

## **COURSE INFORMATION:**

### **Practical Experience in Community Nutrition and Health Promotion**

**COURSE NUMBER: TBD; TEMPORARILY CTMP ISSUES NUTR 11:709:440**

Fall Semester 2016, Meeting Dates: Other than those listed below, by arrangement, Meeting Locations: Office location listed below as specified; others by arrangement

## **CONTACT INFORMATION:**

Instructor(s): Dr. Debra Palmer-Keenan & Maria Courel

Office Location: 11 Suydam Street; 2<sup>nd</sup> Floor

Office Hours: Upon Request

Phone: XXXXX

Email: dpalmer@aesop.rutgers.edu/courel@njaes.rutgers.edu

## **COURSE MATERIALS:**

- NA; all needed materials are provided by the instructor(s)

## **COURSE DESCRIPTION:**

This course is designed to provide experience-based education to students in the delivery of nutrition, physical activity, and obesity prevention education aimed at meeting 21<sup>st</sup> Century health challenges faced by those living in low-income communities. The experience allows students to practically apply knowledge from the disciplines of nutrition, exercise science, public health, education, and human ecology, as well as to gain practical experience in negotiating the logistics associated with the implementation of nutrition and health education programs operated in the community.

## **LEARNING OBJECTIVES:**

Students will:

- Correctly identify and teach recommended dietary and physical activity practices, as described in U.S. policy documents that guide community nutrition and physical activity programming.
- Gain experience in public speaking, teaching, and interpersonal interactions through the delivery of behaviorally-focused, evidence-based nutrition and physical activity education in low-income community settings.
- Broaden their worldviews through their interactions with limited-resource, diverse audiences.
- Recognize situations in which standard health recommendations do not work within environmental frameworks that do not support them, and synthesize the recommendations to be conveyed with what they have learned about the community to make valid recommendations.
- Professionally represent a Rutgers-operated, federal nutrition education program, (i.e., SNAP-E), and negotiate the program's operation within the classroom or agency in which the students work (e.g., garner agency assistance in arranging for cooking facilities or space to do activities, etc.).

## **ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:**

Students will be required to attend two training sessions in which they will be taught the current U.S. policies that guide community nutrition and physical activity programming, and provided with instruction on how to both teach and assess the lessons they will teach in the community. After the two training sessions they will be placed in community settings where they will provide nutrition, physical activity, and obesity prevention education, as instructed. To receive a passing grade in the

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course, students will be required to spend 65 hours working in the community and/or developing nutrition education demonstrations. Their work will be evaluated, both by the staff who oversee the portion of any agency in which they worked as well as through self-evaluation. At the conclusion of the semester, the students will attend a two-hour debriefing session to discuss and compare their experiences.

### **COURSE SCHEDULE: Fall 2016**

Saturday, September 17; 9:00 AM – 12:30 PM

Introductions

Orientation to SNAP-Ed and Federal Dietary Guidance

Discussion on How to Deliver SNAP-Ed [within the contexts in which you will be working at food pantries, etc.]: The Kid Friendly Veggies and Sugary Beverages Lessons

Saturday, September 24; 9:00 AM – 12:00 PM

All: Observe and Present the Kid Friendly Veggies lesson at a Farmers' Market

September 25 – December 8: Spend a minimum of an additional 50 hours prepping, delivering, and evaluating lessons of various types.

Week of October 3

Arrange to bring in a healthy sweet potato recipe. It must be relatively inexpensive and use few ingredients. Make sure to try it at home and that it tastes good. If not, find another recipe. You will schedule a meeting (through ari) with the SNAP-Ed recipe staff to analyze the recipe and put it into the template for review by Dr. Palmer-Keenan. The staff will assist you in making the instructions "low-lit" and ensuring food safety is addressed. You must then prepare it again for a taste test at 11 Suydam.

October 14: Recipe due

TBA

Filming date. Your hands will be the featured cooks in a video featuring your recipe.

December 5

Paper describing your experiences (3-5 pages)

Saturday, December 10; 10:00 AM – 12:00 PM

Meet as a class to share what you've learned

### **OTHER INFORMATION:**

Students will be responsible for adhering to the academic integrity policies found at <http://academicintegrity.rutgers.edu>.

It is important that students have the tools to succeed in this course. Please see the instructor \*as soon as possible\* with any difficulties or questions regarding the course materials. In addition, the Office of Student Affairs is available at <http://studentaffairs.rutgers.edu> for any other needs or concerns.

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