

# COURSE SYLLABUS



Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

**TERM:** Winter 2021  
**COURSE & SECTION:** DHYG 328  
**COURSE TITLE:** Nutrition  
**SECTION DETAILS:** Wednesdays, 3:00-4:50pm  
**INSTRUCTOR:** Elizabeth Morch | D004 | [morch@camosun.bc.ca](mailto:morch@camosun.bc.ca)  
**OFFICE HOURS:** Please email to schedule an appointment

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

Camosun College will continue to follow the guidance of the Provincial Health Officer, the B.C. Government and WorkSafeBC, and as such may revise the delivery of courses. Courses with an approved face-to-face component may need to move to online or remote delivery if necessary.

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government to ensure the health and wellbeing of students and employees Camosun College is providing you with every possible protection to keep you safe including COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. Please refer to: <http://camosun.ca/covid19/faq/covid-faqs-students.html> However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor and if needed, alternatives will be discussed.

## COURSE DESCRIPTION

In this course, students learn basic nutritional concepts including micro and macro nutrients, nutritional standards and guidelines and apply these to client care in the clinical setting. The role and importance of nutrition, its relationship to oral and dental health, and client counseling are also examined.

<input type="checkbox"/>	<b>Synchronous delivery:</b> Courses will be completely online with online scheduled meetings and expectations for remote student participation. There will be meeting times but not on campus. Students will be expected to manage time zone differences for scheduled online activities.	<input type="checkbox"/>	<b>Asynchronous delivery</b> Courses will be completely online with no set meeting schedules. Students may participate from any time zone or anywhere in the world. All evaluation will be managed remotely.	<input checked="" type="checkbox"/>	<b>Blended delivery:</b> A mixed delivery of both synchronous and asynchronous.
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Course Credits: 2

Prerequisite(s): B- in BIO260, DHYG221, DHYG321, DHYG370 & COM in DHGY371  
 Corequisite(s):  
 Pre/Corequisite(s): B- in DHYG 380 & COM in DHYG381  
 Exclusion(s):

## COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture			
Seminar	2	16	32
Lab / Collaborative Learning			
Supervised Field Practice			
Workplace Integrated Learning			
Online			
	<b>TOTAL HOURS</b>		<b>32</b>

Additional Delivery information:  
 More information available on D2L

## LEARNING OUTCOMES

Upon successful completion of this course, you will be able to:

- discuss the role of nutrition and its relationship to oral and dental health.
- describe the effect of nutrient intake including minerals, vitamins and water, and the utilization of micro and macro nutrients on the body.
- describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.
- utilize information about nutritional standards and guidelines including Canada's Food Guide in nutritional analysis and client counseling.
- provide appropriate dietary analysis and nutrition counseling that supports clients to make dietary and nutritional choices that promote oral, dental and overall health.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

### (a) Required Text:

Stegeman, C.A., Ratliff-Davis, J. (2019). The dental hygienist's guide to nutritional care. 5th Ed. St.Louis, Missouri: Elsevier

**(b) Other Materials:** – handouts or reference material posted on DHYG 328 D2L site.

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

ACTIVITY
Course Schedule will be posted on D2L <b>Learning Outcomes with Performance Indicators</b> <b>Critical Elements</b>

Upon completion of this course the student will be able to:

**a. Discuss the role of nutrition and its relation to oral and dental health**

- Define nutrition related terms.
- Identify local, national, and online nutrition resources for obtaining reliable nutrition information (CFG, other food guides – Mediterranean etc).
- Differentiate between food fads and misinformation as presented in various sources of literature.
- Explain the role of diet relative to form and frequency as well as cariogenic, anticariogenic and cariogenic food choices in association with host, saliva and plaque biofilm in the caries process.
- Explain the impact of nutrition on development, maintenance and repair and supporting integrity of oral mucosa and periodontal health or disease. .
- Discuss Canada Food Guide recommendation re food preparation and processing.

**b. Describe the effect of nutrient intake including minerals, vitamins and water, and the utilization of micro and macronutrients on the body.**

- List the six major classes of nutrients found in foods and distinguish between those that are energy producing.
- Discuss physiological roles of macronutrients (carbohydrates, lipids and proteins) in relationship with diet and overall/general health.
- Describe the requirements, and identify sources and differentiate between the classifications within each macronutrient family (carbohydrates, lipids and proteins).
- Discuss nutrition measures to prevent disease.
- Demonstrate an understanding of the classification of vitamins.
- Describe the fat -soluble (A, D, E, and K) and water-soluble (B-complex and C) vitamins including their physiological roles, sources, and general, as well as oral, effects of deficiency and excess.
- Discuss the use of vitamin supplements.
- Discuss the major and trace minerals the body requires, including functions, sources and effects of deficiency or excess on general and oral health.
- Discuss the physiological roles of water, electrolytes, sodium and potassium.
- Discuss the major minerals the body requires for health including functions, sources and effects of deficiency or excess.
- Recall the significance of, and issues related to, fluoride as presented in DHYG 391 & DHYG 280.
- Discuss metabolism and balance of the macronutrients (carbohydrates, proteins, lipids, etc)
- Describe total energy requirements and basal metabolic rate (BMR) for individual needs

**c. Describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.**

- Discuss nutrition measures to optimize health and to promote health
- Discuss the following issues related to consumption of dietary fat: saturated and non-saturated fats, essential fatty acids, hydrogenation and, emulsification of fats, cholesterol, LDL and HDL.
- Discuss over and under consumption of protein and health related problems.
- Discuss the issues related to osteoporosis and calcium intake.

