

Nutrition Counseling-1 Credit
11:709:499:01

Spring 2016

Instructor

Virginia Quick, PhD, RD
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Office Hours: By appointment (Davison Hall, Rm 210)

NOTE: The best way to reach me is by email. If you do not receive a response from me within 24hrs please contact me again.

Lecture: Section 1: Monday 3:55 pm to 5:15pm - Davison Hall, Rm 122

Required Texts:

Holli, Betsy B. & Beto, Judith A. (2014) Nutrition Counseling and Education Skills for Dietetics Professionals. 6th Edition. New York, NY: Wolters Kluwer/Lippincott Williams & Wilkins; 2014.

Course Description: Application of scientific knowledge to actual case studies. Techniques for effective nutrition interviewing and counseling.

Prerequisites: Pre or co-requisite 709:442 and 498.

Course website: <http://sakai.rutgers.edu>. To use the site, enter your NetID username and password. Class materials, assignments, resources, and announcements will be posted on the website.

Course Policies:

1. **Class Attendance** – includes timely arrival in class and participation. Attendance will be taken at the beginning of class and together with class participation (paying attention to lectures and participating in discussions) will be calculated into your final grade. Self-assessment of this area will be taken into account.
2. **Late assignments** – Any assignment received after the start of class on due date will be considered late. Ten points will be deducted for each day the project is late. If you are unable to attend class due to medical or personal emergencies the day an assignment is due, the assignment can be emailed as an attachment **before** the commencement of class.
3. **All assignments** must be typed with appropriate writing skills and grammar. Assignments will be handed in to instructor in class or uploaded to **assignment section** in Sakai.
4. **Make-up Exam** – In the event you are unable to attend class the day of the exam, it is your responsibility to contact the instructor prior to the class. A make-up exam must be taken before the next class meeting or you will not receive any points for the exam.

Course Objectives and Goals:

To acquire the basic skills required for conducting interviews and counseling sessions as related to the field of nutrition and dietetics. Upon completion of the course the student will be able to:

1. Discuss the dietetic practitioner's role in counseling clients.
2. Define counseling, its role and the process of counseling.
3. Identify the attributes of a successful counselor.
4. Describe motivational interviewing as a form of counseling.

Grading – Your final grade will be based on earned points as outlined below

450-500 points	A
435-449 points	B+
400-434 points	B
385-399 points	C+
350-384 points	C
300-349 points	D
<300 points	F

Class Attendance and Participation-includes timely arrival and class participation for all activities. Attendance will be taken at the beginning of class and together with class participation (paying attention to lectures and participating in discussions), in-class work and homework completion will be calculated into your final grade. – *150 points*

Mock Interviews-to be completed as an in class assignment according to directions given – *100 points*

Interview Assignment-to be completed and submitted according to directions on assignment sheet – *100 points*

Exam- The final exam will be a summary of concepts, theories, and techniques covered throughout the semester – *150 points*

Viewing Grades: Sakai is a course management system used for many course related activities including a platform for students to view their grades. It is your responsibility to know your exam and assignment scores. The correct grade is always on your handed back exams and assignments. Please be advised that Sakai has been known to eliminate grades and filter grades alphabetically inaccurately. Therefore, the correct grades will be in an excel spreadsheet on the professor's work (password protected) computer.

Classroom Conduct:

As a potential future health care employee, I expect college-level, professional behavior. Once lab/class has started, such things as reading newspapers, working on outside-of-class materials, carrying on distracting side conversations, leaving early, etc., are considered rude and distracting to me, your classmates, and especially to our guests. All cell phones must be turned to vibrate or silent during class time. If a student feels it necessary to answer a phone or open a text during

class time, that student must exit the classroom to do so. Laptops must be used for class-related activities ONLY, no social networking! Students attending class are expected to arrive to class on time and stay the entire class time. Special situations should be discussed with the instructor. It is disruptive for guest lecturers, students, and to class to arrive late or leave before class is dismissed. Adjust travel times, appointments, and meal dates accordingly. Class will be dismissed in timely manner so that students may commute to the next class.

Academic Integrity

As a student of Rutgers University you are responsible for understanding and abiding by the university's principles of academic integrity. For more information about the academic integrity policy, visit: <http://academicintegrity.rutgers.edu/integrity.shtml>.

Schedule of Class	Topic	Chapter
1/25/16	What is Nutrition Counseling?	4
2/1/16	Effective Nutrition Counseling/Interviewing Skills	3 & 4
2/8/16	The Interview Process	3
2/15/16	No Class/Out of Class Assignment	
2/22/16	Mock Interviews	
2/29/16	Stages of Change and Behavior Change Models TV Interview Analysis Assignment Due	4 & 5
3/7/16	Nutrition Care Process	2
3/14/16	SPRING BREAK	
3/21/16	Proper Documentation	5
3/28/16	Counseling for Behavior Modification	6
4/4/16	Mock Counseling Sessions	
4/11/16	Weight Loss Counseling	6
4/18/16	Cardiac Diet Counseling	6
4/25/16	Counseling for Cognitive Change	7
5/2/16	Final Exam (during regularly scheduled class)	

The instructor reserves the right to change the schedule for lectures, assignments and exams. If a class is canceled due to unforeseen reasons, assignments or exams will be due/given during the next class meeting.