

NUTRITION COMMUNICATION (11:709:442) – 3 Credits **Spring 2019**

Instructor:

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Office hours: by appointment

Schedule: Monday & Thursday 9:15 am to 10:35 am. **Location:** CDL 109 (Both sections – 1 and 2 – meet at CDL 109)

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

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

Textbook: Holli, B, Beto, J. Nutrition Counseling and Education Skills: A Guide for Professionals. Seventh ed. New York, NY: Wolters Kluwer; 2018.

Course Objectives:

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

1. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
2. Demonstrate effective oral and written communication skills including the use of current information technologies.
3. Apply professional guidelines to practice scenarios.
4. Develop and implement a nutrition education session for a target population.

2017 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND-required Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions (i.e., Bench to Table assignment, Nutrition Education Intervention project).

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols (i.e., Bench to Table assignment, Nutrition Education Intervention project).

KRDN 1.3: Apply critical thinking skills (i.e., Bench to Table assignment, Nutrition Education Intervention project, exams).

KRDN 2.1 – Demonstrate effective and professional oral and written communication and documentation (i.e., Nutrition Education Intervention project, Social Media assignment, Bench to Table assignment).

KRDN 2.2 – Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe inter-professional relationships in various practice settings (i.e., code of ethics scenarios activity, exam)

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity (i.e., intercultural methods of communication lecture assessed by exam).

KRDN 2.7: Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession (i.e., seminar assignment).

KRDN 3.1: Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions (i.e., in-class practice, exam).

KRDN 3.2: Develop an educational session or program/educational strategy for a target population (i.e., Nutrition Education Intervention project [lesson plan development]).

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups (i.e., Life stage assignment, in-class practice, exam).

Assignments and Grading:

<u>Assignments</u>	<u>Points</u>
Bench to table science translation	75 points
Life stage assignment	60 points
Nutrition communication Intervention	100 points
Social media assignment	75 points
Seminar/webinar assignment	40 points
Attendance	80 points
Participation	20 points
Mid-term exam	50 points
TOTAL	500 points

<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 final exam is optional (for a maximum of 40 additional points).
- There will be NO individual make-up exams.

Attendance and participation: Attendance and participation will be graded. 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. Students are advised to use the absence reporting website <https://sims.rutgers.edu/ssra/> to notify the instructor about the date and reason of any absences.

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 (e.g., doctor's note, accident report) must be provided to the instructor. Completing a timely and successful submission (e.g., ensuring that the uploading is completed, documents are not corrupted) is students' responsibility.

SCHEDULE OF CLASSES

Monday	Thursday	Readings*
	January 24 Overview & introduction to communication	Textbook Chapter 2
January 28 Intercultural communication and cultural competence	January 31 Evidence-based nutrition communication	Textbook Chapters 2 & 4 Kittler Chapters 2-3
February 4 Translating science	February 7 Code of ethics for nutrition professionals	Baranowski 2011 AND Code of Ethics 2018
February 11 Nutrition education planning 1	February 14 Nutrition education planning 2	Textbook Chapters 9 & 11
February 18 Behavior change models 1	February 21 Behavior change models 2	Textbook Chapters 5, 6 (pg 157); and 10
February 25 Bench to Table presentations	February 28 Nutrition education strategies in early childhood Harriet Worobey, MA	Textbook Chapter 9
March 4 Nutrition Care Process	March 7 Tools of the trade: lesson plans	Textbook Chapter 1 Textbook Chapter 12
March 11 Mid-term exam	March 14 Nutrition communication for individuals with low literacy	Textbook Chapter 4 (pg 103-104); Textbook Chapter 14 (pg 378-379)
SPRING BREAK – NO CLASSES!		
March 25 Education planning: evaluation	March 28 Effective presentations & social networking	Textbook Chapter 12 Textbook Chapters 13 & 14
April 1 Nutrition education practice	April 4 Nutrition education practice	
April 8 Social media	April 11 Media, marketing & social marketing	
April 15 Nutrition intervention practice	April 18 Seminar assignment practice	
April 22 Health Coaching Gerry Pierre, RDN, CDE	April 25 Nutrition billing/coding (joint session with Nutrition Counseling)	
April 29 Nutrition education intervention presentations	May 2 Nutrition education intervention presentations	
May 6 Nutrition education intervention presentations		
FINAL EXAM (OPTIONAL): May 14, 8:00-9:00 PM		
* Additional reading materials may be assigned and posted on the Sakai site.		

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. Please check the schedule on Sakai before class each week for updates and changes.

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>.

Student Wellness Services:

Counseling, ADAP & Psychiatric Services (CAPS): (848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu . CAPS provides mental health support services including individual and group counseling, workshops, and referral to specialists.

Violence Prevention & Victim Assistance (VPVA): (848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu . VPVA provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking.

Disability Services (ODS): (848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu> . To receive consideration for reasonable accommodations, a student with a disability must contact the ODS at the campus, where the student is enrolled, and follow the procedures (see <https://ods.rutgers.edu/students/documentation-guidelines>). The student should discuss the accommodations with the course instructor as soon as possible. To begin this process, registration form is available at: <https://ods.rutgers.edu/students/registration-form>.

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources (for yourself or a friend) on a smartphone or tablet, and easily contact CAPS or RUPD.

Scarlet Listeners (732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.