

UNIVERSITY OF NORTHERN COLORADO
Nutrition and Dietetics Program
Office of Extended Studies
Independent Study Course
Online
Preview Syllabus

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Course Prefix and Number: FND 370-932

Title: Nutrition Education and Application Strategies

Credits: 3

Prerequisites: FND 245, FND 250 or FND 357 (Introductory Nutrition)

Course Description: Nutrition education and application strategies to enhance dietary change

Text: Holli, B.B.; O'Sullivan Maillet, J., et. al. (2009). Communication and Education Skills for Dietetics Professionals. Philadelphia: Lippincott Williams & Wilkins. .
ISBN – 13: 978-0-7817-7434-5

This course is delivered via ***Blackboard***, an internet program that provides course instructions, references and requirements. Each student is expected to access the program on a regular basis to read instructional materials.

Course Objectives:

Upon completion of this course, the student will:

1. Describe principles of effective nutrition education
2. Identify theoretical and practical ideas and strategies for influencing dietary change
3. Explore strategies to effectively convey nutrition information to a variety of consumer groups
4. Select and apply appropriate strategies when presented with nutrition problems
5. Demonstrate effective use of tools for nutrition education and counseling

This course meets the following CADE knowledge requirements for Didactic Programs in Dietetics:

KR 2.1.a Students are able to demonstrate effective and professional oral and written communication and documentation and use of current information technologies when communicating with individuals groups and the public.

KR 2.2.a Students are able to demonstrate counseling techniques to facilitate behavior change.

KR 2.3.a Students are able to locate, understand and apply established guidelines to a professional practice scenario.

KR 3.1.a Students are able to use the Nutrition Care Process to make decisions, to identify nutrition related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.

KR 3.2.a Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.

KR 3.3.a Students are able to develop an educational session or program/educational strategy for a target population.

Method of Grading: Letter Grade

Grading Scale:

90% and above	= A
80 – 89%	= B
70 – 79%	= C
60 – 69%	= D
Below 60%	= F

Grading Policies:

Each assignment describes in detail what you will be required to do and how I will grade your work.

Course Evaluation:

1. Quizzes 1, 2, 3, 4 (25 points each)	100 points	(timed)
2. Final Exam	50 points	(take home)
3. Assignments:		
a. Eating habits interview	25 points	
b. Diet and motivation interview	25 points	
c. Nutrition instruction pamphlet	25 points	
d. Class presentation lesson plan	25 points	
4. Individual Case Studies (12)	60 points	
TOTAL	370 points	

Course Calendar

The calendar below indicates the units with topics, assignments, and quizzes. Exams are available online and are available to take one time, with a time limit on availability when logged on.

Unit One

Course Materials:

Overview of Nutrition Counseling
Meaning of Food
Stages of Change

Quiz 1

Case Study 1

Unit 2

Course Materials:

Motivation
Emotional Factors
Psychology and Counseling/Theories

Quiz 2

Case Study 2, 3, 4

Unit 3

Course Materials:

Learning Theories/Activities
Problem Solving/Interviewing/Evaluation
Nutrition Counseling Strategies

Quiz 3

Case Study 5, 6, 7, 8

Eating Habits Interview

Unit 4

Course Materials:

Counseling Across the Lifespan
Cross-Cultural Counseling

Quiz 4

Motivation Interview

Nutrition Pamphlet

Unit 5

Course Materials:

Ethics
Application of Interviewing and Counseling Skills

Case Study 9, 10, 11, 12

Lesson Plan

Final Exam