

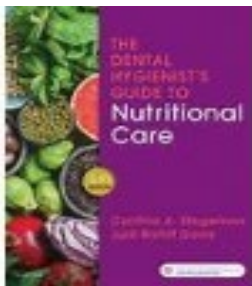


DHYG 1207
General and Dental Nutrition
Fall 2025
2 Credits
Lecture: Tuesday 10:00 am -12:00 pm

Instructor Information: Amber Stevens, RDH, BSDH, Med; 409-933-8543 astevens8@com.edu

Student hours and location: Lecture Tuesday 10:00 am – 12:00 pm, STEAM-202

Required Textbook/Materials:



The Dental Hygienist's Guide to Nutritional Care.
Stegeman, C. & Ratliff Davis, J. (5th Edition). Elsevier
Health Sciences.
ISBN: 978-0-323-49727-5

Course Description: General nutrition and nutritional biochemistry emphasizing the effect nutrition has on oral health.

Course requirements: Examinations, Online assignments, In class assignments, projects, homework, class participation, application in DHYG 2261 (Clinic III) with live patient.

Determination of Course Grade/Detailed Grading Formula:

Category	Points	Percentage	Grade Distribution
Exams (2)	225	29.25%	A= 90 — 100% B= 80 — 89% C= 72 — 79% A “C” or better is required to pass
Quizzes (13)	195	25.25%	
Assignments (19)	241	31.25%	
Nutrition Project (1)	110	14.25%	
Total	771	100%	

Late Work, Make-Up, and Extra-Credit Policy: Faculty may elect to allow students to make up tests and assignments at their discretion, but students must arrange to do-so within 24 hours of returning, or the student will receive a “zero.” Students must contact the faculty if they will submit something late **prior** to submitting it.

Attendance Policy: The college policy on attendance is “Students are required to attend and participate in every session of all classes for which they are registered. Regular attendance is a critical component to being successful in courses. COM recognizes no excused absences other than those prescribed by law: religious holy days and military service.” The dental hygiene program expects students to be present for all clinic, classroom and laboratory sessions. Students are expected to be on time and stay for the entire time for every lecture, lab, and clinic. Tardiness of more than 20 minutes and leaving early will count for an absence.

Though no absences are excused, students are still expected to contact course faculty as soon as possible in regard to a missed class. If any portion of a class session is missed, it is the student's responsibility to obtain notes, assignments, handouts, and make-up work/exams before the next scheduled class meeting or within one week. Two (2) tardiness or absences result in a consultation with the program director and/or written notice of course deficiency. Three or more may result in dismissal from the program.

Communicating with your instructor: ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. Please be mindful of communications with others, emails need to be written professionally and be sent during reasonable hours. Students can expect a reply within one business day, unless sent on the weekend, in which case a reply will occur by end of day Monday.

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Explain general nutritional requirements and deficiencies within the human body	Critical thinking -Communication skills -Empirical & quantitative skills	Weekly Quizzes Midterm Exam Final exam
2. Analyze dietary records.	-Critical thinking -Communication skills -Empirical & quantitative skills -Team work -Social responsibility	3-Day Food Log Caries Risk Assessment Dietary Analysis Carbohydrate Intake Analysis
3. Apply nutritional strategies to optimize oral health.	-Critical thinking -Teamwork -Social responsibility -Personal responsibility	Nutritional Case Study (live patient)

Academic Dishonesty: Students enrolled in health science courses are expected to uphold the highest standard of ethical behavior and professionalism. Academic integrity is an integral component of student conduct. Unethical behavior, such as academic misconduct or scholastic dishonesty harms the student, other students, and threatens the integrity of the program. The program policy on academic dishonesty is described in the Dental Hygiene program handbook. Students are expected to adhere to the policy and there is zero tolerance for the deviation from the

policy. Any student suspected of scholastic dishonesty will be referred to the program director and may receive a “zero” in the course and/or dismissal from the program.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact the program director, Ms. Falls at efalls@com.edu.

Remediation and Student Success

Remediation is implemented in all program courses for students to revisit material that wasn't learned or skills that weren't applied correctly. This is to ensure students are prepared to take the board exams for licensure upon graduation. Remediation is required for all exams, competencies, and skills evaluations in which a student is unsuccessful. The process for remediation for each course differs, but it is required that students comply with the remediation process. Any students who fails to complete a remediation assignment or session will be referred to the program coordinator and may receive a “zero” in the course.

Course outline: See separate outline posted in D2L

Institutional Policies and Guidelines

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook https://www.com.edu/student-services/docs/Student_Handbook_2024-2025_v2.pdf. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.*

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact:

Kimberly Lachney, Student Accessibility Services Coordinator, Phone: 409-933-8919

Email: AccessibilityServices@com.edu, Location: COM Doyle Family Administration Building, Student Success Center

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is October 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2nd 8-week session is November 25.

FN Grading: The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress:

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

Nondiscrimination Statement:

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.