

ADS R115: ALCOHOL, DRUGS, EATING DISORDERS AND NUTRITION

Originator

ptrujillo

Co-Contributor(s)**Name(s)**

Zsarnay, Lois (lois_zsarnay1)

College

Oxnard College

Discipline (CB01A)

ADS - Addictive Disorders Studies

Course Number (CB01B)

R115

Course Title (CB02)

Alcohol, Drugs, Eating Disorders and Nutrition

Banner/Short Title

ADS,Eating Disorders,Nutrition

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

In this course, students will learn the principles of sound nutrition and how to apply them to the nutritional needs of recovering individuals. The prevalence of eating disorders such as bulimia, anorexia, and compulsive overeating in recovering individuals will be emphasized. The similarities between drug addiction and eating disorders will also be discussed. Students will learn about the special nutritional needs of pregnant women and about the effects of drugs/alcohol on fetal development, including fetal alcohol syndrome.

Taxonomy of Programs (TOP) Code (CB03)

2104.40 - *Alcohol and Controlled Substances

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity

Laboratory

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Minimum Outside-of-Class Hours**

105

Maximum Outside-of-Class Hours

105

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | Identify the nutritional needs of recovering individuals. |
| 2 | Identify the major types of eating disorders that are often co-occurring with addictions. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | Identify the principles of sound nutrition |
| 2 | Report the nutritional needs of recovering individuals |
| 3 | Explain the characteristics of eating disorders |
| 4 | Assess the cultural pressures that perpetuate eating disorders behavior |
| 5 | Relate what happens to the body with abusive behavior with regard to nutritional status |
| 6 | Identify the nutritional needs of the chemical abusing pregnant woman |

Course Content**Lecture/Course Content**

1. Macronutrients: absorption and distribution, the roles in the body
 - a. Carbohydrates
 - b. Fats
 - c. Protein
 - d. Fluids
2. Micronutrients: absorption and distribution, the roles in the body

- a. Vitamins
- b. Minerals
- c. Recommended daily allowances (RDA's)
- d. Supplementation
3. Physical effects of alcohol and alcoholism on the body
4. Physical effects of other drugs on the body
 - a. Illicit drugs
 - b. Physician prescribed
 - c. Over the counter
 - d. Caffeine
 - e. "Fake" foods : sweeteners and fats
5. Special nutritional requirements for the recovering addicts
 - a. Beginning of recovery
 - b. After detoxification
 - c. Diet to maximize sobriety
6. Eating disorders
 - a. Anorexia
 - b. Bulimia
 - c. Compulsive overeating
 - d. Similarities to alcohol/drug dependencies
 - e. Cross-addictions
 - f. Cultural pressures
7. Fetal alcohol syndrome and other special nutrition requirements
8. Exercise: role in recovery
 - a. Benefit and drawbacks with eating-disorder clients
 - b. Nutrition requirements
 - c. What type and how much exercise is needed

Laboratory or Activity Content

None

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Essay exams

Essays

Group projects

Individual projects

Journals

Objective exams

Oral presentations

Other (specify)

Quizzes

Role playing

Reports/papers

Research papers

Treatment plans

Other

Mindful Eating Assignments

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Computer-aided presentations

Class discussions

Case studies

Distance Education

Field trips
Group discussions
Guest speakers
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

Instructor will discuss specific counseling skills utilized with patients with substance use disorders and/or eating disorders.

Instructor will give examples and model those skills for the class.

Students will break into pairs/small groups to practice skills while instructor observes and gives feedback.

Representative Course Assignments

Writing Assignments

1. Analysis of food journal, identification of potential areas for improvement and written plan with recommendations to implement those changes
2. Write paper on mindful eating

Critical Thinking Assignments

1. Participate in class and small group discussions debating the theories of causes of eating disorders

Reading Assignments

1. Weekly assignments in text and professional journals

Outside Assignments

Representative Outside Assignments

1. Library inquiry activities and assignments
2. Research for final project

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Duyff, Roberta Larson. *Academy of Nutrition and Dietetics Complete Food and Nutrition Guide* (5th or latest edition) (2017). Houghton Mifflin Harcourt. 0544520580

Resource Type

Other Resource Type

Description

Professional journals through Oxnard College Library's on-line resources including but not limited to: Journal of the American Dietetic Association Psychological Medicine Journal of Psychology.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)
 Hybrid (1%–50% online)
 100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills.

Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

ADDICTION PARAPROFESSIONAL TRG

Additional local certifications required

Registered Dietitian or Registered Nutritionist (Title 5 & 53410.1)

Review and Approval Dates

Department Chair

08/26/2020

Dean

08/26/2020

Technical Review

09/09/2020

Curriculum Committee

09/09/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000143169

DOE/accreditation approval date

MM/DD/YYYY