

NUTRITION COMMUNICATION (11:709:442) – 3 Credits **Spring 2021**

Instructor:

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Associate Professor

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Office hours: 2 hours after each class on most Mondays and Thursdays (via Zoom).

Schedule: Monday & Thursday 9:15 am to 10:35 am. **Location:** Online

Course Description: This course focuses on evidence-based food and nutrition communication and education in a variety of settings. The course also covers assessment and evaluation strategies, and theoretical framework for nutrition education and behavior change. Course website (2021SP - Nutr Communication) is located on Canvas (<http://rutgers.instructure.com>).

Prerequisites: 11:709:345 Life Span Nutrition and 11:709:441 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 intervention for a target population.

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., Science Translation assignment, Nutrition Education Intervention project).

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

KRDN 1.3: Apply critical thinking skills (i.e., Science Translation 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, Science Translation 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:

Assignments	Points
Science translation assignment	80 points
Life stage assignment	80 points
Nutrition education Intervention	100 points
Social media assignment	50 points
Seminar assignment	40 points
Attendance	80 points
Participation	20 points
Mid-term exam	50 points
TOTAL	500 points

Grading Scale	
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 25 additional points).
- There will be NO individual make-up exams.

Attendance and participation: Attendance and participation in all classes are expected and will be graded. Arriving late or leaving early will be counted as absent. You will have 2 absences excused; after that, each absence will lower your total grade by 5 points. In case of an absence because of an event beyond your control, please provide documentation and discuss it with the instructor.

Late assignments: For late assignments, 20% will be deducted for each (full or partial) day of delay. Remember that completing a timely and successful submission (e.g., files are uploaded successfully, documents are not corrupted) is your responsibility.

SCHEDULE OF CLASSES

Monday	Thursday	Readings*
	January 21 Overview & introduction to communication	Textbook Chapter 2
January 25 Intercultural communication	January 28 Intercultural communication and cultural competence	Textbook Chapters 2 & 4 Suggested secondary reading: Kittler Chapters 2-3
February 1 Evidence-based nutrition communication	February 4 Code of ethics for nutrition professionals	Baranowski 2011 AND Code of Ethics 2018
February 8 Nutrition education planning 1	February 11 Nutrition education planning 2 - learning	Textbook Chapters 9 & 11
February 15 Behavior change models 1	February 18 Behavior change models 2	Textbook Chapters 5, 6 (pg 157); and 10
February 22 Nutrition Care Process	February 25 Developing lesson plans	Textbook Chapter 1 Textbook Chapter 12 (pg 328)
March 1 Health literacy and low literacy	March 4 Nutrition education for individuals with low literacy	Textbook Chapter 4 (pg 103-104); Textbook Chapter 14 (pg 377-378)
March 8 Mid-term exam	March 11 Nutrition education strategies in early childhood Mar 12: Life Stage Assignment Due	Textbook Chapter 9
SPRING BREAK – NO CLASSES!		
March 22 Education planning - evaluation	March 25 Nutrition education intervention	Textbook Chapter 12
March 29 Nutrition education practice	April 1 Social media and networking	Textbook Chapters 13 & 14
April 5 Nutrition education practice	April 8 Marketing & social marketing	
April 12 Communication strategies & tools	April 15 Seminar assignment – debate	
April 19 Health Coaching	April 22 Nutrition education intervention presentations & discussion	
April 26 Nutrition education intervention presentations & discussion	April 29 Nutrition education intervention presentations & discussion	
May 3 Nutrition education intervention presentations & final review		
FINAL EXAM (OPTIONAL): May(to be announced)		

* Additional reading materials may be assigned and posted on the Canvas site.

The instructor may revise the lectures, assignments, and points during the semester. The updates will be posted on the Canvas course site and/or will be announced in class. Please check the Canvas course site before class each week for any updates or 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, you can learn more about academic integrity at <https://nbprovost.rutgers.edu/academic-integrity-students>.

Principles of academic integrity require that every Rutgers University student:

- properly acknowledge and cite all use of the ideas, results, or words of others
- properly acknowledge all contributors to a given piece of work
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of unapproved materials or unapproved collaboration
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Therefore, every member of the University community bears a responsibility to uphold the highest standards of academic integrity.

Student Wellness and Success:

The faculty and staff at Rutgers are committed to your success. Students who are successful tend to seek out resources that help them excel academically, maintain their health and wellness, prepare for future careers, navigate college life and finances, and connect with the RU community. You can find the resources that can help you succeed and connect with the Rutgers community at success.rutgers.edu. Nearly all services and resources that are typically provided in-person are now available remotely.

Counseling, ADAP & Psychiatric Services (CAPS): (848) 932-7884 www.rhscaps.rutgers.edu/. CAPS provides mental health support services.

Violence Prevention & Victim Assistance (VPVA): (848) 932-1181 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 <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.

Do Something To Help – Share A Concern: <http://health.rutgers.edu/do-something-to-help/>

For concerns about dangerous drugs, disruptive or aggressive behaviors or people who might be a threat to themselves or others.