



DE ANZA COLLEGE
NUTRITION 62G Summer 2020
DIETING: SIFTING FACT FROM FICTION 1 unit



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 Write "NUTR 62G" in the subject line of your e-mail.

OFFICE HOURS
 By appointment only on Zoom Thursday, Friday or Saturdays between 9 am- 3 pm.

OFFICE LOCATION
 I will not be in my office on campus at all during summer quarter since the campus will be closed

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.

⇒ Summer quarter progresses at a faster pace than other quarters. 2 weeks of a non-summer quarter are compressed into 1 week of summer quarter. That can be intense...and challenging.

CANVAS: This fully online course resides on **Canvas**. The course opens on Friday before summer quarter begins.

NOTE: This 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.

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.

IMPORTANT

You must log onto the course on Canvas and complete the following 2 tasks by **11:59 pm on Wednesday** of the first week of the quarter:

- 1) Fill out a short questionnaire
- 2) Submit an introductory post on a Canvas Discussion

⇒ **Students who have not completed both tasks by 11:59 pm on Wednesday of the 1st week of the quarter will be dropped.** (Students who add the class have 2 days after registering to complete these tasks)

⇒ If you need test taking accommodations or services due to a **disability**, register with the **Disability Support Services** on campus: <https://www.deanza.edu/dsps/dss/>

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

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

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

GRADING SCALE

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

ORIENTATION QUIZ

This quiz will open the first day of the quarter (Monday) at 6 am and close the following Friday night at midnight. 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.

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 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 Llife*

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

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

FINAL TEST

The Final Test 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 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 will have one opportunity to take it. **NOTE:** In order to see the answers to a quiz, you must have taken the quiz. (This is useful for studying for the Final Test)

PARTICIPATION: DISCUSSIONS

For 3 weeks of the quarter there will Discussions. During each of these weeks, 3 or more discussion topics will be presented. Participating in discussions counts towards 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 3 different discussions, on 3 different weeks.
 - If you submit a POST on 2 discussions in the same week, that still counts as 1 POST
 - Your POST must be complete (all questions answered), on topic (not drifting off topic), written at the level of a college paper, and meets the word count.
- Submit a minimum of 3 REPLIES on 3 different discussions, on 3 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). Your REPLY must *add to the discussion* and meet the word count.

⇒**NOTE:** You do not need to submit a POST in each week of the 3 weeks, but you DO need submit a REPLY on a discussion in each of the 3 weeks.

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 management. 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 day that it is submitted late.

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.

FREQUENTLY ASKED QUESTIONS



Q. How do I contact my instructor?

A. The quickest way is to e-mail me: 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 quizzes and assignment must be done during the times outlined below.

	Topic	Reading Assignments*	Quizzes, Due Dates
Week 1 June 29 - July 5	What is a "healthy weight"? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) Textbook: Introduction and Chapter 1.	Orientation Quiz Opens Mon 6 am Closes Fri at 11:59 pm
Week 2 July 6-12	Fad Diets	VL #2 & Textbook: Chapters 2 and 3	Quiz 1 Opens Monday at 6 am Closes Sunday at 11:59 pm
Week 3 July 13-19	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	Quiz 2 Opens Monday at 6 am Closes Sunday at 11:59 pm
Week 4 July 20-26	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	Quizzes 3 AND 4 Open Monday at 6 am Close Sunday at 11:59 pm Instructions for the Action Plan assignment posted
Week 5 July 27- Aug 2	There is no additional course content	No additional reading assignments	Quizzes 5 AND 6 Open Monday at 6 am Close Sunday at 11:59 pm Action Plan is due Sun Aug 2 nd at 11:59 pm
Week 6 Aug 3-9	There is no additional course content	No additional reading assignments	Final Test opens Mon Aug 3 rd at 6 am closes Thu Aug 6 th at 11:59 pm