



# De Anza College

## Nutrition 62G

***Dieting: Sifting Fact from Fiction*** 1 unit

Summer 2024



### Instructor

ANNA MILLER, MS, RD

### EMAIL

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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

Mondays and Fridays 11 am – 1 pm and by appointment **on Zoom only**

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

Welcome to Nutrition 62G. This 1 unit 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.

**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 will open early, on the Thursday before the *official* start of Nutrition 62G. This will give you the opportunity to get a head start on the course content 😊

**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 NOT get dropped, **log onto the course on Canvas** and complete the following **2 quick and easy tasks by midnight WEDNESDAY night** after the first official day of this Late Start course:

Task #1: Fill out a short questionnaire (*Welcome to Nutrition 62G Survey*). Doing so will earn you 5 points

Task #2: Take a short quiz (*What Do You Know...*) Earns you 5 points regardless of how you answer

⇒ **Students who have not completed both tasks by this 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.** Although you can start reading the course material early, the tasks need to be completed within the time frame of the course and due dates listed on the course schedule.

If you need accommodations or services due to a **disability**, register with the **Disability Support Services:**

<https://www.deanza.edu/dsps/dss/>.

## COMMUNICATION

I communicate with you in a variety of ways:

- Announcements. **Read all announcements.** *You are responsible for the information in all announcements.*
- **Comments** and **Feedback** on Canvas with quiz and assignment scores. **Read all Comments**
- Private messages and group chats on **Pronto**. **If you need to reach me, the PREFERRED way is via Pronto**
- Messages through the **Canvas Inbox** I do my very best to respond to messages within 24- 48 hours

## GRADING PROCEDURE

Orientation Quiz	5 points	
Tasks 1 & 2	10 points	
Pronto Participation	5 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 5 point quiz consists of 10 True/False and Multiple choice questions, taken from the information found in the Orientation Module and this syllabus. **It will be open from Monday--the first day of the regular quarter-- until Sunday night at the end of week 1.** Students will have up to 60 minutes to take the quiz and 2 opportunities to take it. If you don't get 5/5 at first, try again!

## PRONTO PARTICIPATION

We will be using Pronto, a real-time communication tool where you can ask questions, send direct messages to me or a classmate, participate on group chats and form private group study sessions. I will share resources, tips and send reminders. Downloading the Pronto app and participating on a Pronto group chat during the first week of the quarter earns 5 points 😊. **These are NOT extra credit points** - they are points built into the course. Instructions for downloading and using Pronto will be on Canvas.

## 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

## DISCUSSIONS

There will be 2 asynchronous discussions. Fully participating on a discussion will earn 5 points for a total of 10 points. Each discussion will be open for 10 days – from Friday morning until Sunday night. **They are not extra credit points** -- they are part of the total points for this class. But they are easy points to earn 😊

## 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. Late work will be accepted but 2 points will be deducted for late submissions.

## EXTRA CREDIT REFLECTION 😊

5 Extra Credit points can also be earned for completing a brief **Written Reflection** in response to a TED talk. This will take place in the last week of the quarter.

### 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.
- BE SURE you check out the **DeAnza Online Education Website**: <https://www.deanza.edu/online-ed/index.html>. Bookmark the **Student Resource Hub**: <https://www.deanza.edu/online-ed/students/remoteflearning.html> If you have questions or run into problems, start here for finding answers.
- **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](mailto:nguyentom@fhda.edu)

## 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. A few 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. Should they occur, updates to the syllabus will be posted on Canvas.

## FREQUENTLY ASKED QUESTIONS



**Q. How do I get in touch with the instructor?**

A. The BEST (and fastest) way is to **message me on Pronto**.

You can also drop in during the 4 hours of office hours on Zoom: Every Friday and Monday from 11 am until 1 pm. Not free then? I'll be happy to make an appointment to speak with you on another day and/or time.

Please send a private message to me ONLY for private/personal questions. All questions about the course itself – the quizzes, discussions, the Action Plan etc. should be posted to the **whole class**, in a **Pronto Chat** or on Canvas on the ***Have a Question*** Discussion (That way, others benefit from your question and my answer)

**Q. Can I get by without BUYING the textbook?**

A. **Yes!** This book is found in some public libraries (Check your local library) and there is a copy on reserve at the DeAnza library. So no, you don't have to buy the book, **but you DO need to read the assigned sections of the book**. The book is not expensive and is available at the DeAnza bookstore. Additionally, used copies can be found for ~\$10 online

**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. Sorry....**NO**. Quizzes open and close on the dates listed on the course schedule. The week modules open 1 week at a time.

