outline the association between abnormal body weight and selected co-morbidities.
- Demonstrate a comprehension of selected water-soluble and fat-soluble vitamins by describing their individual and collective functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate a comprehension of selected minerals by describing their functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate knowledge of nutritional requirements throughout the life cycle by listing the specific nutrient needs of pregnancy, lactation, infancy, childhood, adolescence, adult life, and in older adults.

Collegewide Student Learning Outcomes

The Collegewide Student Learning Outcomes assessed and reinforced in this course include the following:

- Knowledge of basic/introductory nutrition concepts
- Critical Thinking
- Scientific and Quantitative Reasoning

Attendance/Makeup Policy

The College recognizes the correlation between attendance and both student retention and achievement. Per College Policy 3.060 **Students are expected to attend all class meetings of all courses for which they are registered.**

You will be allowed to make up work for full credit only under extreme circumstances (such as a documented, serious health-related emergency).

Cheating will not be tolerated. This includes giving or receiving aid on a quiz or exam and plagiarizing the work of others (including your classmates). There will likely be homework that will allow for collaboration, but all work you turn in must be in your own

words.

Course Content

- One-credit assignment – June 14

You will have the opportunity to write a paper on a specific diet-related topic (a list of topics is found in a separate document. Include in your paper a background information about the topic along with at least the following information: prevalence, who is at risk, diagnosis, causes, symptoms, short and long-term complications, and the role diet/nutrient play in terms of prevention, management and treatment. Limit your to between 800 and 1000 words.

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = Below 60%

“A” grades are given for outstanding work. You are doing extremely well. The student has exceeded expectation.

“B” grades are given for above average work. You are doing very well. Improvements will be toward higher refinements of concept.

“C” grades are given for average work. You are meeting an acceptable level or expectation. Improvements will be towards acceptable levels of project requirements.

“D” grades are given for below average work. You are under-achieving in quality and/or motivation. Improvements will be towards acceptable level of project requirements.

“F” grades are given for failure. You are not reaching the expected level for college work. Improvements are to review goals, seek assistance and increase efforts.

Academic Integrity

As members of the Seminole State College of Florida community, students are expected to be honest in all of their academic coursework and activities.

plagiarism, misrepresentation and the unauthorized possession of examinations or other course-related materials, is prohibited.

Plagiarism is unacceptable to the college community. Academic work that is submitted by students is assumed to be the result of their own thought, research or self-expression. When students borrow ideas, wording or organization from another source, they are expected to acknowledge that fact in an appropriate manner. Plagiarism is the deliberate use and appropriation of another's work without identifying the source and trying to pass-off such work as the student's own. Any student who fails to give full credit for ideas or materials taken from another has plagiarized.

Students who share their work for the purpose of cheating on class assignments or tests are subject to the same penalties as the student who commits the act of cheating.

When cheating or plagiarism has occurred, instructors may take academic action that ranges from denial of credit for the assignment or a grade of "F" on a specific assignment, examination or project, to the assignment of a grade of "F" for the course. Students may also be subject to further sanctions imposed by the judicial officer, such as disciplinary probation, suspension or dismissal from the College