

# COMMUNITY NUTRITION (11-709-442) SYLLABUS 2009

**CLASS:** CDL 103- Tuesday and Fridays 10:55 -12:15

**PRACTICUM:** 216 Davison Hall – Tue 3:55-5:15 (Section 1); Fri 12:35-1:55 (Section 2)

**INSTRUCTORS:**

Nurgul Fitzgerald, Ph.D., R.D.

Assistant Professor

Davison Hall Room 229A

Phone: (732) 932-3835 FAX: (732) 932-6522

EMAIL: [nfitzgerald@rce.rutgers.edu](mailto:nfitzgerald@rce.rutgers.edu)

Office Hours: By appointment

When you communicate through email, please include your name (if it is not obvious in your email address) and a brief description in the subject line. Otherwise, your email may not reach its destination. If you are emailing assignments, request read confirmation.

Teaching Assistant: Allyson Agostini-Dreyer

Davison Hall Room 216B

Phone: (732) 932-4236

EMAIL: [aadreyer@eden.rutgers.edu](mailto:aadreyer@eden.rutgers.edu)

Office Hours: By appointment

**COURSE WEBSITE:** <https://sakai.rutgers.edu/> . To use the site, enter your NetID username and password.

Check the class website often, at least prior to class meeting times for any updates, notices, assignments, etc.

**REQUIRED TEXT:** Boyle MA, Holben DH. (2006) Community Nutrition in Action, An Entrepreneurial Approach. 4<sup>th</sup> Edition. Thomson & Wadsworth.

**EVALUATION**

**Percentage Points**

Class attendance and participation  
(attendance:10, participation:5)

: 15

2 Quizzes

: 10

Cultural foods presentation

: 5

Racial/ethnic group paper

: 15

Grant assignment

: 20

Educational material assignment

: 15

Recitation grade

: 10

Final exam

: 10

<b>A :</b>	90-100
<b>B+ :</b>	85-89
<b>B :</b>	80-84
<b>C+ :</b>	75-79
<b>C :</b>	70-74
<b>D :</b>	60-69
<b>F :</b>	59 or less

**Course Policies**

**Class participation and timeliness:** Attendance (being there on time) and participation (paying attention to the lectures and participating in the discussions) will affect your success in this course. Attendance will be taken at the beginning of each class; if you are late or leave early, you will be counted absent. Attendance grade will be based on the total number of classes minus two (e.g., missed classes for unexpected emergencies). Attendance grades will not exceed 100%. For example, if you attend all classes (or all but two) it will count as 100% attendance.

All assignments must be typed, written at the appropriate level and format (structure, flow, correct grammar, citations, etc.), and must be turned in on the date they are due. If you are late to turn in an assignment, 20% will be deducted for each day of delay. In case of an emergency or sickness, you will need to provide written evidence (physician's note, accident report, etc.) to avoid the late penalty.

**There will not be any make-up exams.**

**Courtesy:** Please turn off your cell phones and pagers during class; if you are expecting a very important call (e.g., doctor's appointment or family emergency), set it to vibrate.

Instructor reserves the right to make any changes. If a class is canceled due to inclement weather, assignments or exams will be due / given during the next class. Any questions or problems should be brought to the attention of Dr. Fitzgerald prior to the assignment or exam due date.

## SCHEDULE OF CLASSES

Week	Tuesday	Friday	Practicum
#1	<b>Jan 20</b> Introduction to community nutrition <i>Chapter 1</i>	<b>Jan 23</b> Nutrition, health and culture <i>Chapter 16</i>	Introduction to literature reviews
#2	<b>Jan 27</b> Determinants of nutrition-related behaviors	<b>Jan 30</b> Theories of behavior change <i>Chapter 15</i>	Literature review for group assignment <b>Location:</b> computer lab
#3	<b>Feb 3</b> <b>Assignment 1:</b> Cultural foods presentation-Hispanics	<b>Feb 6</b> <b>Assignment 1:</b> Cultural foods presentation-Asian Indians	Literature review for group assignment <b>Location:</b> computer lab
#4	<b>Feb 10</b> <b>Assignment 1:</b> Cultural foods presentation-African Americans	<b>Feb 13</b> <b>Assignment 1:</b> Cultural foods presentation-Asians	Grant writing project
#5	<b>Feb 17</b> Needs assessment and nutritional epidemiology <i>Chapters 2, 3, &amp; 4</i>	<b>Feb 20</b> Designing community nutrition interventions <i>Chapter 14 &amp; 15</i> <b>Assignment 2 (paper) due</b>	Grant writing project
#6	<b>Feb 24</b> National Nutrition Monitoring  <i>Chapter 6</i>	<b>Feb 27</b> Food Guidance System: Dietary Guidelines/Healthy People 2010 <i>Chapters 1, 6</i>	Nutrition monitoring/national guidance system practice  <b>Location:</b>
#7	<b>Mar 3</b> Community nutrition and public policy <i>Chapter 7</i>	<b>Mar 6</b> Community nutrition & federal assistance programs  <i>Chapter 5</i>	Grant writing project
#8	<b>Mar 10</b> Current Issues: Herbal supplements Dr. Kathleen Morgan <b>Assignment 3 (Grant) draft due</b>	<b>Mar 13</b> Current Issues: Obesity NJOG Symposium  <i>Chapter 8</i>	School wellness policy practice

<b>Week</b>	<b>Tuesday</b>	<b>Friday</b>	<b>Practicum</b>
<b>3/16, 3/20</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>	<b>SPRING BREAK</b>
<b>#9</b>	<b>Mar 24</b> Programmatic and educational methods in community nutrition <i>Chapter 17</i>	<b>Mar 27</b> Health promotion <i>Chapter 18</i>	IRB overview
<b>#10</b>	<b>Mar 31</b> Creating educational materials for low literacy audiences Audrey Adler, MS, RD	<b>Apr 3</b> Current issues: Health literacy	Low literacy writing practice
<b>#11</b>	<b>Apr 7</b> Socioeconomic status & health disparities	<b>Apr 10</b> Food insecurity <i>Chapter 5</i>	Lesson/material development
<b>#12</b>	<b>Apr 14</b> <b>Assignment 4</b> (educational material) presentation-Asians	<b>Apr 17</b> <b>Assignment 4</b> (educational material) presentation-Asian Indians	Grant writing / lesson development practice
<b>#13</b>	<b>Apr 21</b> <b>Assignment 4</b> (educational material) presentation-African Americans	<b>Apr 24</b> <b>Assignment 4</b> (educational material) presentation-Hispanics	Grant writing practice
<b>#14</b>	<b>Apr 28</b> Review & current issue highlights <b>Assignment 3 (Grant) due</b>	<b>May 1</b> Review and quiz	Current issues discussion
<b>Exam: May 7, 2009 from 12:00 to 2:00 PM in CDL 103</b>			

The reading material from the textbook is indicated in italics. Other reading material will be announced on the class website.