Week	Dates	Topic	Reading Assignments* TFL = <i>Thin for Life</i>	Quizzes, Due Dates
1	July 1-7	What is a “healthy weight”? Causes of weight gain; Energy Balance	<b>VL #1</b> (Virtual Lecture)  TFL: <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Chapter 1</li> <li>• pp. 45-46</li> </ul>	<b>Wednesday:</b> <ul style="list-style-type: none"> <li>• Deadline to complete the 2 tasks is 11:55 pm</li> <li>• Last day to drop <b><i>without a W</i></b></li> </ul> <b>Sunday:</b> <ul style="list-style-type: none"> <li>• <b>Orientation Quiz</b> Closes at 11:55 pm</li> <li>• Deadline to earn Pronto Points</li> </ul>
2	July 8-14	Fad Diets	<b>VL #2</b> TFL: Chapters 2 and 3	<b>Quiz 1</b> Opens Monday Closes Sunday  Sunday: <b>Discussion #1</b> closes
3	July 15-21	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	<b>VL #3</b> TFL: Chapter 4	<b>Quiz 2</b> Opens Monday Closes Sunday
4	July 22-28	The Role of Exercise  Emotional Eating	<b>VL #4</b> TFL: Chapter 7  <b>VL #5</b> (A short VL!) TFL: Chapters 6 & 8	<b>Quiz 3</b> Opens Monday Closes Sunday  Sunday: <b>Discussion #2</b> closes
5	July 29 – Aug 4	Identifying Obstacles & Brainstorming Strategies  What it Takes to Lose Weight For Good	<b>VL #6</b> (It’s also super short!) TFL: Chapters 5, 9 & 10	<b>Quiz 4 AND Quiz 5</b> Opens Monday Closes Sunday  <b>Wednesday:</b> Last day to drop ( <b>will receive a W</b> )
6	Aug 5-9	There is no additional course content	No additional reading assignments	<b>Quiz 6</b> Opens Monday Closes Thursday  <b>TUESDAY:</b> <b>Action Plan</b> is due at 11:55 pm  <b>THURSDAY:</b> <ul style="list-style-type: none"> <li>• Last day to submit Action Plan (Late)</li> <li>• Deadline to submit Extra Credit Reflection</li> </ul>

Have a Wonderful Summer Quarter!

## Summer Quarter at a Glance!

Here is a calendar of the 6 weeks of Nutrition 62G.

Use it to help you stay on top of the tasks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30	<b>July 1</b> <b>WEEK 1</b> Orientation Quiz opens	2	3 <b>11:55 pm Deadline</b> to complete the 2 <b>tasks</b>  Last day to drop <b><i>without a W</i></b>	4  <b>4<sup>th</sup> of July!</b>	5  <b>Discussion #1</b> opens	6
July 7 <b>Orientation</b> <b>Quiz closes</b> at 11:55pm  Deadline to earn <b>Pronto Points</b>	8 <b>WEEK 2</b>  <b>Quiz 1</b> opens	9	10	11	12	13
July 14 <b>Quiz 1 closes</b> at 11:55pm  <b>Discussion #1 closes</b>	5 <b>WEEK 3</b>  <b>Quiz 2</b> opens	16	17	18	19 <b>Discussion #2</b> opens	20
July 21  <b>Quiz 2 closes</b> at 11:55pm	22 <b>WEEK 4</b>  <b>Quiz 3</b> opens	23	24	25	26	27
July 28  <b>Quiz 3 closes</b> at 11:55pm  <b>Discussion #2</b> closes	29 <b>WEEK 5</b>  <b>Quiz 4</b> opens <b>Quiz 5</b> opens	30	31  Last day to drop <b>(will receive a W)</b>	<b>Aug 1</b>	2	3
Aug 4  <b>Quiz 4 closes</b> <b>Quiz 5 closes</b> at 11:55pm	5 <b>WEEK 6</b>  <b>Quiz 6</b> opens	6  <b>Action Plan</b> is Due 11:55 pm	7	8  <b>Quiz 6 closes</b> at 11:55pm  Last day to submit Action Plan (Late)  Deadline to submit Extra Credit Reflection	9 End of Summer Quarter!  Course grades will be submitted	10

*Have a TERRIFIC Summer Break!*