



De Anza College

Nutrition 62G

Dieting: Sifting Fact from Fiction 1 unit

Spring 2023

Late Start, 8 week Course May 8 – June 31



Instructor

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Write "NUTR 62G" in the subject. I respond to e-mail within 24-48 hours M-F

FOLLOW ME ON INSTAGRAM

"DeAnzaNutrition"

OFFICE HOURS

On Zoom: Mondays and Fridays 11 am – 1 pm and by appointment

During final exam week, my office hours are by appointment only

OFFICE LOCATION

I will not be in my DeAnza office this quarter

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.

FYI: This course will open early, when the "regular" classes open. Therefore, you will have access to the course content long before the dates on the course schedule. You can, if you want, read the course materials before the official first

day. However, you will not be able to take the quizzes until the dates on the course schedule.

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 a few days before the first day of the quarter.

⇒ **IMPORTANT:** Faculty are required **by law** to clear their rosters of "no shows" during the first week. To keep your spot in this class and not be identified as a "no show" and therefore get dropped, **log onto the course on Canvas** and complete the following **2 quick and easy tasks by midnight Thursday night** after the first official day of this Late Start course (5/11):

1. Fill out a short questionnaire (*Welcome to Nutrition 62G Survey*). Doing so will earn you 5 points
2. Take a short quiz (*What Do You Know...*). This will also earn you 5 points regardless of how you answer.

Students who have not completed both tasks by midnight Thursday night of the 1st week of this course will be dropped. (Students who add the class late will have 2 days after registering to complete these tasks)

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

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

GRADING PROCEDURE

Orientation Quiz	10 points	
Tasks 1 & 2	10 points	
5 Course Content Quizzes (10 points each)	50 points*	*6 quizzes are given; the lowest score is dropped. If you're happy with your Quiz 1-5 scores, you don't need to take Quiz 6
Assignment: Your Action Plan	20 points	
Discussions	<u>10 points</u>	
Total Possible Points	100 points	

GRADING SCALE

A+ = 97 – 100 points	B+ = 87 – 89	C+ = 77 – 79	D+ = 67 – 69	F = <60
A = 93 – 96	B = 83 – 86	C = 70 – 76	D = 63 – 66	
A- = 90 – 92	B- = 80 – 82	C- = There is no C-	D- = 60 – 62	

ORIENTATION QUIZ

This quiz 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 to take the quiz.

Students have 2 opportunities to take this quiz. If you don't get 10/10 on the first try, take it again. The higher score is the score that is kept. This quiz score cannot be dropped. It closes Sunday night at the end of Week 1 of the Late-Start 8 week schedule. (It will be open early, before the official first day)

COURSE CONTENT QUIZZES

- The 6 weekly course content quizzes consist of 10 True/False and Multiple Choice questions
- The time limit for taking the quiz is 20 minutes
- **Students will have 2 opportunities to take each quiz.** The higher of the 2 scores is the score that is kept.
- 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.
- **There are no make-up quizzes.** If you miss one, that is the score that gets dropped.

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

POINTS FOR DISCUSSIONS

10 points are earned through participating in at least 2 Asynchronous Discussions.

There will an asynchronous discussion in 4 of the 6 weeks (Weeks 2, 3, 4 & 5). Discussions are open for 10 days (Friday morning until Sunday night a week later). Participating in a discussion earns up to 5 points.

To earn the full 5 points, you must submit:

- 1 POST that is complete (all questions answered), on topic (not drifting off topic), clearly written and meet the word count
- 2 REPLIES (a REPLY to 2 classmates)
- A POST earns up to 3 points and a REPLY earns 1 point each.

NOTE: In order to earn 10 Points for Discussions, you must participate on 2 discussions and earn 5 points for each. *Partial points on one discussion do not roll over to another discussion.*

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). The due date is listed on the last page of this syllabus.

