

**Hagerstown Community College**  
**OFFICIAL COURSE SYLLABUS DOCUMENT**

**COURSE:** DHY 205 Nutrition and Biochemistry in Dentistry                      2 credits

**INSTRUCTOR:** Raychene Michaels RDH, BS    **SEMESTER/YEAR:** Fall 2016\*

\*This course will meet the 2nd 7.5 weeks of the Fall 2016 semester.

**COURSE DESCRIPTION:**

This course provides dental hygiene students with an overview of nutrition biochemistry, nutritional guidelines, diet analysis and planning. The role of nutrition in dental health and systemic diseases are emphasized along with the clinical application of nutritional counseling strategies. **Total of 30 lecture hours.** Prerequisites: DHY 110, DHY 111, DHY 112. Co-requisites: DHY 201, DHY 202.

**TEXTBOOK:**

The Dental Hygienist's Guide to Nutritional Care, (2015) 4<sup>th</sup> ed., Stegeman, Cynthia A., Davis, Judi R., Elsevier/Saunders. ISBN: 978-1-4557-3765-9

**LEARNING OUTCOMES:**

- Examine the role of nutritional biochemistry in the formulation of a diet analysis, energy expenditure and nutritional counseling.
- Create a nutritional assessment of a patient's diet and use it for recommending appropriate changes for a healthier mouth and body.
- Examine the role of food source nutrients in human growth and development.

**Total Hours of Coursework:**

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute "academic" hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit. For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

**ACCOUNTING FOR CREDIT HOUR REQUIREMENT**

Assignment/Assessment	Clock Hours
Hybrid delivery (1 credit)	37.5 hours
Reading/studying for exams	4 exams x 8 hours = 32 hours
Completing a diet analysis	2 hours
Completing an energy expenditure assessment	4 hours
Homework	4 hours
Total out of class time	77.5