

COURSE IMPLEMENTATION DATE:	September 2007
COURSE REVISED IMPLEMENTATION DATE:	
COURSE TO BE REVIEWED:	September 2009
(Four years after UPAC final approval date)	(MONTH YEAR)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary
- see course syllabus available from instructor

FACULTY/DEPARTMENT:	Faculty of Science, Health and Human Services / Dental Hygiene Program	
DHYG 228		1
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS
	Nutrition II	
COURSE DESCRIPTIVE TITLE		

CALENDAR DESCRIPTION:

This course is a continuation of the study of basic nutritional concepts according to the Canada Food Guide, and their application to oral health. Concepts are applied in the clinical setting for clients whose dietary choices compromise their oral health. Dietary analysis and recommendations are provided for selected clients.

PREREQUISITES: **DHYG 102, DHYG 128**
COREQUISITES: **DHYG 260**

SYNONYMOUS COURSE(S)	SERVICE COURSE TO:
(a) Replaces: _____ (Course #)	_____
(b) Cannot take: _____ for further credit. (Course #)	_____
	(Department/Program)
	(Department/Program)

TOTAL HOURS PER TERM:	15	TRAINING DAY-BASED INSTRUCTION
STRUCTURE OF HOURS:		LENGTH OF COURSE: _____
Lectures:	15 Hrs	HOURS PER DAY: _____
Seminar:	Hrs	
Laboratory:	Hrs	
Field Experience:	Hrs	
Student Directed Learning:	Hrs	
Other (Specify):	Hrs	

MAXIMUM ENROLLMENT:	16
EXPECTED FREQUENCY OF COURSE OFFERINGS:	Fall term, 2nd year only
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

AUTHORIZATION SIGNATURES:

Course Designer(s): _____ Shauna Warner	Chairperson: _____ Rosie Friesen (<i>Curriculum Committee</i>)
Department Head: _____ Wanda Gordon	Dean: _____ Jackie Snodgrass
PAC Approval in Principle Date: _____	PAC Final Approval Date: September 30, 2005

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

The student will be able to:

1. Recall related concepts and principles of nutrition from DHYG 128
2. Discuss procedures for nutrition counselling as a dental hygienist
3. Discuss fats
4. Discuss proteins
5. Discuss vitamins
6. Discuss mineral and water
7. Discuss energy balance and weight control
8. Discuss nutrition disease prevention
9. Discuss aging and the nutritional needs of the older adult
10. Discuss food consumerism

METHODS:

Lecture
Role Play
Students will counsel clients on nutrition

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) Yes No

METHODS OF OBTAINING PLAR:

Challenge exam

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Sizer, F., Whitney, E.(2000) Nutrition Concepts and Controversies, (9th ed.). St. Paul: West/Wadsworth

UCFV Course Pack DHYG 228

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

The final grade for this course will be assigned, based on the following:

Food Track Assignment	20%
Clinical Form for Nutritional Assessment as it pertains to oral health	30%
Midterm Exam	20%
Final Exam	30%

UCFV letter grading system will be used. A passing grade is 70% (B-)

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

Main Themes / Critical Elements are:

1. Concepts and principles of nutrition (recall from DHYG 128)
2. Procedures and techniques for nutrition counselling as a dental hygienist
3. Types, function and consumption of fats
4. Structure, function, sources and consumption of proteins
5. Classification, function and sources of vitamins; vitamin supplements; vitamin deficiency
6. Importance and function of water; recommended intake
7. Function and sources of minerals; trace minerals; mineral deficiency; osteoporosis and calcium intake; issues relating to fluoride

intake

8. Energy balance; parameters of a healthy body weight; obesity; eating disorders; weight loss plans

9. Nutrition as it relates to immunity, atherosclerosis, hypertension, cancer and alcohol consumption

10. Body changes associated with aging; nutritional needs of the older adult; malnutrition in the elderly

11. Food safety regulations; safe food handling principles; food additives; food preserving processes