COLLIN COLLEGE

DIVISION OF HEALTH SCIENCES

DENTAL HYGIENE COURSE SYLLABUS

Course Information

Course Number: DHYG 1207

Course Title: General and Dental Nutrition

Course Description: General nutrition and nutritional biochemistry emphasizing the effect nutrition has on oral health. Major Requirement: AAS – Dental Hygiene.

Course Credit Hours: 2
Lecture Hours: 2

Prerequisite: DHYG 1431 (or DHYG 1331) with a grade of "C" or better

Student Learning Outcomes:

- **State Mandated Outcomes:** Upon successful completion of this course, students will:
  1. Explain general nutritional requirements and deficiencies within the human body.
     (SCANS**:** F1, F2, F4, F5, F6, F7, F8. F10, F11, F14, F15, F16, C5, C6, C8, C9, C10, C11, C12, C13, C14, C18, C19)
  2. Analyze dietary records. ~~and~~
     (SCANS: F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, C1, C2, C3, C5, C6, C7, C8, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19)
  3. Apply nutritional ~~counseling~~ strategies to optimize oral health.
     (SCANS: F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F15, F16, C5, C6, C7, C8, C9, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19)
- **Additional Collin Outcomes:** Upon successful completion of this course, students will:
  1. Analyze dietary records to assist the dental patient in attaining and maintaining optimum general and oral health.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F15, F16, C5, C6, C7, C8, C9, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19)
  2. Understand the rudiments of nutrition, i.e., proteins, carbohydrates, fats, vitamins and trace minerals.
     (SCANS**:** F1, F2, F4, F5, F6, F7, F8, F10, F11, F14, F15, F16, C5, C6, C8, C9, C10, C11, C12, C13, C14, C15, C18, C19)
  3. Apply this knowledge with consideration to behavior modification to clinical situations, via case study analyses.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, C1, C2, C3, C5, C6, C7, C8, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19)
  4. Examine the interrelationship of nutrition and aerobic experiences.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F15, C5, C6, C8, C9, C10, C11, C12, C13, C14, C15, C16, C17, C18, C19)
  5. Utilize the knowledge gained from DHYG 1207 to become a wise consumer.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, C3, C4, C5, C6, C7, C9, C10, C11, C12, C13, C14, C15, C18, C19, C20)
  6. Describe the RDA and USRDA nutrient intake standards in terms of their aims, differences, nutrients represented and their application to the individual patient.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F15, F16, C1, C3, C4, C5, C6, C7, C11, C12, C13, C14, C15, C16, C18, C19)
  7. Discuss food intake guides in terms of the rationale for their development, the nutrients supplies by the food groupings in each guide and their proper application in clinical nutrition.
     (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, C5, C6, C7, C8, C9, C10, C11, C12, C13, C14, C15, C16, C18, C19)

8. Describe various means of assessing nutritional status.
   (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12. F13. F15, C3, C4, C5, C6, C7, C8, C11, C13, C15, C16)
9. Discuss the advantages and disadvantages of various methods of diet record collection, including the 24-hour recall, five-day record and the food frequency survey.
   (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, F14, F15, C1, C2, C3, C4, C5, C9, C10, C11, C12, C13, C14)
10. Explain current beliefs about the etiologic role of diet constituents in dental caries and periodontal diseases.
    (SCANS**:** F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F15, F16 ,C1, C2, C5, C11, C12, C13)
11. Describe the differences in nutrient requirements in various stages in the human life cycle.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F15, F16, C1, C5, C6, C7, C8, C9, C10, C11, C12, C13)
12. Describe the nutritional implications of the major degenerative diseases such as cardiovascular disease, cancer, diabetes mellitus and hypertension.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, C3, C5, C6, C7, C11, C12)
13. Recommend appropriate supportive dietary therapy for patients with dental conditions in which consideration of nutrition is especially important, including oral and periodontal surgery, prosthodontics, dental caries, oral cancer, bulimia and other eating disorders.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F12. F13, F14, F15, F16, C1, C2, C4, C5, C6, C7, C8, C9, C11, C12, C13, C14, C15, C16)
14. Discuss techniques of diet counseling for the promotion of oral health and the prevention of oral disease.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, F14, F15, C3, C6, C7, C8, C10, C11, C12, C13, C15)
15. Demonstrate a familiarity with legitimate community resources for nutrition information and know under what conditions diet counseling is inappropriate in the dental setting and should be referred to nutrition professionals.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F13, F14, F15, F16, C1, C2, C3, C4, C5, C6, C7, C11, C12, C13, C14, C15, C18, C19)
16. Recognize common elements of nutrition misinformation and food faddism and suggest strategies for effective management of patients who subscribe to food fads.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, C1, C2, C3, C4, C5, C6, C7, C8, C9, C10, C11, C12, C13, C15, C16)
17. Describe the use of glucose, fat, and protein during physical activity.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, F14, F15, F16, C1, C2, C3, C4, C5, C6, C8, C10, C11, C12, C13, C14, C15)
18. Describe the vitamins and minerals that support physical activity.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13,F14, F16, C1, C3, C4, C5, C6, C7, C8, C11, C12, C13, C14)
19. Describe and implement a personal action plan that includes the necessary elements to improve cardiorespiratory conditioning and endurance.
    (SCANS**:** F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, F11, F12, F13, F14, F15, F16, C1, C2, C3, C4, C6, C11, C12, C13, C14, C15, C16)

Secretary's Commission on the Acquisition of Necessary Skills (SCANS) - SCANS skills are a group of foundational skills and workplace competencies that the Secretary's Commission on the Acquisition of Necessary Skills established as vitally important for workplace success in the 21st century. In Collin's workforce programs, the SCANS skills are developed and reinforced throughout the curriculum to provide students with an opportunity to hone these skills/competencies in the context of their education. Over the course of an entire degree program, the successful student is expected to demonstrate all of the SCANS skills and competencies as part of their education. The SCANS Foundation Skills and Workplace Competencies are described at: http://www.collin.edu/academics/programs/Workforce_SCANS_Skills_Syllabi_Code_Key.pdf

Withdrawal Policy: See the current *Collin Registration Guide* for last day to withdraw.

Collin College Academic Policies: See the current *Collin Student Handbook*

Americans with Disabilities Act Statement: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.