



Spring 2020

Meeting days: Tues./Thurs.	Instructor title and name: Professor Brittany Johnson, MS, RDN, CSSD, CPT
Meeting times: 10-10:50am	Phone: (619) 849-2366 Cell: (951) 282-0650, <i>for emergencies</i>
Meeting location: LA 2	E-mail: brittanyjohnson@pointloma.edu
Final Exam: May 7 th 10:30am-1:00pm	Office location and hours: Evans 133; MWF 9am-11am; TR 12-2pm; open door policy; by appt.

Mission Statement To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Practical experience in techniques that will enhance patient/client communication for nutrition education. Discussion and application of counseling methods, adult learning, motivation theory, lesson planning, group communication techniques, medical charting techniques and the general nutrition care process. Offered alternate years. Prerequisite(s): [FCS 225](#).

COURSE LEARNING OUTCOMES

PROGRAM	COURSE	ASSESSMENT
PLO 1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development, modification, and evaluation of recipes, menus and food products.	1.1.1 Describe the physiological, psychological, and environmental influences on human communication. 1.2.2 Compare and contrast functional and dysfunctional interpersonal communication. 1.2.3 Identify how motivational interviewing, social marketing and other approaches to client behavior change can impact nutrition education/ health promotion strategies.	Therapeutic Diet
PLO 3. Identify and assess scientific research evaluating current evidence-based research related to dietetics.		Counseling Session Videos
PLO 5. Develop and articulate their own professional philosophy and personal code of ethics within the	2.1.1 Determine how modes of communication can best be employed in nutrition education and dietary counseling for diverse populations	

<p>dietetics profession.</p>	<p>with a wide range of needs.</p> <p>2.2.2 Compose remedies for common communication problems in groups.</p> <p>3.1.1 Apply nutrition assessment tools in counseling sessions to determine dietary adequacy.</p> <p>3.1.2 List evidence-based strategies that work effectively with difficult clients.</p> <p>4.1.1 Explain how cultural and other differences impact personal communication.</p> <p>4.1.2 Describe how cultural and environmental factors can influence food patterns and health beliefs of individuals.</p> <p>4.1.3 Demonstrate qualities and processes which are integral to effective counseling of culturally diverse individuals.</p> <p>4.1.4 Display professional behavior toward classmates, instructor and clients.</p>	<p>Intuitive Eating Journals</p> <p>Personal Philosophy of Food and Presentation</p>
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ACADEMY OF NUTRITION AND DIETETICS FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD) BASED ON 2014 ERAS:

KRD 2.1. Students must be able to demonstrate effective and professional oral and written communication and documentation.

KRD 2.2. Students must be able to demonstrate counseling techniques to facilitate behavior change.

KRD 2.3. The curriculum must include opportunities to understand governance of dietetics practice, such as the Scope of Dietetics practice and the Code of Ethics for the Profession of Dietetics; and interdisciplinary relationships in various practice settings.

KRD 3.1. Students must be able to use the nutrition care process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions.

KRD 3.2. Students must be able to develop interventions to affect change and enhance wellness in diverse individuals and groups.

KRD 3.3. Students must be able to develop an educational session or program/educational strategy for a target population.

COURSE CREDIT HOUR INFORMATION In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a two unit class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

COURSE SCHEDULE AND ASSIGNMENTS

Date	Section Topics	Chapters	Assignments
Wk 1	Introduction to the course Syllabus Review	1	<i>IE: Introduction</i>
Wk 2	Communication	2	<i>IE: Ch. 1 and 2</i>
Wk 3	Interviewing	3	<i>IE: Ch. 3 and 4</i>
Wk 4	Person-Centered Counseling	4	<i>IE: Ch. 5</i>
Wk 5	Stages and Process of Behavior Change	5	<i>IE: Ch. 6</i> <u>Due: Therapeutic Diet</u>
Wk 6	Behavior Modification	6	<i>IE: Ch. 7</i>
Wk 7	Cognitive Change	7	<i>IE: Ch. 8</i> <u>Due: Initial counseling session</u>
Wk 8	Lifespan	8	<i>IE: Ch. 9 and 10</i>
3/9/20	NO class- Spring Break		
Wk 9	<i>Exam-Tuesday</i> No class 3/19/20 (speaking at conference)		
Wk 10	Communication and Culture	9	<i>IE: Ch. 11 and 12</i>
Wk 11	Principles and Theories of Learning Planning Learning	10 11	<i>IE: Ch. 13</i> <u>Due: 2nd counseling session</u>
4/9/20	NO Class—Easter Recess		
Wk 12	Implementing/Evaluating	12	<i>IE: Ch. 14</i>
Wk 13	Group Facilitation and Dynamics	13	<i>IE: Ch. 15</i>
Wk 14	Effective Oral Presentations	14	<i>IE: Ch. 16</i> <u>Due: Final counseling session</u>
Wk 15	Instructional Media Philosophy Presentations	15	<i>IE: Ch. 17</i> <u>Due: Personal philosophy</u>
5/7/20	Final Exam		

