

GENERAL COURSE INFORMATION:**Course Title: Clinical Nutrition****Trimester Credit Hours: 4****Course Director: Dr. Guest****Email Address: jguest@parkercc.edu****Phone number: 7203****Office Hours: M: 8:00-8:50, 12:00-12:50,****Tue: 10:00-10:50, 12:00-12:50, Wed: 9:00-9:50****Thu: 8:00-8:50****Lab Director/Instructors: N/A****Course Number: CLSC 6105****Total Contact Hours Per Trimester: 60****Lecture: Mon & Wed: 10:00-11:50****Lab Hours Per Week: N/A****Lab Contact Hours/Trimester: N/A**

COURSE DESCRIPTION: This course presents the principles and practice of scientifically based clinical nutrition. Topics discussed include assessment of nutritional status considering nutritional implications of the physical exam, laboratory studies, and more). Topics include macronutrients, micronutrients, phytonutrients, enzymes, antioxidants and other nutrients. Various conditions are discussed with emphasis on understanding that they are different expressions of imbalances and/or dysfunction that are preventable and correctable in many cases. Emphasis is on those conditions likely to be seen in the chiropractic practice that will respond to nutritional intervention thereby increasing the health and wellness of the patients.

LEARNING OBJECTIVES:

Learning Outcomes: At the completion of this course, the student should:

1. Be able to effectively assess a patient's nutritional status.
2. Understand the imbalance or dysfunction interfering with a patient's wellness and quality of life.
3. Understand the basic biochemistry underlying most conditions responsive to nutritional intervention.
4. Be able to make evidence-based dietary recommendations
5. Be able to make evidence-based supplement recommendations
6. Understand how to integrate nutritional intervention with other aspects of wellness such as chiropractic care, exercise, stress management, smoking cessation, etc.
7. Understand how chiropractic philosophy can be applied to the practice of clinical nutrition.

Lab Objectives: At the completion of this course, the student should be able to:

1. N/A

GENERAL APPROACH TO TEACHING: Each class will begin by reviewing the last items covered during the previous class. That will serve to help them see how the course material is connected. At every opportunity, the instructor will help the students

understand how the material is connected to chiropractic and to achieving wellness for themselves, their families and their patients.

The student is expected to be 1) on time for class / lab, 2) to not enter or leave the classroom / lab once it has begun, 3) to not eat or drink during class, 4) to engage in the learning experience, 5) to look for the application of learned material to the practice of chiropractic, 6) to seek help with difficult concepts or topics either from the instructor or another person who is doing well with the material, 7) to not allow themselves to get behind with the material .

PREREQUISITES: Biochemistry II and Physiology II, General Pathology

REQUIRED TEXTBOOKS:

Clinical Nutrition - Lecture Notes by James H. Guest, DC, DACBN, CCN

RECOMMENDED ADDITIONAL TEXTBOOKS:

- *The China Study* by T. Colin Campbell
- *Eat to Live* by Joel Fuhrman, M.D.
- *In Defense of Food* by Michael Pollan
- *Principles and Practices of Phytotherapy* by Simon Mills and Kerry Bone
- *Clinical Nutrition for Pain, Inflammation and Tissue Healing* by David Seaman, DC, MS, DACBN
- *The Book of Nutrition from Morte Health Systems*
- *Textbook of Natural Medicine* by Pizzorno and Murray
- *The Encyclopedia of Natural Medicine* by Pizzorno and Murray
- *Drug-Induced Nutrient Depletion Handbook* by Ross Pelton, RPh, PhD, CCN, et al
- *Nutrition from Marz* by Russell Marz, N.D
- *Clinical Nutrition: A Functional Approach* by Jeffrey Bland and others.
- *Megahealth* by Marc Sorenson
- *The Second Brain (Your Gut Has a Mind of Its Own)* by Michael D. Gershon, M.D.
- *Digestive Wellness* by Elizabeth Lipski

SUPPLIES: N/A

EVALUATION AND GRADING POLICY: The overall course grade is the average of the scores from three lecture examinations and a comprehensive final exam.

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|-------------------|------------|
| Lecture Exams (3) | 75% |
| Final Exam | <u>25%</u> |
| | 100% |

ESTIMATE OF STUDENT WORK LOAD:

It is the opinion of the instructor that approximately 4-5 hours of focused study each week – in addition to lecture and lab time – will be necessary for successful management of this class.

STUDENTS WITH SPECIAL NEEDS:

Parker College of Chiropractic adheres to section 504 of the Federal Disability law and assists qualified students. If you feel you qualify for this type of assistance, you should contact the Office of Student Affairs.

90/90 RULE:

This does not apply to the Clinical Nutrition course.

A complete listing of all Academic policies is found on the Parker Website:

<https://myparker.parkercc.edu/ics/Academics - Coursework/Course Catalog.jnz>

DISCLAIMER

The lecture outlines contained in the lecture booklet are NOT intended to represent the entire content of the course. A lecture outline is intended to be a guide to the lecture. The responsibility of the instructor is to follow the outline, expand the concepts and give explanation and illustrations to clarify content. The role of the student is to attend lecture and take notes over material presented by the lecturer that explains and illustrates the material listed in the outline. It is also the responsibility of the student to question the instructor if explanations and illustrations are not clearly presented or understood.

The instructors take no responsibility for the accuracy or completeness of old notes, quiz questions or exam questions that students may purchase, acquire from off of the internet or be given by previous students.

IMPORTANT NOTE:

The provisions contained in this syllabus do not constitute a binding contract between the student and Parker College of Chiropractic. These provisions may be changed at any time and for any reason at the discretion of the Course Director. When it is necessary to make changes to this document, appropriate notice (at least one week, if at all possible) will be given to the student(s).