OTHER IMPORTANT INFORMATION

- If you need to receive an “A” or a “B” in this class, plan to put in the time and effort needed to be successful. Do not wait until the end of the quarter to act if it becomes evident that you are not earning the grade you need or want.
- Check out the **Student Success Center** on campus. <http://www.deanza.fhda.edu/studentsuccess/>
This is a valuable, free resource available to you.
- **Tom Nguyen** is the **Biology Division counselor**. He is a great resource available to you. He can be reached through e-mail: nguyentom@fhda.edu

Frequently Asked Questions



Q. How do I contact my instructor?

A. The quickest way to get a reply is e-mail: 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 get by without buying 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. **But 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. **Not exactly.** This late-start course will open 4 weeks early (when “regular” classes open). You will have access to the Virtual Lectures, complete Tasks #1 & 2 and take the Orientation Quiz before the official first day. Thus, you can learn the course content at your own pace during those early weeks. You can also participate on the Discussions early. (Not required – it’s UP to you). **However, the 6 Course Content Quizzes must be taken during the dates within the official 8 weeks of the class.**

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:

- Having someone other than yourself take a quiz
- Copying quiz questions to share/receiving copied quiz questions
- Any form of plagiarism
- Giving your academic work to another student to plagiarize
- Lying to an instructor or college official to improve your grade.

NOTE: 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.

SYLLABUS CHANGE POLICY

Information contained in this course syllabus may be subject to change with reasonable advance notice, as deemed appropriate by the instructor. Updates to the syllabus will be posted on Canvas.

Week	Dates	Topics	Reading Assignments TFL = <i>Thin for Life</i>	Quizzes/Due Dates
1	May 8-14	What is a “healthy weight”? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture) and TFL: Introduction; Chapter 1; pp. 45-46	Thurs midnight: Deadline to do 2 tasks Orientation Quiz Closes Sun 11:59 pm
2	May 15-21	Fad Diets	VL #2 and TFL: Chapters 2 and 3	Quiz 1 Opens Monday Closes Sunday Discussion #1 closes Sunday
3	May 22-28	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	VL #3 and TFL: Chapter 4	Quiz 2 Opens Monday Closes Sunday Discussion #2 closes Sunday
4	May 29- June 4	The Role of Exercise	VL #4 and TFL: Chapter 7	Quiz 3 Opens Monday Closes Sunday Discussion #3 closes Sunday
5	Jun 5-11	Emotional Eating	VL #5 and TFL: Chapters 6 & 8	Quiz 4 Opens Monday Closes Sunday Discussion #4 closes Sunday
6	Jun 12-18	Identifying Obstacles & Brainstorming Strategies What it Takes to Lose Weight For Good	VL #6 and TFL: Chapters 5, 9 & 10	Quiz 5 Opens Monday Closes Sunday
7	Jun 19-25	There is no additional course content	No additional reading assignments	Quiz 6 Opens Monday Closes Sunday
8	Jun 26-30	There is no additional course content	No additional reading assignments	Action Plan is due Wednesday June 28 th at 11:59 pm

Have a wonderful Spring Quarter!

Spring Quarter at a Glance!

Here is a calendar of the 8 weeks of Nutrition 62G

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 10 – May 6 are Weeks 1-4 of Spring Quarter	But NUTR 62G will be open during those weeks <i>Get a head start!</i>					
May 7	8 WEEK 1 <i>The course unofficially Opens!</i>	9	10	11 Midnight Deadline to complete the 2 tasks on Canvas	12	13
May 14 Orientation Quiz closes at 11:59pm	15 WEEK 2 Quiz #1 Opens	16	17	18	19	20
May 21 Quiz #1 Closes at 11:59pm Discussion #1 closes	22 WEEK 3 Quiz #2 Opens	23	24	25	26	27
May 28 Quiz #2 Closes at 11:59pm Discussion #2 closes	29 WEEK 4 Quiz #3 Opens	30	31	June 1	2	3
June 4 Quiz #3 Closes at 11:59pm Discussion #3 closes	5 WEEK 5 Quiz #4 Opens	6	7	8	9	10
June 11 Quiz #4 Closes at 11:59pm Discussion #4 closes	12 WEEK 6 Quiz #5 Opens	13	14	15	16	17
June 18 Quiz #5 Closes at 11:59pm	19 WEEK 7 Quiz #6 Opens	20	21	22	23	24
June 25 Quiz #6 Closes at 11:59pm	26 WEEK 8 Final Exams Week	27	28 Action Plan is due at 11:59 pm	29	30	July 1