

DIE 4436 Sections 0272 and 0189
Nutrition Counseling and Communication
Spring 2015

Instructor

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Office Hours: Mondays 11:30am-1:00pm, or by appointment

Course Location & Meeting Times

Section 0272: Fridays 8:30-10:25am (Dietetics Lab)

Section 0189: Fridays 12:50-2:45pm (Dietetics Lab)

*Note that on certain days both sections will meet together for guest speakers and/or the service learning project, and therefore will not meet at the times listed above. See Class Schedule below for details.

Course Description

The 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. 2 Credits

Required Materials

- Holli BB, Beto JA. (2014). Nutrition Counseling and Education Skills for Dietetics Professionals, 6th Ed. Published by Lippencott Williams & Wilkins. (ISBN-13: 978-1-4511-2038-7)
- 3-ring binder for class notes, worksheets, and handouts
- Access to mobile technology such as a smart phone or tablet (you may share with a classmate if you do not own a mobile device)
- Access to e-Learning (Canvas). Refer to <http://lss.at.ufl.edu>

Course Objectives

Upon completion of this course, students should be able to:

1. Describe the theories and principles of group and individual counseling and apply them to nutrition and dietetics.
2. Apply communication and counseling skills to assist individuals to make behavioral changes.
3. Deliver effective nutrition-related oral presentations and facilitate group learning processes.
4. Prepare nutrition education material using a variety of media, taking into account target audience and literacy level.
5. Prepare for interviews with the news media.
6. Deliver appropriate nutrition education messages across cultures, and communicate effectively with a variety of cultural and socioeconomic groups.

Foundation Knowledge and Learning Outcomes

Activities in this course are designed to contribute to students achieving the follow learning outcomes defined by the Accreditation Council for Education in Nutrition and 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 determine and evaluate nutrition interventions.

Student Evaluation

This course has 600 possible points. Evaluation is based on the following performance indicators:

Attendance (see Attendance Policy, below)	50
Class participation and in-class activities	20
Mock counseling session with peer review	50
Supervised nutrition counseling service learning project	50
Nutrition education in the community group assignment	50
Family Album Blog post with peer review	60
News media interview assignment	20
Group project – nutrition education video	50
Group project – cultural competency presentation	50
Final exam mock interview/counseling session	<u>100</u>
Total	500

Attendance Policy: Attendance is required for all dietetics (DIE) courses, and a penalty of 10 points is assessed for each class that is missed. Students who miss class due to illness or family emergency **MUST** call or email Ms. Acosta **prior to class** and provide appropriate documentation (doctor’s note, etc.) to be eligible to make up any quizzes, exams, or classwork for that day. Failure to do this will result in a grade of 0 for any work that was missed.

Tardiness is unacceptable in the workplace and therefore also inappropriate 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 he/she is tardy.

Grades are not negotiable and will be assigned according to the following scale

467-500	93.34-100%	A	333-349	66.68-69.9%	D+
450-466	90-93.33%	A-	316-332	63.34-66.67%	D
433-449	86.68-89.9%	B+	300-315	60-63.33%	D-
417-432	83.34-86.67%	B	<300	<60%	E
400-416	80-83.33%	B-			
383-399	76.68-79.9%	C+			
367-382	73.34-76.67%	C			
350-366	70-73.33%	C-			

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>.

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/honorcodes/honorcode.php>.

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 wellbeing 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.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	www.counseling.ufl.edu/cwc/	Counseling Services Groups and Workshops Outreach and Consultation Self-Help Library Wellness Coaching
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

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. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/.

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>.

Reading and Writing Center

The Reading and Writing Center is committed to helping University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. <http://at.ufl.edu/rwcenter>. Fall hours are M-F 9:00 AM to 5:00 PM. The Center is located in Broward Hall.

Other Information

Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Email

Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

Spring 2015 Class Schedule

Date	Topic	Textbook Readings (pages from Holli and Beto)	Assignments Due <i>This is an initial/tentative list – monitor Canvas for the most up-to-date information</i>
Friday January 9	What is Learning?	247-270, 301-330	
Friday January 16	Nutrition Education with Visual Media	381-400	
Friday January 23	Nutrition Education for Underserved Populations and the Role of the Dietitian in the Health Department Guest Speaker: Kourtney Oliver, MS, CPT	221-224, 228-242	Group 1: Nutrition Education in the Community Project Materials
Saturday January 24	<i>Group 1 Wellness Walk: 8-10am</i>		
Friday January 30	Nutrition Messages in Blogs and Social Media		Group 1: Nutrition Education in the Community Report Group 2: Nutrition Education in the Community Project Materials Family Album Blog Review
Saturday January 31	<i>Group 2 Wellness Walk: 8-10am</i>		
Friday February 6	Interpersonal Communication and Nutrition Interviewing	19-38, 43-72	Group 2: Nutrition Education in the Community Report Group 3: Nutrition Education in the Community Project Materials
Saturday February 7	<i>Group 3 Wellness Walk: 8-10am</i>		
Friday February 13	Storytelling with Mobile Technology Guest Speaker: Ricky Telg, PhD		Group 3: Nutrition Education in the Community Report Group 4: Nutrition Education in the Community Project Materials Family Album Blog Post
Saturday February 14	<i>Group 4 Wellness Walk: 8-10am</i>		
Friday February 20	Working with the News Media Guest Speaker: Rebecca Clapp, Broadcasting Coordinator for IFAS Communications		Group 4: Nutrition Education in the Community Report Group 5: Nutrition Education in the Community Project Materials Family Album Blog Peer Review
Saturday February 21	<i>Group 5 Wellness Walk: 8-10am</i>		

Friday February 27	No Class – Work on Blog Post Revision, News Media Assignment, Nutrition Education Video, and Cultural Presentations	335-355, 359-377	Group 5: Nutrition Education in the Community Report News Media Interview Assignment Family Album Blog Post 1 st Revision
Friday March 6	NO CLASS – SPRING BREAK		
Friday March 13	Stages of Health Behavior Change and Counseling for Behavior Modification	107-129, 135-157	Nutrition Education Video
Friday March 20	Person-Centered Counseling and Motivational Interviewing Guest Speaker: Anne Mathews, PhD, RD	79-102	Family Album Blog Post 2 nd (Final) Revision
Friday March 27	Counseling for Cognitive Change	161-189	Mock Counseling Session Video Service Learning Project Pre-reflection
Friday April 3	Service Learning Project – Supervised Nutrition Counseling		Mock Counseling Session Peer Review
Friday April 10	Nutrition Counseling for Eating Disorders and Disordered Eating		Service Learning Project Reflection
Friday April 17	Cultural Presentations		Cultural Competency Group Project
Week of April 20-24	Final Exam – Mock Interview/Counseling Session Scheduled Individually with Ms. Acosta		