

**Nutrition Counseling and Communication**  
**11:709:441**  
**Fall 2009**

**Instructor**

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**Office hours for instructor and TA are by appointment**

**Lecture:** Monday & Thursday 10:55 am to 12:15 pm 103 Cook/Douglass Lecture Hall

**Recitation Section 1-** 2:30-3:25 216A Davison Hall

**Recitation Section 2-** 4:10-5:05 216A Davison Hall

**Required Texts:**

Bauer, K and Sokolik, C (2002) Basic Nutrition Counseling Skill Development. Belmont, CA: Wadsworth/Thompson Learning. **(Referred to as: B&S)**

Boyle, MA and Holben, DH (2006) Community in Action, 4<sup>th</sup> or 5<sup>th</sup> Ed.. Belmont, CA: Wadsworth/Thompson Learning. **(Referred to as B&H)**

**Course website:** <http://sakai.rutgers.edu>. To use the site, enter your NetID username and password. Class materials, assignments, resources, and announcements will be posted on the website.

**Course Policies:**

1. Class Attendance-includes timely arrival in class and participation. Attendance will be taken at the beginning of class and together with class participation (paying attention to lectures and participating in discussions) will be calculated into your final grade.
2. Late assignments-Any assignment received after the start of class on due date will be considered late. Ten points will be deducted for each day the project is late. If you are unable to attend class due to medical or personal emergencies the day an assignment is due, the assignment can be emailed as an attachment before the commencement of class.
3. **All assignments much be typed with appropriate writing skills and grammar.**
4. The use of cell phones, text messages, or instant messaging during class will not be tolerated and you will be asked to leave class.
5. Make-up exams-in the event you are unable to attend class the day of an exam, it is your responsibility to contact the instructor prior to the class. A make-up exam must be taken before the next class meeting or you will not receive any points for the exam.

## Grading

Final grades for this course will be based on points earned on exams, projects/assignments, and recitation.

### **Total Possible Points: 1000**

<b>Assignment</b>	<b>Points</b>	<b>Due Date</b>
Television Interview Analysis	75	Sept 24, 2009
Communicating Scientific Information	75	Oct 15, 2009
Social Marketing Implementation	200	Nov 5, 2009
Behavioral Focused Lesson (BFL)	300	
Part 1-Lifestage Developmental Task	50	Oct 29, 2009
Part 2-Lesson Plan-Written	150	Nov 12, 2009
Part 3-Lesson Plan-Presentation	75	Nov 23, 2009
Part 4-Lesson Plan-Evaluation	25	Dec 3, 2009
Recitation	150	Dec 3, 2009
In-class assessment #1	100	Oct 12, 2009
In-class assessment #2	100	Dec 7, 2009

**The instructor reserves the right to change the schedule for lectures, assignments and exams. If a class is canceled due to unforeseen reasons, assignments or exams will be due/given during the next class meeting.**

## SCHEDULE OF CLASSES

Week	Monday Class	Thursday Class	Thursday Recitation
#1		September 3 <sup>rd</sup> Course overview Goals of nutrition communication and counseling	September 3 <sup>rd</sup> Goals of Recitation Self Inventory Distributed
#2	September 8 <sup>th</sup> Forms of Communication-verbal vs. non-verbal <i>Bauer Chapter 2</i> *Bring in a form of communication	September 10 <sup>th</sup> Forms of Communication – Traditional, Current and Emerging <i>Bauer Chapter 2</i>	September 10 <sup>th</sup> Self Inventory Discussed TV Interview Assignment Explained
#3	September 14 <sup>th</sup> Nutrition Education Tools MyPyramid and Dietary Guidelines <i>mypyramid.gov</i> <i>http://www.health.gov/DietaryGuidelines/</i> *My Pyramid Self-Assessment	September 17 <sup>th</sup> Goals and Objectives  <i>Sakai file: JADA2007</i> <i>Total Diet Approach</i>	September 17 <sup>th</sup> MyPramid-Self Assessment discussed
#4	September 21 <sup>nd</sup> Behavioral Change Model <i>Boyle Chapter 1</i>	September 24 <sup>th</sup> Effective Presentations  <i>Sakai file: Sherman</i> <i>Leadership Group</i>	September 24 <sup>th</sup> Communicating Scientific Information Assignment Discussed Television Interview Assignment Due Speaking Skills
#5	September 28 <sup>th</sup> Communicating with a Limited Resource Population Sue Martin, MS,CD/N Sr. Project Administrator EFNEP/FSNE	October 1 <sup>st</sup> Arenas for Communication	October 1 <sup>st</sup> Nutrition Interview 24 Hour Recall Food Frequency Questionnaire
#6	October 5 <sup>th</sup> Writing Behaviorally Focused Objectives  <i>Boyle p 537-538</i>	October 8 <sup>th</sup> Implementing a Social Marketing Campaign Leeann Mandrillo, Sr. Program Coordinator for Social Marketing	October 8 <sup>th</sup> Social Marketing Implementation Project Discussed
#7	October 12 <sup>th</sup> In-Class Assessment #1	October 15 <sup>th</sup> Creating Behaviorally Focused Lesson Plans <i>Boyle p. 531-536</i>	October 15 <sup>th</sup> Presenting Communicating Scientific Information Assignment

<b>Week</b>		<b>Thursday Class</b>	<b>Thursday Recitation</b>
#8	October 19 <sup>th</sup> No class-field work	October 22 <sup>nd</sup> Developmental Tasks Across the Lifespan Boyle p. 527-530	October 22 <sup>nd</sup> Presenting Communicating Scientific Information Assignment
#9	October 26 <sup>th</sup> Characteristics of Effective Counselors Dr. Francesca Maresca, Ph.D.-HOPE, RUHS	October 29 <sup>th</sup> Motivational Messaging <i>Sakai file :Motivational Messaging</i> BFL-Part 1-Due	October 29 <sup>th</sup> Behavioral Focused Lesson (BFL) Assignment Reviewed-Behavioral Objectives checked
#10	November 2 <sup>rd</sup> Dr. Felicia D. Stoler, DCN, MS, RD, FACSM Nutritionist & Exercise Physiologist	November 5 <sup>th</sup> Planning Learning Experiences, Evaluation Methods and Attention Grabbers	November 5 <sup>th</sup> Social Marketing Presentations
#11	November 9 <sup>th</sup> Therapies in Nutrition Education <i>Bauer Chapter 1</i>	November 12 <sup>th</sup> Therapies in Nutrition Education-cont <i>Bauer-Chapter 1</i> BFL-Part 2 Due	November 12 <sup>th</sup> Social Marketing Presentations
#12	November 16 <sup>th</sup> Counseling Techniques <i>Bauer Chapter 2</i>	November 19 <sup>th</sup> Nutritional Counseling for Clients with Eating Disorders	November 19 <sup>th</sup> Role-Playing to Reinforce Counseling Techniques
#13	November 23 <sup>rd</sup> The Counseling Interview <i>Bauer Chapter 3</i>  BFL-Part 3 Due	November 26 <sup>th</sup> No Class- Thanksgiving	November 26 <sup>th</sup> No class-Thanksgiving
#14	November 30 <sup>th</sup> Nutrition Care Plan <i>Bauer Chapter 4</i>	December 3 <sup>rd</sup> Coaching, Not Counseling <i>Bauer Chapter 8</i> <i>Sakai file: ADA Code of Ethics</i>	December 3 <sup>rd</sup> Role-Playing to Reinforce the Counseling Interview
#15	December 7 <sup>th</sup> In-Class Assessment #2 BFL-Part 4 Due		