

Application for Capstone Course for Existing Course B.S. in Nutrition – All Concentrations

Course Subject and Number NUTR 401, NUTR 421

Course Name NUTR 401 Nutrition Seminar, NUTR 421 Nutrition Assessment and Education

Contact Person Sheila Jones

For Capstone courses:

Explain how your course or courses will meet the learning outcomes:

- Habits of mind that foster integrative thinking between the liberal arts core curriculum and their major field of study.

NUTR 401 Nutrition Seminar requires a reflection paper in which the student addresses how Christian behavior, including ethics, honesty, and integrity can be integrated with serving patients and clients through nutrition and dietetics professions. The paper must also address how social science, oral communications, and written communications are used in particular professional situations.

- Achievement and demonstration through advanced research and/or creative projects the ability to frame questions, carry out critical analysis, and produce work of substantial complexity and quality related to their chosen field of study.

Explanation of a disease state and the proper medical nutrition therapy is researched, written in the form of a research paper, and presented in NUTR 421 Nutrition Assessment and Education. Nutrition assessment and counseling techniques are learned and practiced in NUTR 421. Students learn to assess information from case studies, including anthropometric, biochemical, clinical, and dietary data, and develop medical nutrition therapy appropriately for individuals with various conditions and disease states. Counseling strategies are utilized and presented in role play. Students also learn to apply nutrition knowledge through the development of client education materials.

- Reflect and demonstrate their ability to think critically, globally, and missionally about their discipline.

The reflection paper in NUTR 401 Nutrition Seminar must address how professions of nutrition and dietetics are applied globally and with a missional perspective, both locally and globally. Students learn to think critically about

various cultural and regional situations and apply knowledge to practical applications with health and nutrition through role play in NUTR 421 Nutrition Assessment and Education.

Explain how your course or courses will meet the required assignments:

- Research assignment

A research paper explaining a disease state and the proper medical nutrition therapy is required in NUTR 421 Nutrition Assessment and Education.

- Faith and vocation assignment

The reflection paper noted above in NUTR 401 Nutrition Seminar must include how Christian behavior, including ethics, honesty, and integrity can be integrated with serving patients and clients through nutrition and dietetics professions.

- Comprehensive skills and accomplishments inventory

A resume' and portfolio are required in NUTR 401 Nutrition Seminar.

Attachments:

Attach a course syllabus

- If necessary, attach additional explanatory material that might be helpful to faculty reviewing this course for capstone and writing intensive status, such as assignments or grading rubrics.

NUTR 401
NUTRITION SEMINAR
ABILENE CHRISTIAN UNIVERSITY

Instructor: Sheila Jones, PhD, RD, LD

Office: 259 Student Recreation and Wellness Center, 674-2089, fax: 674-6788, ACU
Box 28084, joneess@acu.edu.

Office hours (tentative): MW – 9:00-11:00 a.m., 1:00-2:00 p.m.
TR – 9:00-9:30 a.m

ACU Mission: to educate our students for Christian service and leadership throughout the world.

College of Education and Human Services Mission: to equip students for global ministry through exemplary practice and service in education and human services.

Department of Exercise Science and Health Mission: to prepare students to serve and lead through the development of healthful lifestyles.

Didactic Program in Dietetics Mission: to prepare students to serve and lead through living and teaching healthful nutrition practices and wellness while modeling Christian values.

Course Description:

Credit: 1 hour

When: Monday 2:00-2:50 p.m.

Where: Gibson #132

Prerequisites: Senior standing

Course description: Explores professional aspects of employment including health care policy and administration, code of ethics, standards of practice, performance improvement, and reimbursement issues. Personal portfolio will be developed.

Purpose and audience: The course is required for students seeking a degree in nutrition. It is designed to introduce the student to employment opportunities for the field of nutrition, how to design a resume, and what questions to ask and what may be asked of them during an interview. It also addresses administrative issues in the workplace particular for healthcare.

Format: Lecture, discussion, reports, and projects.

