

CLASS SYLLABUS



COURSE TITLE: DHYG 328 Nutrition
CLASS SECTION: X01 – Mondays 2:30-4:20pm
TERM: W2022
COURSE CREDITS: 2.0
DELIVERY METHOD(S): Blended delivery

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit: <https://camosun.ca/about/covid-19-updates>

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.

INSTRUCTOR DETAILS

NAME: Liz Morch
EMAIL: morch@camosun.ca
OFFICE: DNT 004
HOURS: By appointment

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.

CALENDAR DESCRIPTION

In this course, students study the basic nutritional concepts, including micro- and macro-nutrients, nutritional standards and guidelines, and apply these to client care in the clinical dental hygiene setting. Students will examine the role and importance of nutrition, its relationship to oral and overall health, and client counseling in the dental environment.

PREREQUISITE(S): B- in BIOL 260
CO-REQUISITE(S): n/a
PRE/CO-REQUISITE(S): n/a

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	2	17	34
Seminar			

Lab / Collaborative Learning
 Supervised Field Practice
 Workplace Integrated Learning
 Online

TOTAL HOURS		34

COURSE LEARNING OUTCOMES

Upon completion of this course, a student will be able to:

1. Discuss the role of nutrition and its relationship to oral health.
2. Describe the effect of nutrient intake, including minerals, vitamins, and water, and the utilization of micro- and macro-nutrients on the body.
3. Describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.
4. Utilize information about nutritional standards and guidelines, including Canada’s Food Guide and Canada's Food Guide for First Nations, Inuit, and Metis, in nutritional analysis and client counseling.
5. Analyze dietary information and provide appropriate nutrition counseling that supports clients to make dietary choices that promote oral 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

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

ACTIVITY

Course Schedule will be posted on D2L

Learning Outcomes with Performance Indicators

Critical Elements

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, Health Canada).
- 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, anti-cariogenic 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 the 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 obesity as a disease and risk factor for periodontitis.

D. Utilize information about nutritional standards and guidelines, including Canada's Food Guide and Canada's Food Guide for First Nations, Inuit, and Metis, in nutritional analysis and client counseling.

- 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, age-related (children through elderly) and indigenous 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. Analyze dietary information and provide appropriate nutrition counseling that supports clients to make dietary choices that promote oral and overall health.**
- Analyze food trends and diets clients may be utilizing for nutritional value, benefits and risks
 - Analyze 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.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

STUDENT EVALUATION

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

DESCRIPTION	WEIGHTING
Webinar	10%
5 Quizzes	50%
Presentations	40%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Please refer to the student handbook for information regarding supplemental exams.

SCHOOL OR DEPARTMENTAL INFORMATION

See D2L for more information

Students are required to read and are accountable for following College policies and guidelines as described in the DHYG and HHS Student Handbooks.

[DHYG Student Handbook](#)

[HHS Student Handbook](#)

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.

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/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible](#)

[Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

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.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

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.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (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 Misconduct 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.

Changes to this 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.