

**DIE 4436 Nutrition Counseling and Communication (2 credits)
Spring, 2014**

Instructor

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Office hours: Thursday 9:00-11:00, Friday, 9:00-11:00 or by appointment

Course Location and Meeting Times

Dietetics Lab, Friday, 12:50-2:45
(UF Registrar class meeting times <http://www.registrar.ufl.edu/soc/classtimes.html>)

Course Description

The students will learn about application of principles of communication and counseling skills to dietetics practice. This course will provide hands-on experiences in counseling and oral and written communication. Prereq: HUN2201, HUN3403; DIE majors only.

Course Objectives

By the end of the semester, the student will be able to:

- describe the theories and principles of group and individual counseling and apply them to nutrition and dietetics,
- apply communication and counseling skills to assist individuals to make behavioral changes,
- deliver an effective oral presentation,
- promote nutrition messages through the media,
- facilitate a group learning process,
- develop written nutrition education materials and assess written materials for literacy level,
- discuss communication across cultures and identify food patterns of different cultures.

Foundation Knowledge and Learning Outcomes for Dietitians

The activities in this course are designed to assist students in achieving the following Foundation Knowledge and Learning Outcomes required in the Didactic Program in Dietetics.

Demonstrate effective and professional oral and written communication and documentation.

Demonstrate counseling techniques to facilitate behavior change.

Use the nutrition care process to make decisions, identify nutrition-related problems and to determine and evaluation nutrition interventions.

Develop interventions to affect change, and enhance wellness in diverse individuals and groups.

Required Textbook

Holli, BB, Beto, JA. *Nutrition Counseling and Education Skills for Dietetics Professionals*. 6th Edition. Philadelphia, PA: Lippincott Williams and Wilkins. (2012)
ISBN: 9781451120387

Class attendance: Attendance is required and will be taken at the beginning of each class. Excused absences will only be granted for the following reasons: Death in the family as documented by a dated obituary, illness or hospitalization as documented by a physician's note related to that illness (vague notes such as "was seen" are not acceptable), religious holiday as documented by a written statement to the professor before the holiday, professional/graduate school interviews with documentation of interview letter and travel arrangements, accident as documented by a copy of the police report. Each student is allowed one unexcused absence, after that each absence from class will result in 10 points being deducted from the student's attendance grade. You must contact me prior to class if you are ill or have reasons for which attendance must be excused and you must provide documentation of your illness or other activity as described above.

Tardiness is unacceptable in the workplace and is also not appropriate in the classroom. It shows disrespect for the professor and other students in the class. Any student who is more than 5 minutes late will lose 5 points from their attendance grade each time s/he is tardy.

Class participation: Class participation is critical in a course on communication skills; a part of the grade that you receive will be based on participation. To ensure that you complete the textbook readings that will be discussed in class, you will turn in a discussion card prior to class that the discussion leader will use in the discussion.

Deadlines: Assignments are due in class on the date specified. Late assignments will be penalized 10% of the grade for each day late.

Discussion leader: Each student will work individually or in a team to lead a discussion on the material in the chapters in the textbook. Grades for leading discussions will be assigned according to the criteria shown on the class discussion guidelines.

Assignments:

Eating history paper and behavioral food record: This paper describes the influences on your eating behaviors. One component of this assignment includes a three-day behavioral food record with analysis.

Audiotape or videotape: Audiotape or videotape yourself conducting a counseling session with someone accompanied by a self-assessment of your skills.

Nutrition education brochure: Choose a Dietary Guideline and develop a trifold nutrition education brochure suitable for someone with a 6th grade education

Group oral presentation: A presentation on food patterns and communication issues for a cultural group that dietetics practitioners are likely to encounter in practice.

Exams: There will be one exam based on the text, class discussions and activities.

Grading:

Class attendance	50
Class participation	20
Discussion Leader	10
Eating history paper	50
Counseling tape paper	50
Nutrition education brochure	50
Oral presentation	50
Exam	<u>100</u>
Total	380

Letter grades will be assigned according to the following scale

355-380	A (93.34-100%)	279-290	C (73.34-76.67%)
342-354	A- (90-93.33%)	266-278	C- (70-73.33%)
329-341	B+ (86.68-89.99%)	253-265	D+ (66.67-66.99%)
317-328	B (83.34-86.67%)	241-252	D (66.34-66.68%)
304-316	B- (80-83.33%)	228-240	D- (60-66.33%)
291-303	C+ (76.68-79.99%)	<228	E (<60%)

Grades and Grade Points

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*” You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: “*On my honor, I have neither given nor received unauthorized aid in doing this assignment.*”

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>.

Software Use:

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university’s counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

- *University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575, www.counseling.ufl.edu/cwc/*
 - Counseling Services
 - Groups and Workshops
 - Outreach and Consultation
 - Self-Help Library
 - Training Programs
 - Community Provider Database
- *Career Resource Center, First Floor JWRU, 392-1601, www.crc.ufl.edu/*

Services for Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation

0001 Reid Hall, 352-392-8565, www.dso.ufl.edu/drc/

Class Schedule

Week	Topics and Activities	Readings/Assignments
Jan. 10	Syllabus, course requirements Introductions Group facilitation skills	H & C, Ch 13 Assign Eating Behavior paper Assign discussions
Jan. 17	Discussion: Communication Analyzing and interpreting food records Activity: reflective listening	H & C, Ch 2
Jan. 24	Discussion: Interviewing; Counseling Interviewing and Counseling skills checklist Activity: motivational interviewing	H & C, Ch 3 & 4 Eating Behavior paper due Assign counseling tape assignment
Jan. 31	Discussion: Nutrition counseling; Motivation Activity: goal setting role plays	H & C, Ch 5 & 9
Feb. 7	Discussion: Behavior modification; Activity: critique Merlo Lab videos, Nutrition Counseling videos	H & C, Ch. 6
Feb. 14	Discussion: Cognitive Change, Cross-cultural and lifespan counseling Activity: Assessing culture and acculturation	H & C, Ch 7 & 8
Feb. 21	Activity: Cross cultural case study	H & C, Ch 7 Analysis of counseling tape due Assign cultural presentations
Feb. 28	Work on presentations	
Mar. 7	Spring break	
Mar. 14	Discussion: Using instructional media Lecture: Developing materials for low literacy audiences Writing behavioral objectives Activity: Critique written materials	H & C, Ch 15 Assign nutrition education brochure
Mar. 21	Discussion: Delivering oral presentations Activity: Assessing literacy level of written materials	H & C, Ch. 14
Mar. 28	Discussion: Working with the media Activity: Developing an effective speech Work on presentations	Nutrition education brochure due
Apr. 4	Cultural presentations	
Apr. 11	Cultural presentations	
Apr. 18	Exam	