

FDNS 4580. Undergraduate Special Topics in Foods and Nutrition. 1 hour

Prerequisite: FDNS 3100 or Co-requisite: FDNS 4510 or 4050

Fall, 2006

Time: Friday at 11:15-12:05

Place: Room 112, Dawson Hall

Instructor: Joan Fischer, PhD, RD, LD

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706-542-7983

Who the course is designed for:

Senior level dietetics majors. This is particularly important for those who have not had, or are not in the process of completing, a dietetics practicum in a clinical (inpatient or outpatient hospital; public health department) dietetics setting.

Course objectives:

Following the completion of the course the student will develop knowledge and skills used in the delivery of nutrition education and nutrition counseling in a clinical nutrition setting.

Students will demonstrate competency in nutrition counseling.

Topics to be Covered:

Nutrition counseling techniques used in a clinical nutrition setting (i.e. Motivational Interviewing Techniques; behavior modification). Role play of nutrition counseling sessions will be a component of this course.

Nutrition Education techniques and designing nutrition education materials

Texts:

Holli, B.B., Calabrese, R.J., and Maillet, J.O. 4th Ed. Philadelphia: Lippincott Williams & Wilkins, 2003. (bookstore)

Mahan, L.K. and Escott-Stump, S. Food, Nutrition, and Diet Therapy. 11th Ed. Philadelphia: Saunders, Elsevier, 2004. (outside my office)

Proposed Class Schedule:

Date	Topic	Reading	Assignment
August 18	Introduction to Course Communication Principles Nutrition Care in a Clinical Setting: Patient Counseling	Chapters 1 & 2, Holli et al.	Chapter 2: Case Study 1
August 25	The Patient Interview	Chapter 3: Holli et al	Chapter 3: C.S. 2
September 1	Patient Interview: Class activities		Chapter 3: p. 64, # 10

September 8	Nutrition Counseling Assessment and Goal Setting Stages of Change	Chapter 5: Holli et al	Chapter 5: C.S. 1&2
September 15	No class		
September 22	Counseling Theories and Techniques	Chapter 4 and 7: Holli et al.	Chapter 7: C.S. 1
September 29	Counseling Theories and Techniques: Motivational Interviewing	Chapter 22: Mahan & Escott-Stump	Chapter 4: C.S. 2
October 6	Speaker: Alice Bender, RD Nutrition Counseling		Chapter 7: Suggested activities #3
October 13	No Class		
October 20	Behavior Modification	Chapter 6: Holli et al.	Chapter 6: C.S. 1&2
October 27	Fall Break		
November 3	Use and development of nutrition education materials for the patient	Chapter 10: Holli et al.	Education Materials Search
November 10	Patient counseling techniques: In-class activities & discussion	Chapter 8: Holli et al.	Chapter 5: Suggested Activities#5
November 17	Patient counseling techniques: In class activities & discussion		
December 1	No class (Meet with “patient”)		
To be scheduled	Final Examination Meeting		

Between November 10 and December 6 you will meet with an individual who will be your “patient”. These people will be experienced graduate students and staff. You will be assigned to an individual and we will arrange a meeting time for you to conduct a sample nutrition counseling session with your client. They will play the part of a patient and counseling will be on general changes in dietary behavior, rather than a specific diet. You will receive 15 points for this interview. In addition, you should write a reflective statement evaluating this process (2 pages). Specific instructions for this reflective statement will be provided in November.

Grading

There will be no tests in this class. The class assignments and exercises will total 70 points. There are 10 short assignments. Each one will be worth 7 points. Completion of your counseling experience and a reflective statement of your counseling experience will be equivalent to 30 points. Total points for the class are 100. A plus minus grading system will be used.

The system will be:

A = 93 - 100%

A- = 90 - 92.9%

B+ = 87 - 89.9%

B = 83 - 86.9%

B- = 80 - 82.9%

C+ = 76 - 79.9%

C = 70 - 75.9%

D = 60 - 69.9%

F = below 60%

Academic Honesty: All assignments should be completed individually. However, there is one assignment that asks you to work in pairs. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work. You can find more information about academic honesty at: <http://www.uga.edu/ovpi/honesty/ahs.htm>.

Attendance: It will be important for you to attend all class sessions, unless you are ill. The University Bulletin states: students are expected to attend class regularly. A student who incurs an excessive number of absences may be withdrawn from a class at the discretion of the professor.

Internet Resource

American Dietetic Association website: www.eatright.org