NSC 444 001 Community Nutrition
Syllabus - Spring 2016
Monday, Wednesday and Friday 1:00-1:50 pm
C. E. Chavez Room 111

Please read through this entire document carefully and contact your instructor if you have any questions.

Instructor: Nancy Driscoll MS, RDN nancya@email.arizona.edu

Teaching Assistant: Micah Donovan mdono123@email.arizona.edu

Office Hours: Monday 2:00-3:00 PM; Thursday 11:00 AM – 12 noon

Course Prerequisites: Major: Nutritional Sciences - Dietetics option only. NSC 301 and NSC 425; proof of a negative TB skin test

General Catalog Course Description: This course is an in-depth look at how the RD/Nutritionist works in the community by providing hands-on experience in teaching nutrition in a community setting. The course will cover areas such as determining needs for nutrition education, public policy, supplemental nutrition programs, funding and grant writing, and communication skills needed for various audiences.

Course Description: Community nutrition is a discipline that strives to improve the nutrition and health of individuals and groups within communities. Nutrition programming can occur in many community settings, including worksites, health centers, clinics, hospitals, schools, churches, recreational and sports centers, elderly feeding sites and homes. Community nutrition encompasses any nutrition program whose target is the community, whether funded by a government (federal, state, city) or sponsored by a private group (as in a worksite or hospital weight management program). This course explores communities and their composition and influences on nutrition habits and nutrition status. Community, state, and national food and nutrition programs and services will be discussed with emphasis on program goals, target audiences and policy formulation. This course also explores program development via assessing needs, developing objectives, implementing interventions and evaluating programs.


Course Objectives: By actively participating in this course, the student will be able to:
1. Identify characteristics that define the community nutritionist's professional roles and responsibilities, including advocacy.
2. Demonstrate knowledge and skills related to current and emerging public health nutrition and community nutrition through evidence-based practice.
3. Effectively assess a target population to determine their nutrition education needs and apply knowledge of the role of environment, food and lifestyle choices to develop a nutrition education session/class which will affect behavior change and enhance wellness in a target population.
4. Implement and evaluate a nutrition education session/class.
5. Complete a small grant application appropriate for meeting the needs of a target population.
6. Demonstrate an understanding of cultural competence in the development of educational materials and describe the influence of culture on beliefs, values and behaviors.
7. Describe the policy-making process and explain how laws and regulations are developed.
8. Communicate the current status of food security in the United States and globally and describe actions that might help eliminate food insecurity.
9. Describe the purpose, eligibility requirements and benefits of federal nutrition programs.

**Format:**
This course is held in the "community" as well as in the classroom. The beginning of the semester will focus on classroom learning, which will help prepare you for your community field experience. Parts of April and May will be devoted to presentations to share your community experience with the class. The class is scheduled for Mondays, Wednesdays and Fridays. As the semester progresses we will meet as a class on Mondays and Wednesdays. Friday class time will often be open for your group work in preparation for your community classes until we begin the in-class presentations in April.

**Expectations:**
This is a professional course, which implies that the student is expected to display professional characteristics in the following areas: time management, submission of assignments, interaction with peers, presentation of oral and written material, participation in class activities and discussions and personal presentation of self in the community.

**This course gives you the opportunity to be the "nutrition expert" in a real life setting. The amount you get out of it and the success you have as a community educator depends on what you put into it.**

**Desire2Learn (D2L):** This online program will be utilized as a course tool to disseminate information, post assignments and announcements, and provide supportive materials. All students are expected to subscribe to D2L. To access your course on D2L you must have a UA NetID and be officially enrolled in the course for at least 24 hours.

**Course Assignments:**

**Participation Points: (ACEND KRDs: 2.1, 2.3, 5.3):** Although attendance will not be taken in lecture, in order to get the most possible out of your experience in this course, it is strongly recommended that you attend every lecture and participate actively in class discussions and activities. Students are responsible for all material provided during class lectures and from assigned readings as well as posted on D2L. Intermittently throughout the semester, in-class participation points will be awarded by participating in class activities. One participation grade will be dropped.

**Exams: (ACEND KRDs: 4.3, 5.2, 5.3):** Exams (2) will consist of multiple choice, true/false and short-answer questions focused on integrating concepts presented in class. Exams may only be taken prior to the scheduled exam date and for special circumstances. If an exam is missed it may not be taken after the exam date but the final may replace one missed exam. To help you prepare for the exam, a study guide will be posted on D2L prior to each exam.
Site Analysis/Needs Assessment Assignment (ACEND KRDs: 1.1, 3.2, 4.2, 5.3): The purpose of the site analysis/needs assessment is to determine the health and nutrition education needs of your organization, as obtained from current employees, volunteers and/or clients and from current research information. A needs assessment is a part of the planning process, often used for improvement in individuals, education/training, organizations, or communities. It is important that the organization shares the same educational goals of your volunteer time as do you; therefore, you must meet with individuals at your volunteer organization to determine, as a team, what will be the expected outcome of your education class. You will then use this information to guide your recommendations and your curriculum.

