



# De Anza College

## Nutrition 62G

*Dieting: Sifting Fact from Fiction* 1 unit

Fall 2023

A Late Start, 8 week Course Oct 23 – Dec 14



### Instructor

ANNA MILLER, MS, RD

### PHONE

408.864.5576

### 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

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 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 first day of Fall quarter, 4 weeks 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 Thursday night** after the first official day of this Late Start course:

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.** 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/>.

## 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 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 of the late start schedule.** Students will have up to 60 minutes to take the quiz and 2 opportunities to take it. If you don't get 10/10 at first, try again! The higher score is the one that is kept.

## 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 bonus 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.

Since this course opens 4 weeks before the official start date, why not get a head start?  
This will lighten the load during the 8 *official* weeks of this course 😊

## 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 get in touch with the 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!** 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. **Not exactly.** This late-start course will open 4 weeks early (when “regular” classes open). You will have access to some of the Virtual Lectures, Tasks #1 & 2 and the Orientation Quiz before the official first day. Thus, you can learn the course content at your own pace during those early weeks. **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. Should they occur, updates to the syllabus will be posted on Canvas.

Week	Dates	Topics	Reading Assignments TFL = <i>Thin for Life</i>	Quizzes/Due Dates
1	Oct 23-29	What is a “healthy weight”? Causes of weight gain Energy Balance	<b>VL #1</b> (Virtual Lecture) and these pages in TFL: <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Chapter 1</li> <li>• pp. 45-46</li> </ul>	Thurs midnight: Deadline to do 2 tasks  <b>Orientation Quiz</b> Opens Mon 6 am Closes Sun 11:55 pm
2	Oct 30 – Nov 5	Fad Diets	<b>VL #2</b> and Chapters 2 & 3 in TFL	<b>Quiz 1</b> Opens Monday Closes Sunday <b>Discussion #1</b> closes Sunday
3	Nov 6-12	Diet vs Non Diet Approaches to Weight Loss Mindful Eating; Creating a Weight Loss Plan	<b>VL #3</b> and Chapter 4 In TFL	<b>Quiz 2</b> Opens Monday Closes Sunday
4	Nov 13-19	The Role of Exercise	<b>VL #4</b> and Chapter 7 in TFL	<b>Quiz 3</b> Opens Monday Closes Sunday <b>Discussion #2</b> closes Sunday
5	Nov 20-26	Emotional Eating	<b>VL #5</b> and Chapter 6 & 8 in TFL	<b>Quiz 4</b> Opens Monday Closes Sunday
6	Nov 27- Dec 3	Identifying Obstacles & Brainstorming Strategies What it Takes to Lose Weight For Good	<b>VL #6</b> and Chapters 5, 9 & 10 in TFL	<b>Quiz 5</b> Opens Monday Closes Sunday
7	Dec 4-10	There is no additional course content	No additional reading assignments	<b>Quiz 6</b> Opens Monday Closes Sunday
8	Dec 11-14	There is no additional course content	No additional reading assignments	<b>MONDAY: Action Plan</b> is due at 11:55 pm  <b>WEDNESDAY:</b> <ul style="list-style-type: none"> <li>• Last day to submit Action Plan (Late)</li> <li>• Deadline to submit Extra Credit Reflections</li> </ul>

Have a Wonderful Fall Quarter!

## Fall Quarter at a Glance!

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sept 25 – Oct 22</b> are Weeks 1-4 of Fall Quarter	But NUTR 62G will be open during those weeks <b><i>Get a head start!</i></b>					
Oct 22	23 <b>WEEK 1</b> <i>The course unofficially Opens!</i>	24	25	26 <b>Midnight Deadline</b> to complete the <b>2</b> <b>tasks</b> on Canvas  Last day to Drop <b>without</b> a W	27  Discussion #1 Opens	28
Oct 29  <b>Orientation Quiz closes</b>	30 <b>WEEK 2</b> Quiz #1 Opens	31	<b>Nov 1</b>	2	3	4
Nov 5 <b>Quiz #1 Closes</b>  Discussion #1 Closes	6 <b>WEEK 3</b> Quiz #2 Opens	7	8	9	10  Discussion #2 Opens	11
Nov 12 <b>Quiz #2 Closes</b>	13 <b>WEEK 4</b> Quiz #3 Opens	14	15	16	17	18
Nov 19 <b>Quiz #3 Closes</b>  Discussion #2 Closes	20 <b>WEEK 5</b> Quiz #4 Opens	21	22	23  <i>Happy Thanksgiving!</i>	24	25
Nov 26 <b>Quiz #4 Closes</b>	27 <b>WEEK 6</b> Quiz #5 Opens	28	29	30	<b>Dec 1</b>	2
Dec 3 <b>Quiz #5 Closes</b>	4 <b>WEEK 7</b> Last day to Drop (with a W) Quiz #6 Opens	5	6	7	8	9
Dec 10  <b>Quiz #6 Closes</b>	11 <b>WEEK 8</b>  <b>Action Plan Due</b>	12	13 <b>Last day to:</b> <ul style="list-style-type: none"><li>• Submit your <b>Action Plan</b> (Late Penalty)</li><li>• Submit <b>Reflections for Extra Credit</b></li></ul>	14  Course Grades will be submitted	15	

*Have a terrific Winter break!*