

DIE 4436
Nutrition Counseling and Communication
Spring 2025
Class Number 11514
Section 0272

Instructor

Dr. Laura Acosta, DCN, RDN, LD/N

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Campus Phone: 352-273-3472

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Dr. Acosta's Office Hours:

- 11:30am-1:30pm on Fridays
- All office hours will be held on Zoom unless otherwise arranged. The Zoom link for Office Hours is posted on Canvas.
- If you need to meet outside of the regular office hours time slot, please email me to make an appointment.

Teaching Assistants

Emily Wisniewski

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Course Location & Meeting Time

This is a fully online, synchronous course. We will meet on Zoom on Fridays, periods 2 and 3 (8:30-10:25am).

Zoom Link for Class Sessions:

<https://ufl.zoom.us/j/93432305415?pwd=Hz2Mu1imq18wSzkwyFFVTqB5a0cJ3t.1>

Meeting ID: 934 3230 5415

Passcode: 862954

Note that our class sessions will be recorded for students in the class to rewatch for review. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you do not consent to have your voice recorded during class, you will need to keep your mute button activated and communicate using the "chat" feature, which allows students to type questions and comments live.

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.

Prerequisites: HUN2201 and HUN3403; DIE majors only.

2 Credits

Required Materials

- Computer with reliable internet access

- Webcam and microphone
- 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>

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. Prepare nutrition education material using a variety of media, taking into account target audience and literacy level.
4. Deliver effective nutrition-related oral presentations and facilitate group learning processes.

ACEND Learning Outcomes

In addition to the Course Objectives above, 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 (ACEND), the accrediting organization for dietetics education programs:

- KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.
- KRDN 4.3: Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

Graded Course Elements and Activities

Attendance: 50 points

Attendance is required for all dietetics (DIE) courses. “Attendance” is more than just being present on Zoom. It means being attentive and engaged, and not working on other tasks. 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 the course TA ahead of time. Students who miss class due to illness, family emergency, or other extenuating circumstance should complete the Instructor Notification Process ([Contact My Instructor | CARE \(ufl.edu\)](#)) through the Dean of Students Office to be eligible for an excused absence. We understand that sometimes “life happens” and you may occasionally miss class due to circumstances that are not necessarily documentable emergencies. For this reason, we will allow **up to 2** absences for the semester with no documentation needed and no questions asked. Absences beyond the allowed 2 will require notification from the Dean of Students Office (DSO) per above. If DSO notification is provided, the absence will be excused. Your grade will not be penalized, and you will be eligible to make up any graded in-class work you may have missed. Absences (beyond the allowed 2) that are not excused with appropriate DSO notification per above will result in a deduction of **10 points** from the attendance grade, in addition to a **grade of 0** for any graded in-class work that was missed.

Life Lab Journal: 60 points

The skills we will learn in this course are widely applicable to the communication and conversations we engage in on a daily basis. The Life Lab Journal is intended to provide a tangible link between the theory we learn in class, and the practical applications in everyday life. Think of your daily life as your "lab" for this course! Use the templates provided on Canvas to guide your journaling. Entries are due on the following dates:

- Jan 31: Entry 1 Due
- Feb 7: Entry 2 Due
- Feb 14: Entry 3 Due
- Feb 21: Entry 4 Due
- Mar 28: Entry 5 Due
- Apr 4: Entry 6 Due

Grading Rubric for Life Lab Journal Entries:

Criteria	Missing (0 points)	Unsatisfactory (3 points)	Satisfactory (4 points)	Excellent (5 points)	Earned Points
Completeness	Does not submit the assignment	Partially addresses the journal prompt.	Almost completely addresses the journal prompt.	Clearly and completely addresses the journal prompt.	
Analysis	Does not submit the assignment	Slight or unclear attempt to integrate relevant facts, relationships, and the student's self.	Clear attempt to integrate relevant facts, relationships, and the student's self.	Clear integration of relevant facts, relationships, and the student's self. Includes insightful conclusions and synthesis of ideas, including how new learning can be applied to personal communication behaviors.	
Total (10 possible points)					