Conduct of the Course: Materials will be covered in class in a lecture format and class discussion will be encouraged. Reports and projects will be completed outside of class. Group speakers from the field of nutrition will speak about job opportunities and what they look for in a resume and job interview.

Overview of Content: The course examines dietetic internships and employment

opportunities for those with a degree in Nutrition and how to gain an internship or employment. It also examines standards and codes in the workplace and addresses integration of Christian behavior and ethics.

Required Text: Winterfeldt EA, Bogle ML, Ebro LL. Dietetics Practice and Future Trends, Third Edition, Jones & Bartlett Publishers, 2011.

Library holdings: The Brown Library has many holdings concerning employment opportunities

Websites: www.eatright.org

Course goal: By completing this course, students should be able to seek employment opportunities and have knowledge concerning the interview process. The student should also be able to submit a completed internship application and have a good idea of the internships in which he/she would be interested. The student should have basic knowledge of standards and ethics and how to control quality output of goods and services.

Instructor's philosophy: I Cor. 10:31 states "Whether, then, you eat or drink or whatever you do, do all to the glory of God." We should try to be as Christ-like as possible in all of our activities and serve Him to the fullest extent. Whatever type of employment is obtained, Christ should be exhibited. Those with a degree in Nutrition may choose to help others eat well. Food is a basic need for the body, which is the Lord's temple. For optimal health, appropriate choices concerning foods and diet need to be made. When we take care of the Lord's temple, we are able to concentrate on serving Him more fully.

	Competency	Measurement Instrument	Measurement Standard
1	The student will generate an internship or employment application.	A. Internship or employment application project	A. The student will generate the application professionally with all sections completed appropriately.
2	The student will develop a resume' and employment letter.	A. Resume' / employment letter project	A. The student will develop the resume' and employment letter with required and additional information as appropriate in a professional manner.
3	The student will create a personal portfolio.	A. Personal Portfolio project	A. The student will demonstrate professional creativity, listing various experiences and displaying products.
4	The student will describe certain aspects of different areas of employment in nutrition and dietetics	A. Speaker reports	A. The student will complete questions detailing aspects of different types of employment.

5	The student will evaluate performance in the workplace and demonstrate a basic understanding of reimbursement	A. Examination	A. The student will correctly answer questions concerning professional performance, ethics, and other professional issues, such as reimbursement.
6	The student will detail integration of Christian behavior, social sciences, and communications with nutrition and dietetics professions.	A. Reflection paper	A. The student will write in detail how Christian behavior, social sciences, and various types of communications are important and can be integrated in the professional setting, both locally and globally.

Course Requirements:

- | | |
|--|--------------|
| 1. An exam worth 50 points each. | 10% of grade |
| 2. Internship/employment application worth 100 points. | 20% of grade |
| 3. Resume'/employment letter worth 100 points. | 20% of grade |
| 4. Personal Portfolio worth 100 points | 20% of grade |
| 5. Reflection paper worth 100 points | 20% of grade |
| 6. Speaker reports worth 50 points. | 10% of grade |
| 7. A total of 500 points is possible for the course. | |

Grading Scale: A = 90-100%, B= 80-89%, C = 70-79%, D=60-69%, F=59% or below

How to get a pop quiz:

1. Talk with other students during class without authorization.
2. Be inconsiderate to the instructor or other students.
3. Do not participate in class discussion.

Class Policies:

1. Any unexcused absences after 1 will result in a lower grade. Regular class attendance is imperative. If you miss class, obtain notes from another student.
2. Late assignments will not be accepted after the day they are due and will result in a grade of 0, unless extreme circumstances occur.
3. Students will not be permitted to take a test late unless prior approval is obtained in advance from the instructor or unless extreme circumstances occur. If a student does not take a test when scheduled and does not meet the above criteria, a grade of 0 will be given.
4. Christian conduct is expected, including honesty and consideration of others. Cheating on a test or other assignment will result in an automatic grade of 0.
5. Dress code: Women are expected to wear skirts/dresses/shorts no shorter than mid-thigh. No midriffs or tanktops are allowed. Men should not wear tanktops or shorts that are above mid-thigh, also.

Academic Integrity

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in our lives. