



# De Anza College

Nutrition 62G Fall 2017

*Dieting: Sifting Fact from Fiction* 1 unit



## Instructor

Anna Miller, MS., RD

## Phone

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## Email

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Write "NUTR 62G" in the subject line

## Office Hours

Tuesdays and Thursdays 4:15 - 5:15 pm  
Virtual office hours on Canvas: Fridays 8-10 am  
During the week of final exams, office hours are by appointment only.

## Office Location

SC 1210 (2<sup>nd</sup> floor of Building 2 of the Science Center). Use the phone outside the building door to call my extension (5576)

Welcome to Nutrition 62G. This class will undoubtedly affect the way you think about dieting and weight loss. We often have complex relationships with food and our body weight. I invite you to have an open mind as you explore the dynamic, powerful and meaningful topics in this course.

Cheers, *Anna*

**COURSE DESCRIPTION:** Causes of obesity; evaluation of popular weight control diets and programs and effective methods of weight loss.

**Note:** This course provides applicable information for the person who wants to lose weight or maintain weight loss. It also provides value to professionals such as personal trainers, coaches and nurses who work with people managing their weight.

This course resides on **Canvas**, accessible from MyPortal. The course becomes open to students on the Friday before the first day of the quarter.

**Prerequisites:** None

**Required Text:** *Thin for Life* by Anne Fletcher. 2003.

**Student Learning Outcome (SLO):** Analyze weight loss diets, programs and supplements, determining effective strategies for healthy and lasting weight loss.

## DO THESE 2 TASKS IN THE FIRST FEW DAYS OF THE QUARTER....OR ELSE YOU WILL BE DROPPED!

You must log onto the course on Canvas and complete the following 2 tasks by **noon on Friday** of the first week of the quarter: 1) Fill out a short questionnaire 2) Submit your first introductory post

⇒ **IMPORTANT:** *Students who have not completed all 3 tasks noon on Friday of the first week of the quarter will be dropped from the course on Friday.* Students who add the class have 3 days to do these tasks once they are registered.

## GRADING PROCEDURE

5 Online Quizzes (10 points each)	50 points
Assignment: Writing your Action Plan	20 points
Final Test	20 points
Participation	<u>10 points</u>
Total Possible Points	100 points

### ⇒ TAKE NOTE

*There will be no extra credit points offered in this class*

## Grading Scale

**A** = 90 –100 points    **B** = 80 – 89 points    **C** = 70 – 79 points    **D** = 60 69 points    **F** = <60 points

**Nutrition 62G is not a self-paced course.** Material, which becomes available each week of the first 6 weeks of the quarter, needs to be read within the time frame outlined in the course.

## ONLINE QUIZZES

6 online quizzes will be opened on Canvas for 1 week only, from Monday morning at 8 am until Sunday evening at 11:55 pm. See the Course Schedule (last page of this Course Syllabus) for the dates. One quiz score (the lowest score) will be dropped from your cumulative score. **There are no make-up quizzes.** If you miss one that is the score that is dropped. Mark your calendars to be fully aware of the dates and time that each quiz closes. The quizzes will be 10 questions, True/False and Multiple Choice. Students have one opportunity to take the quiz. The time limit for taking the quiz is 15 minutes.

### WHAT WILL EACH QUIZ COVER?

- QUIZ 1:** VL (Virtual Lecture) #1 and reading assignment for Week 1
- QUIZ 2:** VL #2 and reading assignment for Week 2
- QUIZ 3:** VL #3 and reading assignment for Week 3
- QUIZ 4:** VL #4 and reading assignment for Week 4
- QUIZ 5:** VL #5 and reading assignment for Week 5
- QUIZ 6:** VL #6 and reading assignment for Week 6

## FINAL TEST

The Final Test will be taken online. It will be open for 1 week. It will consist of 20 questions, True/False, & Multiple Choice. The questions will cover any and all topics in the course. The time limit for taking the final exam is 30 minutes. Students have one opportunity to take the test.

## ONLINE DISCUSSIONS

For Weeks 1-6 of the quarter, each week there will be 3 or more Discussion Topics posted. The Discussions will cover a wide range of topics related to weight issues and dieting. Students will submit posts and replies to classmates' posts. The Discussions are open for one week only. **Be aware of the deadlines to post for a given week.** (You will see the the deadline date for each week of Online Discussions, on Canvas.) The discussions provide opportunities for further learning and exploration of the topics for that week as well as offering and receiving support in weight loss efforts. Posts are not graded but count as "participation".

