

Red Rocks Community College

Course Syllabus
HPR 108
Dietary Nutrition
Fall 2011

Class Dates: Nov. 5, 12, 19

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

Course Credit: 1 Semester Credit

Instructor: Ellen Speare
Director of Holistic Health Program
Nutritionist

Office: 303-914-6623

Email: ellen.speare@rrcc.edu

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.
18. List the different types of kidney disease.

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 DVD Nutritrac that came with your book to record your diet for 3 days and analyze your diet compared to the DRI goals. Create reports for nutrients, DRI, USDA Pyramid, and spreadsheet for all three days. Write a summary identifying your deficiencies or excesses and how you might change your diet to meet the requirements.

Class Schedule

Nov. 5

Wellness Nutrition, digestion, carbohydrates, and protein.

Film: digestive health

Chapters: 1, 3,4,6,

Nov. 12

Fats, vitamins and minerals, water, and gastrointestinal disorders.

Film: Super Size Me

Diet Analysis Due

Chapters: 5,7,8,17

Nov. 19

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

Chapters: 18,19,20,22

Exam: 25 points