

**NFS 4050: EDUCATION & COUNSELING METHODS IN DIETETICS I**  
**Fall 2004**

**TIME:** Fridays 10:30-12:20

**LOCATION:** NFS 202

**INSTRUCTOR:** Tamara Vitale, M.S. R.D.  
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Phone #: 797-3467

**PREREQUISITES:** Course must be taken concurrently with NFS 4540/4550

**REQUIRED TEXT:** Basic Nutrition Counseling Skill Development  
Bauer/Sokolik, Wadsworth/Thomson Learning, 2002

Intuitive Eating  
Tribole/Resch, St Martins Mass Market Paper, 1996

**COURSE DESCRIPTION:** Principles of education, counseling, and communication as applied to the field of nutrition education and clinical dietetics practice.

**COURSE OBJECTIVES:** The student will be able to:

1. Discuss the following in terms of nutrition education: the role of the dietitian, the need for public nutrition education and factors affecting the provision of effective nutrition education and counseling.
2. Plan, implement, and evaluate presentations for a group using appropriate educational principles, behavioral objectives, teaching methods/technology and evaluation techniques.
3. Demonstrate ability to communicate effectively with individuals from a wide variety of backgrounds while considering physiological, psychological, social, cultural and economic factors.
4. Provide peer evaluations during in-class and out-of-class experiences to promote application of didactic content. Peer evaluations will be graded and must provide feedback on teaching methods, communication skills, organization methods, appropriateness of information for target audience, use of professional jargon, and effectiveness of visual aids.

**GRADING:**

Nutrition Poster Assignment	50
Interviewing/Teaching Assignment	100
Teaching Observation	25
Intuitive Eating Assignment	50
Final Presentation	100
Peer Evaluations	100
Active Learning Demo	25
Quizzes	100
FINAL EXAM	100
 TOTAL	 600

**COURSE REQUIREMENTS**

1. Quizzes: There will be a quiz on the previous week's lecture and/or reading at the beginning of most class periods.
2. Assignments: Due on the dates indicated. Ten percent will be deducted for each day late unless prior arrangements have been made. All assignments must be typed and free of error.
3. Attendance: Regular attendance is vital. There will be several hands-on experiences in class that just can't be duplicated by copying someone's notes.
4. Special Considerations: Any student with a disability that requires accommodations must contact the instructor. The disability must be documented by the Disability Resource Center. Course materials may be requested in alternative formats.
5. Grading: The grading breakdown for the course is as follows.

<u>Grade</u>	<u>Percent</u>
A	93
A-	90
B+	87
B	83
B-	80
C+	77
C	73
C-	70
D+	67
D	63
D-	60
F	<60

<b>Date</b>	<b>Topic</b>	<b>Reading</b>
9/3	Syllabus, Introduction The Dietitian/Patient Relationship	Pg 15-21
9/10	Effective Communication	Chapter 2
9/17	Visual Aids & Media: Design, Selection & Use <b>Discuss Nutrition Poster Assignment</b>	Handouts
9/24	Teaching Skills/Methods	Handouts
10/1	Assessment/Interviewing <b>Poster Due</b>	Chapter 3
10/8	<b>Discuss Intuitive Eating Assignment</b> <b>Discuss Interviewing/Teaching Assignment</b> Food Portion Kits	In. Eating Ch 1,2,4
10/15	Active Listening Teaching Children	Ch 4
10/22	Promoting Change to Facilitate Self-Management <b>Discuss Final Presentations</b>	Chapter 5
10/29	Implementation & Counseling <b>Interviewing/Teaching Summary and Self-Eval Due</b> <b>Discuss Intuitive Eating Assignment</b>	Chapter 6
11/5	Behavior Change & Active Learning <b>Discuss Active Learning Presentations</b> <b>Final Presentation Outline Due</b>	Handouts Chapter 9 & Appendix Ch 1 pg 1-14
11/12	<b>Intuitive Eating Presentations (Paper Due)</b>	
11/19	<b>Individual Presentations</b> Peer Evaluations Due	
11/26	<b>(THANKSGIVING HOLIDAY)</b>	
12/3	<b>Individual Presentations</b> Peer Evaluations Due	
12/10	<b>Active Learning Presentations</b>	

**FINAL EXAM: Monday, December 13 9:30-11:20 AM**