

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: DES 2710

COURSE TITLE: General and Oral Nutrition

PREREQUISITE(S): CHM 1032C and Acceptance into the Dental Hygiene Program

COREQUISITE(S): DEH 2930, DEH 2806L

CREDIT HOURS: 2

CONTACT HOURS/WEEK: 2

CONTACT HOUR BREAKDOWN:

 Lecture/Discussion: 2

 Laboratory:

 Other _____:

FACULTY WORKLOAD POINTS: 2

STANDARDIZED CLASS SIZE ALLOCATION: 24

CATALOG COURSE DESCRIPTION:

A study of general nutrition and nutritional biochemistry with emphasis on the effects of nutrition and dental health, diet, and the application of counseling strategies to assist the patient in attaining and maintaining optimum oral health.

SUGGESTED TEXT(S): Palmer, Diet and Nutrition in Oral Health, Prentice Hall, 2nd Edition, 2006

IMPLEMENTATION DATE: Fall Term, 2004 (20051)

REVIEW OR MODIFICATION DATE: Fall Term, 2008 (20091) - Outline Review 2007

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Course introduction and review of Syllabus	2
II. Basic Nutrition and Overview of Healthy Eating Habits	2
III. Alimentary Canal: Digestion and Absorption Carbohydrates: The Efficient Fuel	2
IV. Protein: The Cellular Foundation Lipids: The Condensed Energy	2
V. Utilization of the Energy Nutrients: Metabolism & Balance Exam 1	2
VI. Vitamins Required for Calcified Structure Minerals Essential for Calcified Structures	2
VII. Nutrients Present in Calcified Structures Vitamins Required for Oral Soft Tissues and Salivary Glands	2
VIII. Water & Minerals Required for Oral Soft Tissues and Salivary Glands; Nutritional Requirements through the Life Cycle and Eating Habits Affecting Oral Health	2
IX. Exam II; Nutritional Assessment and Counseling for the Dental Client Caries Control Counseling Project	2
X. Nutritional Requirements Affecting the Oral Health of Females	2
XI. Effects of Systemic Disease on Nutritional Status & Oral Health Alterations in the Oral Cavity	2
XII. Nutritional Aspects of Dental Caries: Causes, Prevention and Treatment	2
XIII. Nutritional Aspects of Gingivitis and Periodontitis	2
XIV. Group Project Presentations	2
XV. Group Project Presentations	1
XVI. Exam III	1
Total Contact Hours	30

PROGRAM TITLE: Dental Hygiene
 COURSE TITLE: General and Oral Nutrition
 CIP NUMBER: 0317.010200

LIST PERFORMANCE STANDARD ADDRESSED:

NUMBER(S): TITLES(S):

01.01 Demonstrate knowledge of the Health Care Delivery System and Health Occupations

02.0 DEMONSTRATE THE ABILITY TO COMMUNICATE AND USE INTERPERSONAL SKILLS EFFECTIVELY - The student will be able to:

- 02.01 Develop basic listening skills.
- 02.02 Develop basic observational skills and related documentation strategies in written and oral form.
- 02.03 Identify characteristics of successful and unsuccessful communication including barriers.
- 02.04 Respond to verbal and non-verbal cues.
- 02.05 Compose written communication using correct spelling, grammar and format.
- 02.06 Use appropriate medical terminology and abbreviations.
- 02.07 Recognize the importance of courtesy and respect for patients and other health care workers and maintain good interpersonal relationships.
- 02.08 Recognize the importance of patient/client education regarding health care.
- 02.09 Adapt communication skills to varied levels of understanding and cultural orientation.
- 02.11 Demonstrate ability to give and follow directions.
- 02.12 Distinguish between factual reports and personal opinion.

03.0 DEMONSTRATE AND UNDERSTANDING OF AND APPLY WELLNESS AND DISEASE CONCEPTS - The student will be able to:

- 04.01 Develop a basic understanding of the structure and function of body systems.
- 04.02 Identify personal health practices and environmental factors which affect optimal function of each of the body systems.
- 04.07 Explain the nutrition pyramid.

21.0 DESCRIBE AND PERFORM TECHNIQUES OF PREVENTIVE DENTISTRY - The student will be able to:

- 21.01 Identify and instruct patients on applicable methods of preventive dentistry.
- 21.03 Identify elements of nutrition, basic food groups and acceptable diets.
- 21.04 Identify deficiencies that manifest in the oral cavity.



NOTE: Use either the Tab key or mouse click to move from field to field. The box will expand to accommodate your entry.

Section 1	
COURSE PREFIX AND NUMBER: <u>DES 2710</u>	SEMESTER CREDIT HOURS: <u>2</u>
COURSE TITLE: <u>General and Oral Nutrition</u>	

Section 2
TYPE OF COURSE: (Click on the box to check all that apply)

<input type="checkbox"/> AA Elective	<input checked="" type="checkbox"/> AS Required Professional Course	<input type="checkbox"/> College Prep
<input type="checkbox"/> AS Professional Elective	<input checked="" type="checkbox"/> AAS Required Professional Course	<input type="checkbox"/> Technical Certificate
<input type="checkbox"/> Other _____		
<input type="checkbox"/> General Education: (For General Education courses, you must also complete Section 3 and Section 7)		

Section 3 (If applicable)
INDICATE BELOW THE DISCIPLINE AREA FOR GENERAL EDUCATION COURSES:

<input type="checkbox"/> Communication	<input type="checkbox"/> Social & Behavioral Sciences	<input type="checkbox"/> Mathematics
<input type="checkbox"/> Natural Sciences	<input type="checkbox"/> Humanities	

Section 4
INTELLECTUAL COMPETENCIES:

<input checked="" type="checkbox"/> Reading	<input checked="" type="checkbox"/> Speaking	<input checked="" type="checkbox"/> Critical Analysis	<input type="checkbox"/> Quantitative Skills	<input checked="" type="checkbox"/> Scientific Method of Inquiry
<input checked="" type="checkbox"/> Writing	<input checked="" type="checkbox"/> Listening	<input checked="" type="checkbox"/> Information Literacy	<input checked="" type="checkbox"/> Ethical Judgment	<input checked="" type="checkbox"/> Working Collaboratively

Section 5	LEARNING OUTCOMES	METHOD OF ASSESSMENT
•	Upon successful completion of this course, students will be able to explain the nutrition pyramid	Written Examination
•	Upon successful completion of this course, students will be able to identify elements of nutrition, basic food groups and acceptable diets	Written Examination
•	Upon successful completion of this course, students will be able to identify deficiencies that manifest in the oral cavity	Written Examination
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Section 6
 Name of Person Completing This Form: Jeff Smith Date: 4/29/2008