**d. Utilize information about nutritional standards and guidelines including Canada's Food Guide in nutritional analysis and client counselling**

- Relate the following terms and concepts with nutritional health; characteristics of a nutritious diet, nutrient density, Dietary Reference Intakes (DRI), Recommended Dietary Allowances (RDA) and Recommended Nutrient Intakes (RNI) or current nutrition related terms.

- Discuss food labeling in Canada and in the United States and identify the relevance of claims, nutrients and quantities that may be indicated on food packaging and labels. As well as identifying macronutrients on food labels.
- Relate concepts and principles of nutrition for a variety of individuals including but not limited to the following; socioeconomic, physiologic and age-related (children through elderly) needs.
- Identify nutritional requirements for optimum health using the recommendations and guidelines for healthy eating, from Canada's Food Guide (CFG).
- Identify sources of macro and micronutrients from CFG.

**e. Provide appropriate dietary analysis and nutrition counseling that supports clients to make dietary and nutritional choices that promote oral, dental and overall health.**

- Recall the role of the dental hygienist in nutrition counseling as part of comprehensive dental hygiene care.
- Recall the process of involving a client in the completion of a food record from client selection criteria, written details of diet and patterns and non-directive nutrition counseling techniques.
- Analyze personal and consider recommendations for alternative food choices and eating patterns which promote both general and oral/dental health.
- Recall food factors such as; culture, budget, preparation and patterns that affect nutritional choices for individuals of any age and cultural diversity.

## STUDENT EVALUATION

**NOTE: minimum passing grade for this course is B- or 70%**

DESCRIPTION	WEIGHTING
Webinar	10%
5 Quizzes	50%
Presentations	40%
If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. If you wish to dispute a final grade you have received, please refer to the <a href="#">Grade Appeal Policy</a> .	<b>TOTAL</b> 100%

## SCHOOL, DEPARTMENT, OR PROGRAM PROCEDURES, REQUIREMENTS, AND STANDARDS

More information available on D2L

## SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/services/>.

Academic Advising	<a href="http://camosun.ca/services/academic-advising/">http://camosun.ca/services/academic-advising/</a>
Accessible Learning	<a href="http://camosun.ca/services/accessible-learning/">http://camosun.ca/services/accessible-learning/</a>
Counselling	<a href="http://camosun.ca/services/counselling-centre/">http://camosun.ca/services/counselling-centre/</a>

D2L Support	<a href="mailto:desupport@camosun.ca">desupport@camosun.ca</a>
Financial Aid and Awards	<a href="http://camosun.ca/services/financial-aid/">http://camosun.ca/services/financial-aid/</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/services/help-centres/">http://camosun.ca/services/help-centres/</a>
Indigenous Student Support	<a href="http://camosun.ca/learn/school/indigenous-education-community-connections/">http://camosun.ca/learn/school/indigenous-education-community-connections/</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/services/writing-centre/learning-skills">http://camosun.ca/services/writing-centre/learning-skills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/services/student-support/">http://camosun.ca/services/student-support/</a>
Ombuds	<a href="http://camosun.ca/about/ombudsman/">http://camosun.ca/about/ombudsman/</a>
Registration	<a href="http://camosun.ca/services/registration/">http://camosun.ca/services/registration/</a>
Technology Support	<a href="http://camosun.ca/services/its/">http://camosun.ca/services/its/</a>
Writing Centre	<a href="http://camosun.ca/services/writing-centre/">http://camosun.ca/services/writing-centre/</a>

If you have an urgent mental health concern, please contact **Counselling**. Urgent counselling sessions are available daily at both campuses during business hours. If you have an emergency or need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

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## STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

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## STATEMENTS: POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

### Academic Accommodations for Students with Disabilities

The College is also committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, anxiety, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs and create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate accommodations you need without disclosing your diagnosis or condition to course instructors. If you need to request academic accommodations, you can contact CAL at: [accessible@camosun.ca](mailto:accessible@camosun.ca) or by phone at 250-370-3312 (Lansdowne) or 250-370-4049 (Interurban). Visit <http://camosun.ca/services/accessible-learning/> for more information.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Student Code of Conduct (Academic and Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Conduct Policy at

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

CHAIR REVIEW DATE: Dec 17, 2020

TEMPLATE VERSION: 2020.1

**Changes to this Course Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.