

NUTRITION COMMUNICATION (11:709:442) – 3 Credits

Spring 2016

Instructors:

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Office hours: by appointment

Schedule: Monday & Thursday 9:15 am to 10:35 am. Location: CDL 109 & Davison 122 (see syllabus for location of each session).

Course Description: This course focuses on developing and delivering evidence-based food and nutrition communication in a variety of settings. The course also covers related assessment and evaluation strategies and underlying theoretical framework for nutrition education and behavior change. Course website is available at <http://sakai.rutgers.edu>.

Prerequisites: 11:709:441- Community Nutrition through the Lifespan; open to seniors only.

Textbook (Required): Holli, B, J, Beto, J. Nutrition Counseling and Education Skills for Dietetics Professionals. Sixth ed. New York, NY: Wolters Kluwer/Lippincott Williams & Wilkins; 2014.

Course Objectives:

Upon completion of this course, the students will be able to:

1. Demonstrate how to locate, interpret, evaluate and use professional literature.
2. Use current information technologies to locate and apply evidence-based guidelines.
3. Demonstrate effective oral and written communication skills.
4. Apply professional guidelines to a practice scenario.
5. Develop and implement a nutrition communication intervention for a target population to promote wellness.

Course Policies:

Attendance and participation: Attendance will be taken at the beginning of each class. Arriving late or leaving early will be counted as absent. Each absence will lower the total grade by 5 points. Participation (in the classroom) constitutes one third of the “attendance and participation” grade points.

Late assignments: Due dates and times will be posted on the Sakai site. For late assignments, 20% will be deducted for each (full or partial) day of delay. If a class is missed or assignment is late because of an emergency, documentation (doctor’s note, accident report, etc.) must be provided to the instructor.

Assignments and Grading:

<u>Assignments</u>	<u>Points</u>
Bench to table science translation	75 points
Life Stage Developmental Tasks Assignment	50 points
Nutrition communication Intervention	150 points
Social media assignment	75 points
Symposium assignment	25 points
Attendance and participation	75 points
Mid-term exam	50 points
Final exam (optional)	40 points
TOTAL	500 points (or 540 if final exam is taken)

There will be **NO** make-up exams.

<u>Grading Scale</u>	
450-500	A
425-449.99	B+
400-424.99	B
375-399.99	C+
350-374.99	C
300-349.99	D
0-299.99	F

The instructors reserve the right to revise the lectures, assignments, and points. The updates and changes will be posted on the course's Sakai site and/or will be announced in class.

Academic Integrity:

Violation of academic integrity (e.g., plagiarism) will not be tolerated. Integrity of assignments will be checked through Turnitin. To protect yourself against consequences such as failing the class, suspension, or being expelled, please read and comply with the Rutgers' Academic Integrity Policy at <http://academicintegrity.rutgers.edu>.

SCHEDULE OF CLASSES

Week	Monday	Thursday	Readings*
1		<u>January 21</u> Overview & introduction to nutrition communication Location: 109 CDL	
2	<u>January 25</u> Communication basics 109 CDL	<u>January 28</u> Evidence-based nutrition communication	
3	<u>February 1</u> Dietary guidelines: From science to policy & consumer education	<u>February 4</u> Total diet & dietary pattern approaches, influences on food intake behavior	
4	<u>February 8</u> <i>Bench to table: translating science presentations</i> Section 1-DAV 122 Section 2-CDL 109	<u>February 11</u> <i>Bench to table: translating science presentations</i> Section 1-DAV 122 Section 2-CDL 109	
5	<u>February 15</u> Nutrition care process	<u>February 18</u> Models of behavior change 109 CDL	
6	<u>February 22</u> Cultural Competency Dr. Franchesca Maresca CDL 109	<u>February 25</u> Intercultural communication Principles of learning CDL 109	
7	<u>February 29</u> Developing nutrition education interventions for behavior change I	<u>March 3</u> Mid-term exam	
* will be assigned weekly.			

Week	Monday	Thursday	Readings*
8	<u>March 7</u> Developing nutrition education interventions for behavior change II	<u>March 10</u> Research symposium activity	
9	<u>March 21</u> Nutrition communication for individuals with low literacy levels Judy Klavens-Giunta, RD 109 CDL	<u>March 24</u> Planning learning experiences Evaluation methods Section 1-DAV 122 Section 2-CDL 109	
10	<u>March 28</u> Intervention group work Section 1-DAV 122 Section 2-CDL 109	<u>March 31</u> Effective presentations & social media	
11	<u>April 4</u> Nutrition education strategies in early childhood Harriet Worobey, MA 109 CDL	<u>April 7</u> Current trends in wellness promotion Section 2-CDL 109	
12	<u>April 11</u> Nutrition communication for populations with limited resources Sue Martin, MS,CD/N 109 CDL	<u>April 14</u> Marketing and social marketing	
13	<u>April 18</u> Guest speaker - Media 109 CDL	<u>April 21</u> Nutrition education lesson presentations Section 1-DAV 122 Section 2-CDL 109	
14	<u>April 25</u> Nutrition education lesson presentations Section 1-DAV 122 Section 2-CDL 109	<u>April 28</u> Nutrition education lesson presentations Section 1-DAV 122 Section 2-CDL 109	
15	<u>May 2</u> Final		
* will be assigned weekly.			