Quizzes: 90 points

Quizzes are on Canvas proctored by HonorLock. They will include short-answer, multiple choice, and brief essay-style questions related to the material covered in class the previous week. Quizzes will open at 9:00am on Saturdays and are due the following Friday at 8:30am (i.e. by class time). All quizzes in this course are closed-book, and no notes or other aids are allowed. They are designed to take about 10-15 minutes to complete, but everyone will receive double-time (30 minutes) to hopefully alleviate any anxiety related to timed examinations. Seven quizzes (15 points each) will be given throughout the semester, and your lowest score will be dropped.

Quiz Dates and Topics:

Quiz	Opens	Due	Topics Included
1	Saturday, Jan 18 at 9:00am	Friday, Jan 24 at 8:30am	<ul style="list-style-type: none"> • What is Learning? • Interpersonal Communication
2	Saturday, Jan 25 at 9:00am	Friday, Jan 31 at 8:30am	<ul style="list-style-type: none"> • Health Belief Model • Stages of Change
3	Saturday, Feb 1 at 9:00am	Friday, Feb 7 at 8:30am	<ul style="list-style-type: none"> • Motivational Interviewing • Reflective Listening • Open-Ended Questions
4	Saturday, Feb 8 at 9:00am	Friday, Feb 14 at 8:30am	<ul style="list-style-type: none"> • Affirmations • Elicit-Provide-Elicit
5	Saturday, Feb 15 at 9:00am	Friday, Feb 21 at 8:30am	<ul style="list-style-type: none"> • Looking Back • Looking Forward • Summaries
6	Saturday, Mar 15 at 9:00am	Friday, Mar 28 at 8:30am *You will have 2 weeks to complete this quiz since it falls over Spring Break	<ul style="list-style-type: none"> • Best Year of Your Life • 7 Levels Deep • What Would Happen If • Readiness Scale
7	Saturday, Mar 29 at 9:00am	Friday, Apr 4 at 8:30am	<ul style="list-style-type: none"> • Decisional Balance • Goal Setting

In-Class Activities: 50 points

In-class activities are interactive activities completed during our scheduled class time, intended to synthesize and reinforce counseling concepts, skills, and techniques. They will be graded on completion and (if applicable) accuracy, and will contribute a total of 50 points toward your final grade.

Mock Counseling Sessions: 150 points

The Mock Counseling Sessions in this course will give you the opportunity to integrate the many counseling skills and techniques we learn, and counsel a "mock" patient. These sessions are scheduled individually with Dr. Acosta and the course TA. Immediately after each session, there will be an opportunity for debriefing and you will receive personalized feedback and suggestions for how to keep improving.

Mock Counseling Session #1 will take place the week of February 24-28, and will be worth 50 points toward your final grade. Mock Counseling Session #2 will take place the week of April 14-18 and will be worth 100 points toward your final grade.

Nutrition Education Project: 50 points

For this project, you will choose whether you'd like to write a blog article (~1200 words) or create a YouTube-style video (2-5 minutes) to communicate a nutrition message of your choice to a specific target audience. The project will be completed in several steps, and you will receive feedback along the way. Students with the most outstanding submissions at the end of the semester will be invited to publish their work on the Food Science and Human Nutrition Department blog!

Final Exam OR Service-Learning Experience: 50 points

At the end of the semester, you can choose the format in which you prefer to demonstrate your mastery of the course material: 1) Take a cumulative written final exam, or 2) Participate in a service-learning

opportunity in which you will present a brief nutrition lesson and lead a nutrition problem-solving discussion for a small group of high school students.

