



South Portland, Maine 04106

### Academic Department

**Title: Introduction to the Dietetics Profession**

**Catalog Number: DIET 100**

**Credit Hours: 1**

**Total Contact Hours: 15**

**Lecture (or Lab): Lecture**

**Instructor: Cathleen DuBosky DTR/L**

**Office Hours – By appointment**

**Contact Information:**

[cdubosky@smccme.edu](mailto:cdubosky@smccme.edu)

Phone number will be given in class

### Course Syllabus

#### Course Description

Prerequisites: None

This course exposes students to the background of the nutrition profession, the meaning of professionalism, the Code of Ethics for the profession, certification requirements within the dietetic field, governance of the dietetics field and the relationship of dietetic technicians to the health care team. In addition, students are introduced to the scope of practice within the dietetic technician career, and given opportunities to explore potential career choices.

#### Course Objectives

Upon completion of this course, the students will:

- Understand their role in the dietetics profession
- Explain the Code of Ethics for the profession
- Discuss the concept of professionalism as it relates to their career
- Articulate the educational and certification requirements of nutrition professionals
- List and discuss career options within the nutrition field
- Discuss the process and purpose of the Professional Development Portfolio
- Summarize the general history of the nutrition profession in the U.S.
- Explain the continuing education process and requirements for nutrition professionals
- Compare general roles and educational requirements of other health care professionals

## Topical Outline of Instruction

- Investigation of the role/meaning of being a professional
- Overview of the Academy of Nutrition and Dietetics, including history, membership Code of Ethics
- Overview of Dietetic Education
- Overview of Professional Portfolios/Resume building
- Investigation of job opportunities in the field
- Investigation of various members of the health care team (role, education, etc)
- Strategies for DTR exam preparation

## Course Requirements

The students will complete a short essay, three worksheets, a mid-term quiz, seven speaker reflection sheets/self studies, participate in class discussions and complete 2 projects (portfolio and health care team member report).

## Student Evaluation and Grading

Professionalism Essay (50 points)	5%
Discussion Board (Blackboard) (50 points)	5%
Code of Ethics Worksheet (50 points)	5%
Self Study Dietetic Education (50 points)	5%
AND Worksheet (50 points)	5%
Healthcare Report (50 points)	5%
Reflection Sheets (50 points each) (7 total)	35%
Portfolios (100 points)	10%
Revised Resumes (50 points)	5%
Attendance/Participation (100 points)	10%
Mid-Term Quiz (100 points)	10%

## Text, Tools and / or Supplies

***The Profession of Dietetics: A Team Approach***, by June Payne-Palacio, and Deborah Canter. Additional reading provided as necessary.

## Attendance Policy/Classroom rules

Students are expected to report **on time** to class each week with their **cell phones turned off and out of reach. NO laptops for note taking.** One absence from a class is excused and will not result in a lower grade. Two absences will result in a **half** letter grade lower than the grade earned for the course, Three absences will result in a **full** letter grade lower than the earned grade, and Four or more absences will result in an AF (Academic Failure)

## End-of-Course Evaluation

Students complete evaluations for each course attended at SMCC. Evaluations are submitted online and can be accessed through the student portal. Students can access the course evaluations beginning one week before the end of classes. The deadline for submission of evaluations occurs Monday at 5 p.m. following

the last day of the class. You will receive an e-mail to your student e-mail account when course evaluations are available.

### **ADA Syllabus Statement**

Southern Maine Community College is an equal opportunity/affirmative action institution and employer. For more information, please call (207) 741-5798. If you have a disabling condition and wish to request accommodations in order to have reasonable access to the programs and services offered by SMCC, you must register with the Disability Services Coordinator, Sandra Lynham, who can be reached at 741-5923. Further information about services for students with disabilities and the accommodation process is available upon request at this number. Course policies about online testing are modified to suit each individual's accommodations.

### **SMCC Pay-for-Print Policy**

Each semester students receive a \$20 printing credit. The balance resets at the end of the semester and any remaining credits are removed. The College's pay-for-print system monitors printing on all printers (including those in general access labs, library printers, Tutoring Services, Campus Center Lounge and technology labs). Be sure to log OUT of the system when you've finished your printing, to prevent unauthorized access to your account. Students can check the number of pages they have printed by using the Printing Balance tool available on SMCC computers (located in the lower right corner of the screen, near the clock). Departments with work study students who need to print documents for the department should contact the Help Desk at 741-5696 to have a special account set up. To find ways to reduce your printing charges, please go to the IT Help tab on My SMCC. If you have questions about the pay-for-printing policy or your printing charges, please contact the Help Desk at 741-5696 or send an e-mail to [helpdesk@smccme.edu](mailto:helpdesk@smccme.edu).

### **Refunds**

Print jobs are eligible for a refund in the event of mechanical or electronic error on the part of the printer, print server, or software used to submit the job. Jobs are not eligible for a refund in cases where the job was not set up correctly, was submitted multiple times, or the student is not satisfied with the result. To request a refund, please bring the offending print to the IT Department in the basement of the Ross Technology Center. Refunds will be granted in the form of a credit to the student's account.