Nutrition Education Plan Assignment (ACEND KRDs: 1.1, 2.1, 2.3, 3.2, 3.3, 5.2, 5.3) You are asked to develop a formal lesson plan according to good instructional design principles. You will learn about design, planning, different instructional methods and evaluation. Your nutrition education plan will combine these components in a lesson plan that demonstrates your ability to teach nutrition to your target population.

Grant Proposal Assignment (ACEND KRDs 2.1, 3.2, 4.1): The purpose of this assignment is for you to determine a nutrition-related need at your community agency, locate a relevant funding source and write a grant proposal which can be submitted by your community agency. The grant proposal will include a proposal summary, introduction to your agency, needs statement, project details, project methods, project evaluation and budget.

Peer Evaluations (ACEND KRDs: 2.3) Peer evaluation is at the heart of keeping students accountable to their teammates for their preparation and contribution to group activities. You will evaluate yourself and each of your group members for their contribution to the Site Analysis Assignment, Nutrition Education Plan Assignment, Community Class and Grant Proposal Assignment. These scores will be factored into your final grade for each of these assignments.

Volunteer Activity: (ACEND KRDS 2.3) Each student will be required to volunteer twice with Produce on Wheels Without Waste (POW WOW). These are held on Saturday mornings. Signup sheets for POW WOW will be available in class. Each time you do a volunteer activity YOU MUST have a voucher signed and HAND IN A HARD COPY. Each visit requires a new voucher. Attendance vouchers can be found on D2L on the Content page. As part of this assignment you will complete a written summary for one of the experiences and submit the completed paper to the D2L dropbox. Specific guidelines for the written portion of the assignment can be found on the Dropbox page of D2L.

Garden Kitchen Class Attendance: Students must attend one Garden Kitchen Class. These classes are held on Saturday mornings. You MUST have a voucher signed and HAND IN A HARD COPY as proof of attendance. Attendance vouchers can be found on D2L on the Content page. As part of this assignment you will complete a written assignment which provides you the opportunity to reflect on the class, teaching techniques used and potential changes that could be made to enhance the class. This assignment will be submitted to the D2L dropbox. Specific guidelines for the written portion of the assignment can be found on the Dropbox page of D2L.

Community Class Presentation (ACEND KRDs: 2.1, 3.1, 3.2): Each of you will be assigned to a group for your community class work. Each group will have 4 group members and will be responsible for developing one nutrition education class based on the information you obtain.
from your Site Analysis/Needs Assessment. Evaluation forms will be brought to your community class for your instructor and agency contact person to evaluate your presentation. The class evaluation form can be found on the Content page of D2L.

**Community Class Experience Sharing Presentation (ACEND KRDs: 2.1):** Students will present a 15 minute oral powerpoint presentation sharing their experience in the community. This will include a brief introduction to the community agency, summary of their lesson plan and education materials used and a reflection on their teaching experience. Since students will be working with a number of different groups this will be a way to share unique and specific details related to your community population.

**Community Class Experience Presentations Attendance Points:** Each person will be responsible for completing an evaluation of their classmates for their presentations. The evaluation form can be found on the Content page of D2L. The evaluation form will serve as your attendance sign in and will be worth 5 points. You will not evaluate your own group’s presentation. One presentation attendance will be dropped.

**Lectures:** Lectures will occur on Mondays, Wednesdays and some Fridays with the corresponding topics and dates indicated on the class schedule. Book chapters should be used to supplement all lecture material. It is expected that assigned reading is done before lecture and specific concepts have been reviewed (reading objectives).

**Proof of current TB test is required before you begin work at your assigned agency:** A nurse from Campus Health will be scheduled to give a TB test during class and then read it the following class. If you miss the class, you will be responsible for obtaining the test on your own, and must have the results in by February 14. If you have a positive TB test, you must bring in an x-ray report to show you are clear of TB. An MMR (measles, mumps and rubella) vaccination is required for entrance into the U of A; therefore it is assumed that you are vaccinated. Be sure you are, since you may be exposed to these diseases while working with the public. Your DT (tetanus/diphtheria) should be up to date also for your own protection.

**Attendance:** Attending and participating in class will greatly increase your probability of learning throughout the semester. The course is meant to focus on discussing key concepts. No make-ups are available for in-class activities. Students are responsible for all material presented during class lectures, and through readings and on D2L. All holidays or special events observed by organized religions will be honored for those students who show affiliation with that particular religion. Absences preapproved by the UA Dean of Students (or Dean's designee) will be honored.

**Written Assignments:** Written assignments should be well written with correct spelling and grammar. Be sure to check your spelling and grammar before saving and attaching your papers. Make sure that your completed documents have been saved as one of the following type files: .doc, .docx. Other formats cannot be opened and will be considered late.

