

Red Rocks Community College

Course Syllabus
HPR 108
Dietary Nutrition
Fall 2016

Class Dates: Oct. 1, 8, 15

Class Time: Saturday, 9:00am-2:00pm

Course Credit: 1 Semester Credit

Instructor: Ellen Speare
Director of Holistic Health Program
Nutritionist

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Course Description:

Studies the basic principles in clinical practice involved in the assistance of health care. The course will cover factors which influence the nutritional status of individuals, methods of nutritional assessment and support, and diet modification for specific disease states.

Course Objectives:

Provide basic nutrition information, necessary tools, and techniques to students in understanding nutrition as it relates to the health care profession.

Required Text:

Grodner, M., Anderson S.L., DeYoung, S. *Foundations and Clinical Applications of Nutrition, A Nursing Approach*, fourth Edition, C.V. Mosby, 2007

Course Objectives:

1. Describe the role of nutrition in health, wellness and disease prevention.
2. Recognize the health problems that are associated with high calorie/fat intakes.
3. Demonstrate knowledge of: Nutrients & their functions, Recommended Dietary Allowances (RDA's)
4. Identify the main organs of the digestive tract.
5. Differentiate mechanical and chemical digestion.
6. Explain the process of digestion, absorption and metabolism of: Carbohydrates, Proteins, and Fats.
7. Demonstrate prevention and treatment strategies for common GI disorders.
8. List fat soluble and water soluble vitamins.
9. Identify the function and food sources of vitamins.
10. Explain the difference between major and trace minerals.
11. Identify the function and food source of minerals.
12. Identify the functions of water in the body and factors affecting water requirement.
13. Explain the factors which affect energy requirement.
14. List the nutritional aspects for cancer prevention.
15. Describe the type of diet used for cancer patients.
16. List the three ways diabetes is managed.
17. Plan a menu using the diabetic exchange lists.

Grading:

The course grade will be determined as follows:

Attendance:	50 points	<u>Grading Scale</u>
Dietary Analysis	25 points	A= 100-90
Exam	25 points	B= 89-80
		C= 79-70
Total	100 points	D= 69-60
		F= <60

Diet Analysis

Use the site www.mydietanalysis.com

Record your diet for 5 days and analyze your diet compared to the DRI goals.

Create reports for **Actual intake vs. recommendations, DRI, My plate, and food intake** for all 5 days. Write a summary identifying your deficiencies or excesses and how you might change your diet to meet the requirements.

Special services:

Red Rocks

Community College in compliance with federal guidelines, is committed to equal educational opportunity by assuring otherwise qualified students with disabilities equal access to RRCC programs and activities that are provided to students without disabilities. An otherwise qualified person with a disability is a student who meets the academic and technical standards required for admission or participation in all educational programs and activities.

Eligibility

To ensure the provision of reasonable and appropriate services at Red Rocks, students with disabilities must identify themselves in a timely manner to the Office of Disability Services (ODS), Room 1182, Learning and Resource Center, 303-914-6733., in order to be eligible for the requested accommodation(s). Current and comprehensive documentation must be on file with the office prior to approval of the accommodation.

It is strongly encouraged that students self-disclose their disabilities at the beginning of their academic experience because accommodations are not retroactive.

RRCC will provide accommodations for qualified students with disabilities through communication with your instructor via an Accommodation Certificate and your conversation with me. To request accommodations, contact the Office of Disability Services. The Office of Disability Services located in the Learning and Resource Center (LARC) in Room 1185.

The Office of Disability Services also recruits volunteer and paid note takers to assist in providing this service to other students. Contact the office for more information.

Mandatory Reporting:

Our College is committed to preserving a safe and welcoming educational environment for all students. As part of this effort, I have an obligation to report certain issues relating to the health and safety of campus community members. I must report to the appropriate College officials any allegation of discrimination or harassment. Sexual misconduct, which includes sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, and sexual exploitation, is considered a form of discrimination.

In addition to reporting all discrimination and harassment claims, I must report all allegations of dating violence or domestic violence, child abuse or neglect, and/or credible threats of harm to yourself or others. Such reports may trigger contact from a College official who will want to talk with you about the incident that you have shared.

In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like more information, you may reach the Title IX/EO

Coordinator: **Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Coordinator, 303-914-6224 or Deborah.houser@rrcc.edu**

Reports to law enforcement can be made at the Red Rocks Campus Police Department behind the Welcome Desk at the Main Entrance or rrpd.dispatch@rrcc.edu at 303-914-6394.

If you would like a confidential resource, please contact **Deborah Houser, Assistant Director of Human Resources/Deputy Title IX Coordinator, 303-914-6224** or Deborah.houser@rrcc.edu

Further information may be found on the College web site: <http://www.rrcc.edu/human-resources/sexual-misconduct>

Class Schedule

Oct. 1

Wellness Nutrition, digestion, carbohydrates, and protein.

Film: digestive health

Chapters: 1, 3,4,6,

Oct. 8

Fats, vitamins and minerals, and gastrointestinal disorders.

Film: Ingredients

Chapters: 5,7,8,17

Oct. 15

Diabetes, cardiovascular, liver and gallbladder, special diets and cancer

Chapters: 18,19,20,22

Diet Analysis due in 1 week.

Exam: 25 points

Pot luck!!