

DIE 4436
Class #12798 (in person) and Class #26146 (online)
Nutrition Counseling and Communication: Spring 2021

Instructor

Laura Acosta, MS, RDN, LD/N
Campus Office: Building 120, room 104D
Campus Phone: 352-273-3472
Cell Phone: 914-523-7224
Email: ljacosta@ufl.edu

Office Hours:

- Office hours will be held on Zoom
- “Drop in” hour is from **11:30am-12:30pm on Fridays**
 - Zoom link for drop-in office hours:
<https://ufl.zoom.us/j/94897967505?pwd=SVE2VUVGYWVpODFrVjhKMklMMzd5Zz09>
 - Meeting ID: 948 9796 7505
 - Password: 637126
- If you are not available at this time, please email me for an appointment at another time

Teaching Assistant

Kaitlyn Grange
Email: kaitlyngrange@ufl.edu
Office Hours: TBA

Course Location & Meeting Time

Fridays 8:30-10:25am (periods 2-3)

Class #12798 (in person) will meet in **McCarty Hall A, room 3194**

Class #26146 (online) will meet on Zoom:

<https://ufl.zoom.us/j/96375060094?pwd=VGIMTHErOFB2R0Jwb0pYdGhJRlU1xUT09>

Meeting ID: 963 7506 0094

Password: 503647

Note that our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

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

- Computer with reliable internet access
- Webcam and microphone
- Access to mobile technology such as a smart phone or tablet.
- Access to basic video editing software, such as iMovie. (A free trial of Camtasia can fulfill this requirement.)
- Ability to access Word, PowerPoint, and PDF files.
- Access to e-Learning (Canvas). Refer to <https://elearning.ufl.edu>
- Access to Zoom: <https://ufl.zoom.us>
- Google Chrome browser with the HonorLock extension for quizzes and exams
Chrome can be downloaded here: <https://www.google.com/chrome>
The HonorLock Extension can be downloaded here:
<https://static.honorlock.com/install/extension>

Recommended Materials

- Holli BB, Beto JA. (2017). Nutrition Counseling and Education Skills for Dietetics Professionals, 7th Ed. Jones & Bartlett Learning. (ISBN-13: 978-1496339140) [Note: 6th edition is also acceptable.]
- Clifford D, Curtis L. (2016). Motivational Interviewing in Nutrition and Fitness. Published by The Guilford Press. (ISBN-13: 978-1-4625-2418-1)

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.
2. Deliver effective nutrition-related oral presentations and facilitate group learning processes.
3. Prepare nutrition education material using a variety of media, taking into account target audience and literacy level.
4. 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 following learning outcomes defined by the Accreditation Council for Education in Nutrition and Dietetics:

- Develop an educational session or program/educational strategy for a target population. (KRDN 3.2)
- Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups. (KRDN 3.3)
- Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained. (KRDN 4.3)

Student Evaluation

This course has 500 possible points. Evaluation is based on the following performance indicators:

Attendance (see Attendance Policy, below)	50
“Life Lab” Journal	50
Quizzes (6 @ 20 points each, lowest score dropped)	100
In-class activities	40
Coding and billing case scenarios	10
Mock counseling sessions (1 @ 50 points, 1 @ 100 points)	150
Nutrition education video	50
Final Exam <i>OR</i> Capstone Experience (service learning)	50
	<hr/>
	500 points

Attendance Policy: Attendance is required for all dietetics (DIE) courses. “Attendance” is more than just being present (either physically or on Zoom). It means being attentive and engaged, and not working on other tasks. For those attending via Zoom, come to class in a quiet space without distractions. You should not be working at a job, traveling, “multitasking”, etc. You must have your camera on in order to be counted as “present”. If you have a situation arise where you must have your camera off, please discuss this with Mrs. Acosta or Carley ahead of time.

A penalty of **10 points** is assessed for each class that is missed. Students who miss class due to illness or family emergency **MUST** email the course TA (with cc to Mrs. Acosta) **prior to class** and provide appropriate documentation (hospital discharge papers, police report, dated obituary, etc.) to be eligible to make up 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.

COVID-19 Safety

For those in the in-person section (Class #12798), we will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.

- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
- Follow your instructor’s guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.

- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).
- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. [Find more information in the university attendance policies](#).

Grades are non-negotiable and will be assigned according to the following scale.