## PARTICIPATION

Participation is accomplished through posting on the Online Discussions, both as initial posts and replies to a classmate's post. To earn the maximum of 10 Participation Points, students must:

- Submit a post on a minimum of 5 Discussions – but they must be in different weeks. If you post on 3 discussion in one week, that still counts as 1 post.
- Submit at least 5 replies, also on different weeks. Your reply can be on any topic, not necessarily the topic you posted on. If your reply is on the same topic you submitted an original post on, don't simply repeat the basic thoughts you included in your original post.
- Submit a post that is thorough (all questions answered), on topic (not drifting off topic), not a repeat of what previous students have written (when applicable), and written at the level of a college paper.
- Submit a reply that adds to the discussion. A reply of "Yeah, I agree with you" does not qualify.
- Read the **Guidelines for Writing Discussion Posts** on Canvas before you submit your first post.

## ASSIGNMENT: WRITING YOUR ACTION PLAN

Students will write and submit a personal Action Plan for lifestyle change to achieve weight loss or weight loss management. Instructions will be posted on Canvas in Week 6. You will submit your Action Plan online. It is due in Week 8 of the quarter. Late submissions will be accepted, with 2 points deducted for every day that it is submitted late.

## Frequently Asked Questions



**Q. How do I contact my instructor?**

A. The quickest way is to e-mail me: [milleranna@fhda.edu](mailto:milleranna@fhda.edu). Write *NUTR 62G* in the subject line.

**Q. Do I have to buy the textbook?**

A. No. Although the book is available to purchase from the DeAnza bookstore, it is also available at some public libraries. Used copies can also be found for purchase. A copy is on reserve at the DeAnza library. *You **DO** need to read the assigned sections of the book to do well on the quizzes.*

**Q. Do I have to go on a diet or try to lose weight to do well in this class?**

A. No. You do not have to change your eating or exercise habits whatsoever while in this class.

**Q. Can I progress in this class at my own pace, as long as I finish everything by the end of the quarter?**

A. No. The materials for each week, the quizzes and assignments must be done during the times outlined below.

	<b>Topic</b>	<b>Reading Assignments*</b>	<b>Quizzes, Due Dates</b>
Week 1 Sept 25- Oct 1	What is a “healthy weight”? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) Textbook: Introduction; Chapter 1; pp. 45-46	
Week 2 Oct. 2-8	Fad Diets	VL #2 & Textbook: Chapters 2 and 3	
Week 3 Oct 9-15	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	VL #3 & Textbook: Chapter 4	<b>Online Quiz 1</b> Opens Oct.9 <sup>th</sup> at 8 am Closes Oct.15 <sup>th</sup> at 11:55 pm
Week 4 Oct 16-22	The Role of Exercise	VL #4 & Textbook: Chapter 7	<b>Online Quiz 2</b> Opens Oct.16 <sup>th</sup> at 8 am Closes Oct.22 <sup>nd</sup> at 11:55pm
Week 5 Oct. 23-29	Emotional Eating	VL #5 & Textbook: Chapters 6 & 8	<b>Online Quiz 3</b> Opens Oct. 23 <sup>rd</sup> at 8 am Closes Oct.29 <sup>th</sup> at 11:55 pm
Week 6 Oct 30-Nov 5	Identifying Obstacles & Brainstorming Strategies What it Takes to Lose Weight For Good	VL #6 & Textbook: Chapters 5, 9 & 10	<b>Online Quiz 4</b> Opens Oct.30 <sup>th</sup> at 8 am Closes Nov.5 <sup>th</sup> at 11:55 pm <b>*Action Plan</b> <i>Instructions are posted</i>
Week 7 Nov 6-12	There is no additional course content	No additional reading assignments	<b>Online Quiz 5</b> Opens Nov.6 <sup>th</sup> at 8 am Closes Nov.12 <sup>th</sup> at 11:55 pm
Week 8 Nov 13-19			<b>Online Quiz 6</b> Opens Nov.13 <sup>th</sup> at 8 am Closes Nov.19 <sup>th</sup> at 11:55 pm <b>*Action Plan is due</b> Nov 19 <sup>th</sup> at 11:55 pm
Week 9 & 10 Nov 20 – Dec 3			<b>*Final Test opens on</b> Mon Nov 27 <sup>th</sup> at 8 am and closes on Sun Dec. 3 <sup>rd</sup> at 11:55 pm

**\* NOTE:** In addition to the pages assigned in the textbook, any handouts posted on Canvas are considered assigned reading, unless they are indicated as “FYI only” (for your information only)