



De Anza College  
Nutrition 62G  
*Dieting: Sifting Fact from Fiction* 1 unit  
Winter 2023  
Late Start, 6 week Course



### Instructor

ANNA MILLER, MS, RD

### EMAIL

MillerAnna@fhda.edu

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 the week of final exams, 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 be opened weeks 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 or participate on the discussions until the dates on the course schedule.

**Prerequisites:** None

**Required Text:** *Thin for Life* by Anne Fletcher. 2003. Yes, this book is almost 20 years old, but it's still the best on this topic! Used copies can be found online for <10\$ and some public libraries carry it.

**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:** You must log onto the course on Canvas and complete the following 2 tasks by **midnight Thursday** night of the first week of the quarter to hold your spot in this class:

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 after the first day 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	
Welcome to NUTR 62G Survey	5 points	
Week 1 Quiz ( <i>What Do You know...?</i> )	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	
Asynchronous Discussions	<u>10 points</u>	
Total Possible Points	100 points	

## GRADING SCALE

<b>A+</b> = 97.0 – 100 %	<b>B+</b> = 87.0 – <89.01 %	<b>C+</b> = 77.0 – <79.01 %	<b>D+</b> = 67.0 – <69.01%	<b>F</b> = <59.0%
<b>A</b> = 93.0 – <97.0	<b>B</b> = 83.0 – <87.0	<b>C</b> = 69.01 – <77.0	<b>D</b> = 63.0 – <67.0	
<b>A-</b> = 89.01 – <93.0	<b>B-</b> = 79.01 – <83.0	<b>C-</b> There is no C-	<b>D-</b> = 59.01 – <63.0	

## 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 6 week schedule. (It will be open early, before the official first day)

## WEEK 1 QUIZ: *WHAT DO YOU KNOW....*

This 10 question quiz *What Do You Know....?* is one of the 2 tasks to be done in the first few days of the quarter to hold your spot in NUTR 62G (It will be open early, before the official first day). It earns you 5 points, regardless of how you answer the questions.

## 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 the Introduction, Chapter 1 and pp. 45-46 from *Thin for Life*
- QUIZ 2:** VL #2 and Chapters 2 & 3 from *Thin for Life*
- QUIZ 3:** VL #3 and Chapter 4 from *Thin for Life*
- QUIZ 4:** VL #4 and Chapter 7 from *Thin for Life*
- QUIZ 5:** VL #5 and Chapters 6 & 8 from *Thin for Life*
- QUIZ 6:** VL #6 and Chapters 5, 9 & 10 from *Thin for Life*

## POINTS FOR ASYNCHRONOUS 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. Late submissions will be accepted, with 2 points deducted for every day that it is submitted late. Instructions will be posted on Canvas.

### 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](mailto: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](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 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 6 weeks early (when “regular” classes open). You will have access to the Virtual Lectures before the dates on the course schedule. So....you can learn the course content at your own pace during those early weeks. (Not required – it’s UP to you). However, this is not a self-paced class in a traditional sense. Although the 6 weekly modules will all be open when this course officially begins (rather than have them open one week at a time), quizzes must be taken during the dates that each is open and participation on the Asynchronous Discussions can only happen during the designated weeks of the 6 week quarter.

**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
- 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.

**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.

	Topic	Reading Assignments TFL = <i>Thin for Life</i>	Quizzes, Due Dates
Week 1 Feb 20-26	What is a “healthy weight”? Causes of weight gain; Energy Balance	VL #1 (Virtual Lecture)  The Introduction, Chapter 1 and pp. 45-46 In TFL	<b>Thurs midnight:</b> The deadline to have completed the 2 tasks  <b>Orientation Quiz</b> Opens Mon 6 am Closes Sun 11:59 pm
Week 2 Feb 27-Mar 5	Fad Diets	VL #2 Chapters 2 & 3 in TFL	<b>Course Content Quiz 1</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 3 Mar 6-12	Diet vs Non Diet Approaches Mindful Eating Creating a Weight Loss Plan	VL #3 Chapter 4 in TFL	<b>Quiz 2</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 4 Mar 13-19	The Role of Exercise  Emotional Eating	VL #4 Chapter 7 in TFL  VL #5 Chapters 6 & 8 in TFL	<b>Quiz 3</b> Opens Monday 6 am Closes Sunday at 11:59 pm
Week 5 Mar 20-26	Identifying Obstacles & Brainstorming Strategies  What it Takes to Lose Weight For Good	VL #6 Chapters 5, 9 & 10 in TFL	<b>Quiz 4 AND Quiz 5</b> Opens Monday 6 am Closes Sunday at 11:59 pm Instructions for the
Week 6 Mar 27-31	There is no additional course content	There are no additional reading assignments	<b>Quiz 6</b> Opens Monday 6 am Closes Friday at 11:59 pm  <b>Action Plan</b> Is due Friday Mar 31 <sup>ST</sup> at 11:59 pm

**Note:** The VLs (Virtual Lectures) are not equivalent in length. They start long and get shorter as the quarter progresses:

- VL #1 & 2 are the longest
- VL #3 & 4 are shorter
- VL #5 & 6 are VERY short

*Have a wonderful Winter Quarter!*

## The Quarter at a Glance!

Here is a calendar of the Winter Quarter. Use it to help you stay on top of the tasks of Nutrition 62G.

- The course will open on the first day of the “regular” quarter.
- From Monday January 9 – Sunday Feb 19<sup>th</sup> you can begin to read the materials
- You don’t have to wait until the official first day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 8	9 <i>The course unofficially Opens!</i>  The Orientation Quiz and Welcome Quiz open	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29		31	<b>Feb 1</b>	2	3	4
<b>Feb 5</b>	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <b>WEEK 1</b> <i>The course officially begins!</i>	21	22	23 <b>Midnight Deadline</b> to complete the <b>2 tasks</b> on Canvas	24 <b>Week 2 Discussion</b> opens	25
26 <b>Orientation Quiz</b> closes at 11:59pm	27 <b>WEEK 2</b> Course Content Quiz #1 opens	28	<b>1</b>	2	3 <b>Week 3 Discussion</b> opens	4
<b>Mar 5</b> Course Content <b>Quiz #1</b> closes 11:59 pm <b>Week 2 Discussion</b> closes	6 <b>WEEK 3</b> Course Content Quiz #2 opens	7	8	9	10 <b>Week 4 Discussion</b> opens	11
12 Course Content <b>Quiz #2</b> closes 11:59 pm <b>Week 3 Discussion</b> closes	30 <b>WEEK 4</b> Course Content Quiz #3 opens	14	15	16	17	18
19 Course Content <b>Quiz #3</b> closes 11:59 pm <b>Week 4 Discussion</b> closes	20 <b>WEEK 5</b> Course Content Quiz #4 & 5 open	21	22 <b>Last day to drop</b> (you will receive with a W)	23	24 <b>Week 5 Discussion</b> opens	25
26 Course <b>Content Quiz #4 &amp; 5</b> close 11:59 pm <b>Week 5 Discussion</b> closes	27 <b>WEEK 6</b> Final Exams Week <b>Course Content Quiz #6</b> opens	28	29	30	31 <b>Course Content Quiz #6</b> closes 11:59 pm  <b>Action Plan</b> is due 11:59 pm	