Final Course Grade Determination

This course has 500 possible points:

Attendance	50
Life Lab Journal (6 entries @ 10 points each)	60
Quizzes (7 @ 15 points each, lowest score dropped)	90
In-class activities	50
Mock counseling sessions (1 @ 50 points, 1 @ 100 points)	150
Nutrition education project	50
Final Exam <i>OR</i> Service-Learning Experience	50
	<hr/>
	500 points

Final grades will be assigned according to the following scale:

465-500	93.0-100%	A	335-349	67.0-69.9%	D+
450-464	90.0-92.9%	A-	315-334	63.0-66.9%	D
435-449	87.0-89.9%	B+	300-314	60.0-62.9%	D-
415-434	83.0-86.9%	B	<300	<60.0%	E
400-414	80.0-82.9%	B-			
385-399	77.0-79.9%	C+			
365-384	73.0-76.9%	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/>

Attendance 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/>

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. Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at: <https://gatorevals.aa.ufl.edu/students/>. 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 <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at: <https://gatorevals.aa.ufl.edu/public-results/>.

Academic Honesty

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code." On all work submitted for credit by students 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.”

The Conduct Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [See the UF Conduct Code website for more information](#). If you have any questions or concerns, please consult with the instructor or TAs in this class.

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). 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://policy.ufl.edu/regulation/4-040/>

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.

Whole Gator App

- The Whole Gator website and app connects UF students with resources dedicated to supporting overall health and well-being. In addition to many of the resources below it also has strategies to practice self-care. <https://one.ufl.edu/whole-gator/topics>

Health and Wellness

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
- University Police Department: [Visit UF Police Department website](#) or call 352 392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).

- GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, [visit the GatorWell website](#) or call 352-273-4450.
- Student Success Initiative, <http://studentsuccess.ufl.edu>.

Academic Resources

- E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392 4357 or via e-mail at helpdesk@ufl.edu.
- [Career Connections Center](#): Reitz Union Suite 1300, 352-392- 1601. Career assistance and counseling services.
- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources. Call 866-281-6309 or email ask@ufl.libanswers.com for more information.
- [Teaching Center](#): 1317 Turlington Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- [Writing Studio](#): Daytime (9:30am-3:30pm): 2215 Turlington Hall, 352-846-1138 | Evening (5:00pm-7:00pm): 1545 W University Avenue (Library West, Rm. 339). Help brainstorming, formatting, and writing papers.
- Academic Complaints: Office of the Ombuds; [Visit the Complaint Portal webpage for more information](#).
- Enrollment Management Complaints (Registrar, Financial Aid, Admissions): [View the Student Complaint Procedure webpage](#) for more information.

Student Complaints

- Residential Course: <https://www.ombuds.ufl.edu/complaint-portal/>
- Online Course: <https://pfs.tnt.aa.ufl.edu/state-authorization-status/#student-complaint>

Accommodations 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. See the “[Get Started With the DRC](#)” webpage on the Disability Resource Center site. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

In-Class Recording

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical

presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Use of Artificial Intelligence (AI) Tools

If students use AI tools in preparing assignments for this course, it is the students’ responsibility to ensure the information credibility, abide by the UF Honor Code, and acknowledge in writing (in a footnote on the assignment) which AI tools were used and specifically how they were used on that particular assignment. AI tools are not allowed for quizzes or exams in this course. For the Nutrition Education Project, students who choose to option to write a blog article are permitted to use AI tools for editing and polishing to improve grammar and readability. However, it is not acceptable to have AI write the article for you.

