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

SPRING 2007

Instructor: Lisa Yamashiro, R.D.  
Tues & Thurs 9:00-11:45 a.m.  
(415) 561-1971  
DeAvila school site, Room #103  
lyamashi@ccsf.edu

Office Hours: Available T 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)

Other Materials
Supplemental written materials and activity worksheets provided

Method of Grading
Assignments 62  
Oral Presentation 50  
Exam 40  
Class participation & attendance 25

TOTAL possible points: 177
(*subject to change)

Total points from Part I, Clinical Nutrition, will be added to Part II, Community Nutrition, for the final grade for HOEC 105.

Grade Calculation
A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = <60%

*A grade of C or higher in each course is required to graduate from and continue in the program. Maintenance of a satisfactory (C or higher grade) academic performance is required for placement in the field experience.
**Attendance**
This course is taught in such a way that each class builds on information discussed in the previous session. Also, some classroom activities must be completed in class and the work sheets are collected after each session. Therefore, each student is expected to attend class regularly.

Students must report an absence to the instructor via e-mail or phone. 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 will be given, and late assignments will not be accepted. If there is a valid reason for missing a quiz or test, make-up will be allowed only at the discretion of the instructor.

Students with two absences must meet with the instructor. Students with three or more unexcused absences will receive an “F” grade in the course. Students with five absences (whether “excused” or not) will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program.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.

**Tardiness**
Students must make every effort to arrive to class on time. Three tardies will be counted as an unexcused absence.

**Withdrawal Policy**
The last day to withdraw from class without “W” appearing on the record is February 2, 2007. A “W” will appear on the student’s permanent record after this date.

**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.
# HOEC 105
## Community Nutrition
### DeAvila Campus, #103, 9-11:45 a.m.
### Spring 2007 Class Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>Thursday, March 1</td>
<td>Introduction to Community Nutrition</td>
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<td>“Job Fair” assignment</td>
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<tr>
<td>Tuesday, March 6</td>
<td>Basic Skills—Assessing Needs &amp; Planning</td>
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<tr>
<td>Thursday, March 8</td>
<td>Basic Skills—Implementing &amp; Evaluating</td>
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<td>“Job Fair” mini-presentations</td>
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<td>Tuesday, March 13</td>
<td>“From Telling to Teaching” Workshop</td>
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<tr>
<td>Thursday, March 15</td>
<td>Nutrition Education for Older Adults; Lesson Planning</td>
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<tr>
<td>Tuesday, March 20</td>
<td>Community Nutrition Problems</td>
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<td><strong>Guest:</strong> SFUSD School Health Programs, Martha Adriasola, 9:00</td>
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<tr>
<td>Thursday, March 22</td>
<td>Community Nutrition Programs &amp; Services</td>
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<td><strong>Guest:</strong> Dr. Armando Valdez, Valdez &amp; Associates, 10:30</td>
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<tr>
<td>Tuesday, March 27</td>
<td>EXAM</td>
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<td>Creative Nutrition Activities for Children</td>
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<tr>
<td>Thursday, March 29</td>
<td>Nutrition Class Presentation (2 groups); Field Experience/WebCT Skills (computer lab #202)</td>
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**SPRING BREAK** *(Friday, March 30 – Friday, April 6)*

| Tuesday, April 10 | Nutrition Class Presentation (4 groups)                                                   |
| Thursday, April 12| Nutrition Class Presentations (4 groups)                                                  |
| Tuesday, April 17 | Nutrition Class Presentations (3 groups)                                                  |
|                    | Course Evaluations                                                                        |

As part of the “Community Nutrition” course and the nutrition education component of the field experience, all Nutrition Assistant students, in pairs, will teach one nutrition education class for older adults through the Consumer Education Department’s “Nutrition & Health” classes at Jewish Community Center, Golden Gate Park Senior Center, or Hamilton Senior Center.

### Jewish Community Center
3200 California St., SF  
**Preceptor:** May Woo, RD  
**Mondays, 10:00-1:00**  
April 9, 16, 23, 30; May 7, 14, 21

### Golden Gate Park Senior Center
6101 Fulton (near 36th), SF  
**Preceptor:** Lisa Yamashiro, RD  
**Thursdays, 12:30-3:30**  
April 19, 26; May 3, 10, 17

### Hamilton Senior Center
1900 Geary (at Steiner), SF  
**Preceptor:** Lisa Yamashiro, RD  
**Wednesday, 9:30-12:30**  
April 18