



# De Anza College

## Nutrition 62G

### *Dieting: Sifting Fact from Fiction*

Spring 2025

A Late Start, 8 week Accelerated Course

May 5 – June 26



#### **Instructor**

ANNA MILLER, MS, RD

#### **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 1 unit 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 the quarter, 3 weeks before the *official* start of Nutrition 62G (April 14<sup>th</sup>). 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 WEDNESDAY night** after the first official day of this Late Start course:

Task #1: Fill out a short questionnaire (*Welcome to Nutrition 62G Survey*). Doing so will earn you 5 points

Task #2: Take a short quiz (*What Do You Know...*) Earns you 5 points regardless of how you answer

⇒ **Students who have not completed both tasks by this date may 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/>.

## COMMUNICATION

I will communicate with you in a variety of ways:

- Announcements. **Read them!**. *You are responsible for the information in ALL announcements.*
- **Comments and Feedback** on Canvas with quiz and assignment scores. **Read all Comments and Feedback**
- Messages through the **Canvas Inbox** I do my very best to respond to messages within 24-48 hours

## 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 (10 POINTS)

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 (50 POINTS)

- 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 11:55 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?

<b>QUIZ 1:</b> VL (Virtual Lecture) #1 and the assigned reading in <i>Thin for Life</i> for Week 1
<b>QUIZ 2:</b> VL #2 and the assigned reading in <i>Thin for Life</i> for Week 2
<b>QUIZ 3:</b> VL #3 and the assigned reading in <i>Thin for Life</i> for Week 3
<b>QUIZ 4:</b> VL #4 and the assigned reading in <i>Thin for Life</i> for Week 4
<b>QUIZ 5:</b> VL #5 and the assigned reading in <i>Thin for Life</i> for Week 5
<b>QUIZ 6:</b> VL #6 and the assigned reading in <i>Thin for Life</i> for Week 6

## ASYNCHRONOUS DISCUSSIONS (10 POINTS)

Asynchronous discussions will happen during 2 separate weeks of the quarter (Weeks 3 & 5). Discussions will be open for one week only. Full participation on one discussion (following all prompts) earns 5 points. To earn the maximum of 10 points you must participate on 1 discussion during each of the 2 weeks that they are included. See the **Quarter at a Glance** (last page here) for the dates that each discussion opens and closes.

### **ASSIGNMENT: WRITING YOUR ACTION PLAN** (20 POINTS)

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 course schedule towards the end of this syllabus. Late work will be accepted but 2 points will be deducted for late submissions.

### **EXTRA CREDIT REFLECTION** 😊

5 Extra Credit points can also be earned for completing a brief **Written Reflection** in response to a TED talk. This will take place in the last week of the quarter.

#### **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)

### **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. A few 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.

## FREQUENTLY ASKED QUESTIONS



**Q. How do I get in touch with the instructor?**

A. email me (milleranna@fhda.edu) or message me on Canvas.

You can also drop in during the 4 hours of office hours on Zoom: Every Friday and Monday from 11 am until 1 pm. Not free then? I'll be happy to make an appointment to speak with you on another day and/or time.

Please send a private message to me **ONLY** for private/personal questions. All questions about the course itself – the quizzes, discussions, the Action Plan etc. should be posted on Canvas in the ***Have a Question*** Discussion (That way, others benefit from your question and my answer)

**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 3 weeks early. 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.***

Since this course opens 3 weeks before the official start date, why not get a head start?

This will lighten the load during the 8 weeks 😊

### 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.

A Late-Start 8 week Accelerated Course

May 5 - June 26

The course will open 3 weeks early, on April 14

Use this time to get a head start on the course content, to reduce the intensity of an accelerated class

Week	Dates	Topics	Reading Assignments TFL = <i>Thin for Life</i>	Quizzes/Due Dates
1	May 5-11	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>	<b>Wednesday 11:55pm</b> Deadline to complete the 2 tasks  <b>Sunday 11:55 pm</b> <b>Orientation Quiz CLOSSES</b>
2	May 12-18	Fad Diets	<b>VL #2</b> and Chapters 2 & 3 in TFL	<b>Quiz 1</b> Opens Monday Closes Sunday
3	May 19-25	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 <b>Discussion #1</b> is OPEN
4	May 26- June 1	The Role of Exercise	<b>VL #4</b> and Chapter 7 in TFL	<b>Quiz 3</b> Opens Monday Closes Sunday
5	Jun 2-8	Emotional Eating	<b>VL #5</b> and Chapter 6 & 8 in TFL	<b>Quiz 4</b> Opens Monday Closes Sunday <b>Discussion #2</b> is OPEN
6	Jun 9-15	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	Jun 16-22	There is no additional course content	No additional reading assignments	<b>Quiz 6</b> Opens Monday Closes Sunday
8	Jun 23-27	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 Reflection</li> </ul>

Have a Wonderful Spring Quarter!

## Spring Quarter at a Glance!

Use this calendar of the 8 weeks of the course to stay on top of the Nutrition 62G tasks.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>April 7 – May 4</b> are Weeks 1-4 of Spring Quarter	But NUTR 62G will open 3 weeks early, on April 14 <sup>th</sup> <b>Get a head start</b> 😊					
May 4	5 <b>WEEK 1</b>	6	7 <b>Midnight Deadline</b> to complete the <b>2 tasks</b> on Canvas	8	9	10
May 11 <b>Mother's Day</b> <b>Orientation</b> <b>Quiz CLOSSES</b> at 11:55pm	12 <b>WEEK 2</b> Quiz #1 OPENS	13	14 Last day to drop <b>without</b> a W	15	16	17
May 18 <b>Quiz #1 CLOSSES</b> at 11:55pm	19 <b>WEEK 3</b> Quiz #2 OPENS <b>Discussion #1 OPENS</b>	20	21	22	23	24
May 25 <b>Quiz #2 CLOSSES</b> at 11:55pm	26 <b>WEEK 4</b> Quiz #3 OPENS <b>Discussion #1 CLOSSES</b>	27	28	29	30	31
<b>June 1</b> <b>Quiz #3 CLOSSES</b> at 11:55pm	2 <b>WEEK 5</b> Quiz #4 OPENS <b>Discussion #2 OPENS</b>	3	4	5	6	7
June 8 <b>Quiz #4 CLOSSES</b> at 11:55pm	9 <b>WEEK 6</b> Quiz #5 OPENS <b>Discussion #2 CLOSSES</b>	10	11	12	13 Last day to drop (with a W)	14
June 15 <b>Quiz #5 CLOSSES</b> at 11:55pm	16 <b>WEEK 7</b> Quiz #6 OPENS	17	18	19	20	21
June 22 <b>Quiz #6 CLOSSES</b> at 11:55pm	23 <b>WEEK 8</b> Final Exams Week <b>Action Plan Due</b>	24	25 <b>Last day to:</b> <ul style="list-style-type: none"> <li>• Submit your <b>Action Plan</b> (Late Penalty)</li> <li>• Submit your <b>Extra Credit Reflection</b></li> </ul>	26 Course Grades will be submitted	27 <b>Spring Quarter is over</b>	28 Have a Terrific Summer! 😎