465-500	93-100%	A	335-349	67-69.9%	D+
450-464	90-92.9%	A-	315-334	63-66.9%	D
435-449	87-89.9%	B+	300-314	60-62.9%	D-
415-434	83-86.9%	B	<300	<60%	E
400-414	80-82.9%	B-			
385-399	77-79.9%	C+			
365-384	73-76.9%	C			

Grades and Grade Points

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

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/UGRD/academic-regulations/attendance-policies/>

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 by abiding by the Student Honor Code."* 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: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-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 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	Phone	Web site	Services provided
University Counseling and Wellness Center	352-392-1575	https://counseling.ufl.edu/	<ul style="list-style-type: none"> • Counseling Services • Groups and Workshops • Outreach and Consultation • Self-Help Library • Wellness Coaching
U Matter We Care	umatter@ufl.edu 352-392-1575	http://www.umatter.ufl.edu/	Support for students in distress
Career Connections Center	352-392-1601	https://career.ufl.edu/	Career development assistance and counseling

Services for Students with Disabilities

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center (DRC). The DRC coordinates needed accommodations, including accommodations within the classroom, adaptive computer equipment, interpretation services, and mediation for faculty-student disability related issues. Here is the link to get started with the DRC: <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructors and discuss their access needs as early as possible in the semester.

Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner](#). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. [Summaries of course evaluation results are available to students here](#).

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>. 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 2021 Class Schedule

Date	Topic	Textbook Readings (from 6 th edition)	Assignments/Quizzes
Friday January 15	What is Learning? Interpersonal Communication	Holli and Beto: 19-38, 247-270, 301-330	
Friday January 22	The Health Belief Model and Stages of Change	Holli and Beto: 107-129, 135-157	<ul style="list-style-type: none"> • Quiz 1 (What is Learning, Interpersonal Communication)
Friday January 29	Introduction to Motivational Interviewing Reflective Listening Open-Ended Questions	Holli and Beto: 79-102 Clifford and Curtis: 91-107, 120-133	<ul style="list-style-type: none"> • Quiz 2 (Health Belief Model and Stages of Change) • Life Lab Journal
Friday February 5	Affirmations Elicit-Provide-Elicit Looking Back Introduction to Nutrition Education Video Project Storytelling with Mobile Technology	Clifford and Curtis: 108-119, 134-144	<ul style="list-style-type: none"> • Quiz 3 (Motivational Interviewing, Reflective Listening, Open-Ended Questions) • Life Lab Journal
Friday February 12	Looking Forward Summaries Introduction to Mock Counseling Session #1 Sign up for time slot		<ul style="list-style-type: none"> • Quiz 4 (Affirmations, Elicit-Provide-Elicit, Looking Back) • Life Lab Journal • Nutrition Education Video Topic Due

Friday February 19	Practice for Mock Counseling Session #1 (come prepared!)		<ul style="list-style-type: none"> • Quiz 5 (Looking Forward, Summaries) • Life Lab Journal • Come prepared for mock counseling practice session
Friday February 26	No Class Meeting Mock Counseling Session #1 Work on Nutrition Education Video		<ul style="list-style-type: none"> • Mock Counseling Session #1 (set up individually with Mrs. Acosta during the week) • Nutrition Education Video Planning Worksheet
Friday March 5	Nutrition Counseling for Eating Disorders		
Friday March 12	Coding and Billing Introduction to Mock Counseling Session #2 Sign up for time slot		<ul style="list-style-type: none"> • Coding and Billing Case Scenarios (to be completed in class) • Nutrition Education Video Due
Friday March 19	Readiness Scale Decisional Balance Goal Setting		

Friday March 26	Practice for Mock Counseling Session #2 (come prepared!)		<ul style="list-style-type: none"> • Quiz 6 (Readiness Scale, Decisional Balance, Goal Setting) • Life Lab Journal • Come prepared for mock counseling practice session
Friday April 2	No Class Meeting Mock Counseling Session #2		<ul style="list-style-type: none"> • Mock Counseling Session #2 (set up individually with Mrs. Acosta during the week)
Friday April 9	Group Facilitation and Problem Solving		
Friday April 16	Course Evaluations Group Facilitation Practice		<ul style="list-style-type: none"> • Group Facilitation Topic Due
FINAL EXAM OR CAPSTONE	Group Facilitation– Capstone Service Learning Experience OR Written Final Exam		

