



**HOEC 105 – Community Nutrition
PART 2 of “Clinical & Community Nutrition”**

SPRING 2009

Instructor: Lisa Yamashiro, MEd, RD
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Tues & Thurs 9:00-11:45 a.m.
DeAvila school site, Room #103

Office Hours: Available T and Th after class, other times by appointment

Course Description

A two-part course that focuses on the principles of medical nutrition therapy and on nutrition applications in public health. The Community Nutrition component covers basic skills in delivering nutrition services in community health settings with emphasis on nutrition education.

Required Text

Student study guide, *Clinical & Community Nutrition* (Part II “Community Nutrition” can be downloaded from website www.ccsf.edu/lyamashi, HOEC 105 page)

"From Telling to Teaching - A Dialogue Approach to Adult Learning" by Joye A. Norris, Ed.D., 2003 (ISBN 0-9729617-0-4). Available from CCSF Bookstore at DeAvila.

Other Materials

Supplemental written materials and activity worksheets provided

Method of Grading

Assignments	120
Exam	45
Class participation & attendance	24
TOTAL possible points:	189
(*subject to change)	

IMPORTANT Grading policy: HOEC 105 is a two-part course - the first half focuses on Clinical Nutrition and the second half focuses on Community Nutrition. Points earned are combined for a final grade at the completion of the course, however, students must pass both the Clinical and Community portions with a grade of C or higher, or be disqualified from the program and field experience.

Grade Calculation

A = 91-100%
B = 83-90%
C = 75-82%
D = 67-74%
F = <67%

**A grade of C or higher in each course is required to graduate from and continue in the program. For placement in the field experience (HOEC 106) students must have completed HOEC 98, 99, 100, 104, & 105 with a C grade or higher.*

Attendance and Participation

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups.

Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job. Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

Students with any absence must meet with the instructor for a conference.

Students with **3 absences** (during entire course) will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program. If a student is absent for two (2) consecutive days from class due to illness, a physician's note is required before the student is allowed back to the program.

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

Punctuality

Students MUST arrive to class on time. We start and end our classes on time. Any student who arrives more than 10 minutes late is marked "tardy". Three tardies will be counted as one absence. Be sure to call in and leave a message if you are running very late. But realize that calling to say the student will be late does not excuse the tardiness.

Withdrawal Policy Deadlines

The last day to ADD class is January 22, 2009. Last day to drop for refund is January 15, 2009. Last day to drop without a "W" appearing on the record is February 3, 2009. Last day to drop with a "W" is March 12, 2009.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear his/her class rosters. Note the two different types of responsibilities. Instructors are not responsible for meeting student deadlines.

Class Participation

Classroom activity sessions will require working individually or in groups. A student absent during any activity session will not earn points for the activity worksheet and participation. Activity worksheets are to be completed in the classroom and collected after the class. Anyone who is absent without a valid reason (i.e. unexcused absence) can complete and submit the worksheet but no points will be given.

Homework Assignments

Students are expected to submit assignments on time. Late assignments will not be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work done by someone else.

Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time.

Please print or write legibly. The instructor cannot grade materials that are not readable. All written reports must be typed, double spaced, 1" margins, 12-point font. Please use spell/grammar check.

City College of San Francisco—Consumer Education Department
Nutrition Assistant Program

Instructor: Lisa Yamashiro, MEd, RD



HOEC 105

Community Nutrition

DeAvila Campus, #103, 9-11:45 a.m.

Spring 2009 Class Schedule

DATE	TOPIC <i>*subject to change</i>
Tuesday, February 24	Introduction to Community Nutrition Basic Skills—Assessing Needs & Planning
Thursday, February 26	“Hunger 101” Workshop Guest: Meredith Hanson, Executive Assistant, San Francisco Food Bank, 9:30 a.m.
Tuesday, March 3	“From Telling to Teaching” workshop; Lesson Planning
Thursday, March 5	Basic Skills—Implementing & Evaluating Guest: Leo O’Farrell, Director, Food Stamp Program, 9:15
Tuesday, March 10	Nutrition Education for Older Adults Guest: Linda Lau, MPH, RD, San Francisco Department of Aging & Adult Services, Office on the Aging, 9:30
Thursday, March 12	Nutrition Education & Programs for Children Guest: Mark Elkin, SFUSD School Health Programs, Nutrition Education Project, 9:15
Tuesday, March 17	Community Nutrition Programs & Services Guest: Donna Lew, Senior Director, Asian Programs, American Heart Association SF, 10:30
Thursday, March 19	Community Nutrition Programs & Services Guests: Libby Albert, Child Nutrition Coordinator, DCYF & Marianne Szeto, MPH, Shape Up San Francisco, 9:15
Tuesday, March 24	Nutrition Class Presentations (4)
Thursday, March 26	Nutrition Class Presentations (4)
Tuesday, March 31	Cesar Chavez Holiday
Thursday, April 2	EXAM Field Experience Orientation; WebCT workshop
SPRING BREAK (Monday, April 6 – Friday, April 10)	
Tuesday, April 14	Creative GEMS for Children (mini-presentations) Guest: Mike Tortorelli (NA Grad 2007), 9:15