Spring 2025 Class Schedule

Date	Topic	Assignments/Quizzes
Friday January 17	Course Introduction and Orientation What is Learning? Interpersonal Communication	
Friday January 24	The Health Belief Model and Stages of Change	<ul style="list-style-type: none"> • Quiz 1 (What is Learning, Interpersonal Communication)
Friday January 31	Introduction to Motivational Interviewing (MI) Building an MI Toolkit: -Reflective Listening -Open-Ended Questions	<ul style="list-style-type: none"> • Quiz 2 (Health Belief Model and Stages of Change) • Life Lab Journal Entry 1 Due
Friday February 7	Introduction to Nutrition Education Project: Guest Presentation from Jessie Erwin (FSHN Blogger) Building an MI Toolkit: -Affirmations -Elicit-Provide-Elicit	<ul style="list-style-type: none"> • Quiz 3 (Motivational Interviewing, Reflective Listening, Open-Ended Questions) • Life Lab Journal Entry 2 Due
Friday February 14	Introduction to Mock Counseling Session #1 Building an MI Toolkit: -Looking Back -Looking Forward -Summaries	<ul style="list-style-type: none"> • Quiz 4 (Affirmations, Elicit-Provide-Elicit) • Life Lab Journal Entry 3 Due • Nutrition Education Format and 2-3 Topic Ideas Due

<p>Friday February 21</p>	<p>In-Class Practice Session for Mock Counseling Session #1</p>	<ul style="list-style-type: none"> • Quiz 5 (Looking Back, Looking Forward, Summaries) • Life Lab Journal Entry 4 Due • Familiarize yourself with the Mock Counseling scenarios, and come to class prepared to practice for the Mock Counseling Session! • Select your timeslot for the Mock Counseling Session next week • Work on Nutrition Education Project Planning Worksheet and Draft (for written articles) or Storyboard (for videos)
<p>Friday February 28</p>	<p>No Class Meeting Today In lieu of class this week, you will perform Mock Counseling Session #1 at the time you scheduled with Dr. Acosta. These sessions will take place throughout the week (February 24 - 28).</p>	<ul style="list-style-type: none"> • Mock Counseling Session #1 (set up individually with Dr. Acosta during the week) • Work on Nutrition Education Project Planning Worksheet and Draft (for written articles) or Storyboard (for videos)
<p>Friday March 7</p>	<p>Coding and Billing for Nutrition Counseling</p>	<ul style="list-style-type: none"> • Nutrition Education Project Planning Worksheet and Draft (for written articles) or Storyboard (for videos) Due • In-Class Activity: Coding and Billing Case Scenarios

Friday March 14	Building an MI Toolkit: -Best Year of Your Life -7 Levels Deep -What Would Happen If -Readiness Scale	
Friday March 21	SPRING BREAK!	
Friday March 28	Nutrition Education Project Follow Up: Guest Presentation from Jessie Erwin (FSHN Blogger) Introduction to Mock Counseling Session #2 Building an MI Toolkit: -Decisional Balance -Goal Setting	<ul style="list-style-type: none"> • Quiz 6 (Best Year of Your Life, 7 Levels Deep, What Would Happen If, Readiness Scale) • Life Lab Journal Entry 5 Due • Work on Nutrition Education Project (Feedback on your planning worksheet and draft/storyboard will be provided by this date)
Friday April 4	Group Facilitation and Problem Solving	<ul style="list-style-type: none"> • Quiz 7 (Decisional Balance, Goal Setting) • Life Lab Journal Entry 6 Due • Work on Nutrition Education Project

Friday April 11	In-Class Practice Session for Mock Counseling Session #2	<ul style="list-style-type: none"> • Familiarize yourself with the Mock Counseling scenarios, and come to class prepared to practice for the Mock Counseling Session! • Select your timeslot for the Mock Counseling Session next week • Work on Nutrition Education Project • Submit Final Exam Preference (Written Exam or Service-Learning Project)
Friday April 18	<p>No Class Meeting Today In lieu of class this week, you will perform Mock Counseling Session #2 at the time you scheduled with Dr. Acosta. These sessions will take place throughout the week (April 14 – 18).</p>	<ul style="list-style-type: none"> • Mock Counseling Session #2 (scheduled individually with Dr. Acosta during the week) • Service-Learning Lesson Outline Due (for those who chose the Service-Learning Project for the final exam) • Nutrition Education Project Due
FINAL EXAM WEEK	<p>Service-Learning Project: Monday or Tuesday, April 28-29 at Saint Francis High School, time TBA OR Written Final Exam: Thursday, May 1 (open 8am-8pm)</p>	