



**DE ANZA COLLEGE**  
**NUTRITION 62G** Summer 2019  
**DIETING: SIFTING FACT FROM FICTION** 1 unit



**INSTRUCTOR:** Anna Miller, MS., RD  
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 Write "NUTR 62G" in the subject line of your e-mail.

**OFFICE HOURS**

By appointment only. I am on campus and available on Mon, Tues, Wed 9-9:30 am and 12-1 pm.

**OFFICE LOCATION**

SC 1210 (2<sup>nd</sup> floor of Building 1 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.

This fully online course is accessed through **Canvas**. The course will open the Friday before summer quarter begins.

**Prerequisites:** None

**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.

**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 midnight Wednesday night 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 both tasks by midnight Wednesday of the first week of the quarter will be dropped from the course on Thursday.* Students who add the class have 2 days to do these tasks once they are registered.

**GRADING PROCEDURE**

Orientation Quiz	10 points
5 Online Quizzes (10 points each)*	50 points
Assignment: Your Action Plan	15 points
Final Test	15 points
Participation	<u>10 points</u>
Total Possible Points	100 points

\*6 quizzes are given. The lowest quiz score is dropped from your cumulative score.

⇒ **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 becomes available each week of the quarter and needs to be read within the time frame outlined in the course.

## ORIENTATION QUIZ

This quiz will open the first day of the quarter (Monday) at 6 am and close the following Friday night at midnight. NOTE: Thursday is July 4<sup>th</sup>) It will consist of 10 True/False and Multiple choice questions, taken from the information found in the Orientation Module and the course syllabus. Students will have up to 60 minutes and one opportunity to take it. This quiz score cannot be dropped.

## ONLINE QUIZZES

6 online quizzes will be open on Canvas for 1 week only, from Monday morning at 6 am until the following Sunday at midnight. One quiz score (the lowest score) will be dropped from your cumulative score. **There are no make-up quizzes.** There will be **no extensions** if you neglect to take the quiz within the week that it is open. If you miss one, that is the score that is dropped. The quizzes will be 10 questions, True/False and Multiple Choice. Students have 15 minutes and one opportunity to take the each quiz.

### WHAT WILL BE ON EACH QUIZ?

**QUIZ 1:** VL (Virtual Lecture) #1 and the reading assignment for Week 1

**QUIZ 2:** VL #2 and the reading assignment for Week 2

**QUIZ 3:** VL #3 and Chapter 4 in *Thin for Life*

**QUIZ 4:** VL #4 and Chapter 7 in *Thin for Life*

**QUIZ 5:** VL #5 and Chapters 6 & 8 in *Thin for Life*

## FINAL TEST

The Final Test will be taken online. It will be open for 4 days only (Monday morning until midnight Thursday night). It will consist of 15 questions, True/False, & Multiple Choice. The questions will be on any topic in the course, but emphasis is on the material from the 6 quizzes. Students have one opportunity to take the test. The time limit is 30 minutes There will be **no extensions** if you neglect to take the Final Test before it closes.

**NOTE:** In order to see the answers to a quiz, you must have taken the quiz

## PARTICIPATION: ONLINE DISCUSSIONS

For Weeks 1-5 of the quarter, each week there will be 3 or more discussion topics posted. Participating in discussions counts towards points for Participation. A POST is what is written in response to the discussion topic prompt. A REPLY is what is written in response to a classmate's POST. To earn the maximum of 10 points, students must:

- Submit a post on a minimum of 2 Discussions – but they must be in 2 different weeks. If you post on 3 discussions in one week, that still counts as 1 POST.
- Submit at least 3 REPLIES, on 3 different weeks. To count for participation, *your reply must be on a different topic than the one you submitted a POST on.* (You are welcome to reply on the same topic, but it won't count towards participation).
- Submit a POST that is thorough (all questions answered), is on topic (does not drift off topic), is written at the level of a college paper, is in accordance to the discussion topic prompts and meets word count requirement
- Submit a reply that *adds to the discussion* and meets the word count.

Discussions are open for 10 days (Friday morning until Sunday night a week later). **Be aware of the deadlines:** Friday night for a post; Sunday night for a reply.

## ASSIGNMENT: YOUR ACTION PLAN

Students will write and submit a personal Action Plan for lifestyle change to achieve weight loss or weight management. You will submit your Action Plan online. Instructions will be posted in Week 4; It is due midnight Sunday night of Week 5. Late submissions will be accepted with 2 points deducted for every 24 hour period 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. But you need to read it! Although the book is available to purchase from the DeAnza bookstore, it can also be found at some public libraries. A copy is on reserve at the DeAnza library. You will need to read the assigned sections of the book to do well on the quizzes and the Final Test.

**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.

**ACADEMIC DISHONESTY** *Any student found to be cheating or taking part in any other form of academic dishonesty will receive no points or grade for what they cheated on.* Examples of academic dishonesty: A student other than yourself completing any task for this course; Any form of plagiarism; Giving your academic work to another student to plagiarize; Lying to an instructor or college official to improve your grade. **The Office of the Dean of Student Affairs & Activities** maintains a record of students who have engaged in academic dishonesty. It is used to identify and discipline students who have been reported for academic dishonesty more than once.

⇒ **NOTE:** *Summer quarter progresses at a faster pace than other quarters.*

	Topic	Reading Assignments*	Quizzes, Due Dates
Week 1 July 1-7	What is a “healthy weight”? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) Textbook: Introduction and Chapter 1.	<b>Orientation Quiz</b> Opens Mon 6 am Closes Fri at 11:59 pm
Week 2 July 8-14	Fad Diets	VL #2 & Textbook: Chapters 2 and 3	<b>Quiz 1</b> Opens Monday at 6 am Closes Sunday at 11:59 pm
Week 3 July 15-21	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan  The Role of Exercise	VL #3 & Textbook: Chapter 4  VL #4 & Textbook: Chapter 7	<b>Quiz 2</b> Opens Monday at 6 am Closes Sunday at 11:59 pm
Week 4 July 22-28	Emotional Eating Identifying Obstacles & Brainstorming Strategies  What it Takes to Lose Weight For Good	VL #5 & Textbook: Chapters 6 & 8  VL #6 & Textbook: Chapters 5, 9 & 10	<b>Quizzes 3 AND 4</b> Open Monday at 6 am Close Sunday at 11:59 pm  Instructions for the <b>Action Plan assignment</b> posted
Week 5 July 29- Aug 4	There is no additional course content	No additional reading assignments	<b>Quizzes 5 AND 6</b> Open Monday at 6 am Close Sunday at 11:59 pm <b>Action Plan</b> is due Sun Aug 4 <sup>th</sup> at 11:59 pm
Week 6 Aug 6-10	There is no additional course content	No additional reading assignments	<b>Final Test</b> opens Mon Aug 5 <sup>th</sup> at 6 am closes Thu Aug 8 <sup>th</sup> at 11:59 pm

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