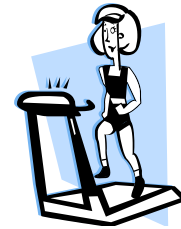




De Anza College  
 Nutrition 62G Fall 2019  
*Dieting: Sifting Fact from Fiction* 1 unit



**INSTRUCTOR**

ANNA MILLER, MS, RD

**PHONE**

408.864.5576

**EMAIL**

MillerAnna@fhda.edu

Write "Nutr62G" in the subject

**FOLLOW ME ON INSTAGRAM:**

"DeAnzaNutrition"

**OFFICE HOURS**

On Campus - Tue & Thu 4:15-5:15 pm

Virtual – on Zoom: Wed 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 1 of the Science Center). Use the phone outside the building door to call my extension (5576) so I can open the outer door to let you in

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 opens 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.

**CANVAS:** This course resides on the course management system called Canvas. It is accessible from MyPortal. The course becomes open on Friday before the first day of the quarter. You must log onto the course on Canvas and complete the following 2 tasks by **noon on Thursday** of the first week of the quarter: [1] Fill out a short questionnaire [2] Submit an introductory post on a Canvas Discussion

⇒ **IMPORTANT: Students who have not completed both tasks by noon on Thursday of the first week of the quarter will be dropped.** Students who add the class have 2 days to do these tasks once they are registered.

**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.

**GRADING PROCEDURE**

Orientation Quiz	10 points
5 Course Content 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

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

## GRADING SCALE

<b>A+</b> = 97 – 100 points	<b>B+</b> = 87 – 89 points	<b>C+</b> = 77 – 79 points	<b>D+</b> = 67 – 69 points	<b>F</b> = <59
<b>A</b> = 93 – 96	<b>B</b> = 83 – 86	<b>C</b> = 69 – 76	<b>D</b> = 63 – 69	
<b>A-</b> = 89 – 92	<b>B-</b> = 79 – 82	No C- grades are given	<b>D-</b> = 59 – 62	

## COURSE CONTENT QUIZZES

The 6 weekly course content quizzes consist of 10 True/False and Multiple Choice questions. Students have one opportunity to take each quiz. The time limit for taking the quiz is 20 minutes. Each quiz opens Monday morning at 6 am and closes Sunday evening at 11:59 pm. See the Course Schedule (last page of this syllabus) for the dates. One quiz score (the lowest) will be dropped from your cumulative score. **There are no make-up quizzes.** If you miss one, that is the score that is dropped. Put the open and close dates into your calendars.

### 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 open for 1 week. It will consist of 15 questions, True/False, & Multiple Choice. The questions will cover any topic in the course; they will be taken from the quizzes, though possibly modified. The time limit for taking the final test is 30 minutes. Students have one opportunity to take the it. (FYI: In order to see the answers to any of the 6 course content quizzes, you must have taken the quiz. This is useful for studying for the Final Test)

## PARTICIPATION: DISCUSSIONS

During 4 weeks of the quarter there will Discussions with 3-5 topics presented. Participating in discussions counts towards your points for Participation. A **POST** is what is written in response to the discussion topic prompts. A **REPLY** is what is written in response to a classmate's POST. To earn the maximum of 10 points, students must:

- Submit a minimum of 2 POSTs – but they must be in 2 different discussions, in 2 different weeks. If you submit a POST on 2 discussions in the same week, that still counts as 1 POST.
- Submit a minimum of 4 REPLIES on 4 different discussions, in 4 different weeks. Additionally, 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).
- **Thus, you do not need to submit a POST in each week of the 4 weeks, but you do need submit a REPLY on at least one topic in each of those 4 weeks.**
- Submit a POST that is thorough (all questions answered), is on topic (not drifting off topic), is written at the level of a college paper, is in accordance to the discussion topic prompts and meets the word count.
- Submit a reply that *adds to the discussion* and meets the word count.

**NOTE:** Discussions are open for 10 days (Friday morning until Sunday night a week later). **Be aware of the deadlines to submit:** Friday night for a POST; Sunday night for a REPLY.

## 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 (or for a healthy lifestyle if weight loss is not your goal). 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 to get a reply is e-mail: [milleranna@fhda.edu](mailto:milleranna@fhda.edu). Write **"NUTR 62G"** in the subject line. You can also send me a message on Canvas by clicking on the Inbox on the left global navigation bar.

### Q. Can I avoid having to buy the textbook?

A. Yes. Although the book is available to purchase from the DeAnza bookstore and used copies can be found online for ~\$10, it is also available at some public libraries. Check your local library. Additionally, a copy is on reserve at the DeAnza library. **You DO need to read the assigned sections of the book.**

### 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. This is not a self-paced class. The quizzes, final test and the assignment must be done during the times outlined below. New material opens each week for Weeks 1-6 of the quarter.

## Course Schedule

	Topic	Reading Assignments	Quizzes, Due Dates
Week 1 Sept 23-29	What is a "healthy weight"? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) Textbook: Introduction; Chapter 1; pp. 45-46	<b>Orientation Quiz</b> Opens Mon 6 am Closes Sun 11:59 pm
Week 2 Sept 30-Oct 6	Fad Diets	VL #2 & Textbook: Chapters 2 and 3	
Week 3 Oct 8-14	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	VL #3 & Textbook: Chapter 4	<b>Course Content Quiz 1</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 4 Oct 7-13	The Role of Exercise	VL #4 & Textbook: Chapter 7	<b>Quiz 2</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 5 Oct 14-20	Emotional Eating	VL #5 & Textbook: Chapters 6 & 8	<b>Online Quiz 3</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 6 Oct 21-27	Identifying Obstacles & Brainstorming Strategies What it Takes to Lose Weight For Good	VL #6 & Textbook: Chapters 5, 9 & 10	<b>Quiz 4</b> Opens Monday 6 am Closes Sunday at 11:59 pm Instructions for the <b>Action Plan</b> posted are posted
Week 7 Oct 28-Nov 3	There is no additional course content	No additional reading assignments	<b>Quiz 5</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 8 Nov 4-10	No more course content	No more reading assignments	<b>Quiz 6</b> Opens Monday 6 am Closes Sunday at 11:59 pm <b>Action Plan</b> is due Sun Nov 17 <sup>th</sup> at 11:59 pm
Week 9 & 10 Nov 18-Dec 1	Nothing happens due during these weeks Happy Thanksgiving ☺		
	<b>The Final Test</b> Opens Mon Dec 2 <sup>nd</sup> at 6 am and closes Mon Dec 9 <sup>th</sup> at 11:59 pm		