### **Add-Drop Policy**

Students who drop a course during the one-week "add/drop" period in the fall and spring semesters and the first three days of summer sessions receive a 100% refund of the tuition and associated fees for that course. Please note any course that meets for less than the traditional semester length, i.e., 15 weeks, has a pro-rated add/drop period. There is no refund for non-attendance.

### **Withdrawal Policy**

A student may withdraw from a course only during the semester in which she/he is registered for that course. The withdrawal period is the second through twelfth week of the Fall and Spring semesters and the second through ninth week of twelve-week Summer courses. This period is pro-rated for shorter-length courses,

usually 75 percent of course meeting times; please check with the Registration Office. To withdraw from a course, a student must complete and submit the appropriate course withdrawal form, available at the Registration Office. This process must be completed either in person or by using SMCC email accounts.

### Plagiarism Statement

If an instructor suspects that a student has knowingly committed a violation defined in the Maine Community College System Policy on Student Grade Appeals and Academic Misconduct, the instructor has the authority to review the alleged misconduct and determine the grade that the student should receive for the assignment and the course. The instructor may assign a failing grade for the assignment or course and may require the student to complete additional work for the course. The instructor may consult with the department chair and/or the College's chief academic officer prior to making such decisions. If a student seeks to challenge an instructor's determination, the student should submit a grade appeal. Grade appeal forms are available in the Advising Office on the South Portland Campus or in the administrative offices in the Learning Commons on the Midcoast Campus. An instructor may also refer the matter to the College's disciplinary officer for review under the procedures of the MCCS Student Code of Conduct

<b>CLASS DATE</b>	
1/16/18	<b><u>Introduction/Overview/Dietetic Pathways</u></b>
1/23/18 <b>**This class ONLY is online. We will NOT meet for class on this day**</b>	<b><u>BLACKBOARD/ONLINE Professionalism/What is Dietetics?</u></b> <b>Assignment due ONLINE (1/29) at 11:59pm:</b> <ul style="list-style-type: none"> <li>● Essay: <i>What Professionalism Means to Me As It Relates To The Nutrition Field</i></li> <li>● Discussion board question on Blackboard</li> <li>● Read Chapters 1 and 2</li> </ul>
1/30/18	<b><u>Code of Ethics</u></b> <b>Assignment due next class:</b> <ul style="list-style-type: none"> <li>● Read for next class: Chapter 8 and AND Code of Ethics Handout</li> <li>● COE Worksheet</li> </ul>
2/6/18	<b><u>The Academy of Nutrition and Dietetics (AND) eatright.org Chapter 8</u></b> <b>Assignment due next class:</b> <ul style="list-style-type: none"> <li>● Read for next class: Chapter 5 and pgs 151-154 of Chapter 7</li> <li>● AND Worksheet</li> <li>● Bring in current resume (one that I can take for revising)</li> </ul>
2/13/18	<b><u>Education/Credentialing/Resume Workshop</u></b> <b>Assignment due next class:</b>

	<ul style="list-style-type: none"> <li>• Self study worksheet on Dietetic Education</li> </ul>
2/20/18	<p><b><u>Nutrition Professional's Role in the Healthcare Team</u></b>  <b>Assignment due next class: NONE!</b></p>
2/27/18	<p><b><u>Portfolio Review/Mid-term Review</u></b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Healthcare Team Report</li> </ul>
3/6/18	<p><b><u>Mid- Term Exam</u></b>  Bring in portfolios, if you would like me to review during exam</p>
3/13/18	<p><b><u>Spring Break!</u></b></p>
3/20/18	<p><b><u>Guest Speaker:</u> Mike Foley - <b>Foley Fitness</b></b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - Foley Fitness</li> </ul>
3/27/18	<p><b><u>Guest Speaker:</u> Brenda Bracey - Nutrition Educator -  Cooperative Extension</b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - Cooperative Extension</li> </ul>
4/3/18	<p><b><u>Guest Speaker:</u> Patsy Catsos RD - <b>IBS-Free FODMAP</b></b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - FODMAP</li> </ul>
4/10/18	<p><b><u>Guest Speaker:</u> Dave Bellisle DTR - <b>Synergy Fitness</b></b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - Synergy Fitness</li> </ul>
4/17/18	<p><b><u>Guest Speaker:</u> Audrey Morgan DTR - <b>Foodservice Director</b> -  Southridge Rehabilitation and Living Center</b>  <b>Assignments due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - Foodservice Director</li> </ul>
4/24/18	<p><b><u>Guest Speaker:</u> Ryan Luce DTR - <b>Long Term Care</b> - Barron  Center</b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet -LTC</li> <li>• Portfolios</li> <li>• Revised Resumes</li> </ul>
5/1/18	<p><b><u>Guest Speaker:</u> Cole Ferm DTR - <b>Acute Care</b> - New England  Rehabilitation Center</b>  <b>Assignment due next class:</b></p> <ul style="list-style-type: none"> <li>• Reflection Sheet - Acute Care- Rehabilitation</li> </ul>

5/8/18

**DTR Test Prep: Test Preparation For Credentialing Exam**