**Make-up Exam Policy:**
Students are expected to take all exams for this class during the designated exam periods. Make-up exams are only possible with authorized approval from the course instructor prior to
the exam and require an emergency circumstance. Any medical rationale for missing an exam must be accompanied by written notification from a medical doctor.

**Students with Disabilities:** If issues related to the format or requirements of this course are anticipated, please meet with the instructor. It is important that each student be allowed to participate fully in the course. If it is determined that formal, disability-related accommodations are necessary, it is very important to be registered with Disability Resources (621-3268; drc.arizona.edu) and notify the instructor of eligibility for reasonable accommodations. The instructor can then plan how best to coordinate any appropriate accommodations.

**Instructor’s Requirements of Students:** Cell phones MUST be turned off during class! Talking during class demonstrates a lack of respect for your teacher and peers. If your behavior is distracting, you may be asked to leave the classroom.

**Academic Integrity:** The Code of Academic Integrity of the University places the responsibility on each student for the conduct and integrity of all academic work submitted as homework or examinations. All students at the University of Arizona are considered responsible adults and, as such, are accountable for their own personal behavior. All students are expected to conform to local, state and federal laws. The guiding principle of academic integrity is that a student’s submitted work, examinations or projects are the student’s own work. Students must in no way misrepresent or be party to another student’s failure to maintain academic integrity. Copies of the Code are available from the Office of the Dean of Students, 203 Old Main Hall. Failure of any student to maintain the integrity of any assignment will result in an automatic grade of 0 points on that assignment, and a written notification of this grade, and the reason for it, to the student, the Department Head and Office of Resident Instruction, College of Agriculture. Please note that students failing to maintain the academic integrity of their work diminish their own education and discredit the academic community.

**Course Withdrawal:** Students withdrawing from this course must notify the instructor prior to non-attendance in classes and execute drop or withdrawal procedures in accordance with the UA General Catalog. It is the student’s responsibility to drop the course.

**Incomplete Policy:** Any incomplete grade must be verified with a written agreement with the student. This agreement must specify the work to be done and a timetable of completion. The provision of the General Catalog will be followed: http://catalog.arizona.edu/allcats.html

**Confidentiality of Student Records:** This course conforms to the University’s policy pertaining to the confidentiality of student records as represented at http://www.registrar.arizona.edu/ferpa/default.htm

**Technology statement:** This course will require students to use technology in at least the following ways:

- Utilize the Internet for readings & assignments
- Use a nutritional analysis program
- Use word processing for assignments
- Send and receive e-mail as necessary for course communication
Use a calculator for in class, assignments and exams

Any electronic devices (e.g., cell phones, iPods, MP3 Players, Smart Phones) should be turned off and stored in your purse of backpack prior to the beginning of class. Texting and reading of text messages during class will not be tolerated. If student violates this policy, s/he will be asked to leave the classroom and receive zero points for participation for that day. Under no circumstances should electronic devices be exposed during a test/exam or quiz. The penalty for violation of this section of the policy is zero percent on the test/exam or quiz. If you have a critical need to use your electronic device during a class session, discuss it with the instructor in advance of the start of that particular class session.

Grade Determination:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syllabus Quiz</td>
<td>10 pts</td>
</tr>
<tr>
<td>Academy of Nutrition and Dietetics Agreement Form</td>
<td>10 pts</td>
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<tr>
<td>The Garden Kitchen</td>
<td>20 pts</td>
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<tr>
<td>Field Permission Form</td>
<td>5 pts</td>
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<tr>
<td>TB Test</td>
<td>5 pts</td>
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<tr>
<td>Thank you Card</td>
<td>5 pts</td>
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<tr>
<td>Produce on Wheels Without Waste (x2 with 1 paper)</td>
<td>30 pts</td>
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<tr>
<td>Participation Points (5 pts each)</td>
<td>30 pts</td>
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<tr>
<td>Class Presentation</td>
<td>28 pts</td>
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<tr>
<td>Class Presentation Attendance (5 points X 4)</td>
<td>20 pts</td>
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<tr>
<td>Community Class</td>
<td>70 pts</td>
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<tr>
<td>Site Analysis/ Needs Assessment Assignment</td>
<td>75 pts</td>
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<tr>
<td>Nutrition Education Plan Assignment</td>
<td>80 pts</td>
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<tr>
<td>Grant Proposal Summary</td>
<td>12 pts</td>
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<tr>
<td>Grant Proposal Assignment</td>
<td>80 pts</td>
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<tr>
<td>2 exams (40 pts each)</td>
<td>80 pts</td>
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560  Total Points

A = 90 -100%
B = 80 - 90%
C = 70 - 80%
D = 60 – 70%
E = 59% and below

Subject to Change Statement:
Information contained in the course syllabus, may be subject to change with advance notice, as deemed appropriate by the instructor.