***Note: This is a tentative schedule and subject to change—Canvas will have an up-to-date syllabus.*

ASSIGNMENT DESCRIPTIONS

Personal Philosophy of Eating: Students will write a personal philosophy on “normal eating” after finishing Intuitive Eating and other supplemental readings. Students will present to class.

Therapeutic Diet: Select a dietary regimen and follow it yourself for 7 days. Keep a daily record of all foods eaten. At the end of each day write a brief reflection and evaluate if you stayed within the therapeutic diet guidelines. More details will be provided.

Counseling Video Sessions: Students will select a client to provide nutrition education counseling to, both verbal and written three separate times throughout the semester. See canvas for instructions.

Intuitive Eating Journaling: Students are asked to keep a journal to document reflections of the assigned readings from Intuitive Eating. After each reading, you are to write at least ½ page (typed) summarizing or reflecting (or both!) on the assigned reading. Each week, journal submissions must be submitted on Canvas before class starts. At the end of the course, a compiled word document with all journal entries will be submitted on April 28th. Be sure to keep all journal entries together in one word document.

BOOK CLUB THURSDAYS: Students will be in different groups each week and provided discussion question. There will be an assigned group leader to facilitate the questions. Participation points cannot be made up.

REQUIRED TEXT

This class requires you to have a flash drive you can submit with the counseling assignment.

Nutrition Counseling and Education for Dietetic Professionals |By HOLL,
EDITION: 6TH 14 PUBLISHER: LIPP/W ISBN: 9781451120387

Intuitive Eating- A Revolutionary Program That Works. Evelyn Tribole, M.S., R.D.N. **ISBN:**
 9781250004048

ASSESSMENT AND GRADING

Therapeutic Diet	100
Counseling Video Sessions (3 @ 75 points each)	225
Personal Philosophy of Eating	50
Intuitive Eating Journal/Book Club	170
Class Participation and Discussion	25
Midterm	50
Final Exam	100
TOTAL	700
+ In-class “Pop” extra credit (voluntary; to be submitted on day specified; NO “make-ups” nor late submissions accepted)	+ points vary

A	>93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	<59%

COURSE POLICIES AND PROCEDURES As an instructor, I have the responsibility to be prepared and conduct the class to facilitate learning and contribute to your growth in the field. IF at any time you do not understand a concept explained in class, please raise your hand and let me know you’re struggling to

understand. Most likely you are not the only student confused. We don't want to move on to a new topic without mastering the current topic.

As a student, you have a responsibility to attend class, motivate yourself to learn, be prepared to participate, complete required assignments and provide a good learning environment for your fellow peers. This includes staying off your cell phone unless it is related to the class discussion.

The following behaviors will help you succeed in this course:

1. Attend class every session.
 2. Be aware of the due dates on assignments---I give you plenty of time to complete them, there is no excuse for late assignments. Plan ahead for potential technological errors.
 3. Come to class and take notes--- I will identify important points to know for quizzes and exams
 4. Communication is important. If you have to miss class let me know, I am more willing to work with those who let me know what is going on.
 5. Check Canvas frequently, I will keep the class updated about upcoming assignments.
 6. Actively engage in class discussion. This is a learning environment....no question asked is dumb. Most likely other students have a similar question. It is OK to make mistakes.
 7. Technology is to be used for learning ONLY—You will lose participation points each day you are on your cell phone or using your computer for non-class purposes.
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LATE WORK

Be prepared to submit all assignments on Canvas on or before the due date. If you choose to turn in your assignment after the due date, each day thereafter will receive 50% less. For example, if the assignment is due 9/10 for a possible score of 100, but the assignment is turned in on 9/11, the highest possible points would be 50. On 9/12, the highest possible points would be 0. In cases where assignments/quizzes/exams are missed, extreme circumstances will be considered but only on a case-by-case basis. To receive a postponement, you **MUST** speak with me to negotiate an arrangement prior to the due date. You can choose if you'd like to receive all the points possible or lose 50 percent each day past the due date.

PLNU CLASS ATTENDANCE POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad academic catalog.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

FERPA

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad academic catalog.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved. There will be no make-ups for missed exams.

COPYRIGHT POLICY

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