Course Syllabus
Wayne County Community College District
DT 212    Community Nutrition

CREDIT HOURS:  3.00

CONTACT HOURS:  .00

COURSE DESCRIPTION:
This didactic course explores current nutrition theory regarding the nutritional needs of people in the various phases of life, from birth through the elderly years. Students complete case studies on each life cycle phase.

Students learn the public health model and the interdisciplinary approach to assessing the nutrient requirements, developing care plans and delivering sound nutrition advice for clients. Students are required to develop education and training materials. Students use the action research model to initiate change.

CO-REQUISITES:  DT 213

EXPECTED COMPETENCIES:
Upon successful completion of this course, the student will:

• Become familiar with community nutrition; its origin and description.
• Know the definition of ‘public policy’ and its importance in the field of community nutrition.
• Describe the process of how public policy is formulated.
• Use knowledge of the nutrient composition of food to plan and evaluate individual and group nutrition requirements
• Recognize the skills and techniques necessary to gather relevant data during an interview or screening for later use in counseling.
• Become familiar with the processes used to assess individual representative of each individual lifecycle phase. Examples, how information is gathered and used, HIPPA files.
• Recognize commonly used anthropometrics, biochemical, and clinical and dietary measures to assess nutrition status sensitive to the community.
• Identify the major societal trends affecting communities, including health, health care, demographics, lifestyle, food, nutrition and technology.
• Apply knowledge of public health risk factors to providing nutrition services for clients in all phases of the lifecycle.
• Become familiar with community agencies associated with nutrition and screening programs.
• Calculate diets for nutrition needs during the various stages of the lifecycle.
• Utilize information technology to enhance community nutrition practice.
• Develop patient care plans according to guidelines.
• Recognize pertinent data and forms used in case studies
• Know techniques and skills used in nutrition counseling, behavior change theory.
• Apply knowledge of the concepts of biology, chemistry, anatomy and physiology to nutrition care.
• Define “ethnic group.”
• List factors that affect health behavior and food choices of diverse populations.
• Interpret current research and basic statistics in research data.
  ▪ Develop critical thinking skills
  ▪ Develop a nutrition education activity
  ○ Write a research paper

ASSESSMENT METHODS:
Student performance may be assessed by examination, quizzes, case studies, oral reports, group discussion, written reports or presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

GRADING SCALE:
A = 94% to 100%
B = 87% to 93%
C = 80% to 86%
D = 73% to 79%
E = less than 72%