

**PREVIEW SYLLABUS ONLY (Subject to change and update in the online format)**

**FND 370-931 Nutrition Education and Application Strategies (3)**

**Course Description and Objectives**

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

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



**Instructor Information**

Instructor: Dr. Alana D. Cline, PhD, RD  
Office: Gunter 2320  
Telephone: 351-1783 e-mail:  
alana.cline@unco.edu



**Required References**

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 enhanced with Blackboard, an internet program that provides additional course instructions, references and requirements. Each student is expected to access the program on a regular basis to read instructional materials.



**Course Assignments and Grading**

1. Quizzes 1, 2, 3, 4 (25 points each)..... 100 points
2. Final Exam..... 50 points
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).....

120 points  
TOTAL..... 370  
points

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

Grading Scale:  
90% and above = A  
80 – 89% = B  
70 – 79% = C  
60 – 69% = D  
Below 60% = F  
500 points



### **Course Schedule**

I want you to get the most out of this course, as well as being accommodating to your various work and personal schedules. At the same time, just like an on-campus course, you will need to create for yourself a certain time schedule to keep on track. You will need to follow the Unit sequencing and complete the material review, readings, assignments, and quizzes in order. Remember, you will need to be finished with the course within a year after enrolling...

In addition to textbook reading, for each topic students will be directed to additional learning experiences, such as web site connections and assignments.

### **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



### **Syllabus**

[Syllabus](#) (35 Kb)

Attached is the Course Syllabus as a Word file. Click on the underlined file name to read and have access to a printable version.



### **Administrative Information**

On-line learning is a different experience for both the student and the professor. Here are some ground rules that will help this be a positive learning environment!

#### **E-Mail**

You have the option of contacting me via email at any point in the course – remember to put a subject heading on your message, and identify yourself with your full name and the course number FND 370 Extended Studies. I will check my email on weekdays and will respond to your messages as soon as possible.

Grammar and Spelling

All e-mail correspondence and on-line discussion should reflect good grammar and correct spelling (no text messaging “shortcuts”). It is helpful to compose your responses in Word, save them, and then copy and paste the final version into the on-line discussion. This way you can use the spelling and grammar checking programs to review your work before sending it. To assist those individuals who may not have Word, you should save the file as a RichText file.



### **Honor Code**

All members of the University of Northern Colorado community are entrusted with the responsibility to uphold and promote fundamental values: Honesty, Trust, Respect, Fairness, and Responsibility. These core elements foster an atmosphere, inside and outside of the classroom, which serves as a foundation and guides the UNC community’s academic, professional, and personal growth. Endorsement of these core elements by students, faculty, staff, administration, and trustees strengthens the integrity and value of our academic climate.



### **LIBRARY RESOURCES AND SERVICES**

#### **Library Access and Use**

Independent study students who live outside a 50-mile radius of Greeley are extended many of the same library services available to their on-campus counterparts. These services include remote access to electronic resources, instruction in the use of libraries and library resources, reference assistance, and access to/delivery of library materials not available in local area libraries. See [www.unco.edu/library/distance/online.htm](http://www.unco.edu/library/distance/online.htm) for details.

Students who live within the 50-mile radius are expected to visit the UNC Michener Library in person. To borrow materials from the Michener Library in person, bring positive identification and your confirmation/receipt from registration for your independent study course.

Use your local area libraries as your primary resource. When there is a choice, you should use an academic library since it is more likely to have the indexes and other resources you will need for college-level research. Because many libraries now provide dial-in access, you can search various library databases from your own home or business, at your own convenience, if you have access to a computer with a modem.

If the materials you need are not available in your local area libraries or if you need additional assistance, contact the UNC Michener Library.

When placing requests, please remember to include the complete citation information.

Check the UNC online catalog, The Source (for books or journals), or UnCover (for journals) to make sure that UNC owns an item before you request it. Not only will this speed up the process, it will ensure that the materials you want are available through UNC.

You may request materials 24x7 by

e-mailing [library.ocp@unco.edu](mailto:library.ocp@unco.edu)  
faxing 970.351.2540

For other library assistance and instruction, phone 970.351.2562.



### **ACCOMMODATION FOR STUDENTS WITH DISABILITIES**

Students who believe that they may need accommodations in this course are encouraged to contact Disability Support Services at 970.351.2289 or visit the webpage at [www.unco.edu/dss](http://www.unco.edu/dss) to ensure that accommodations are implemented in a timely fashion.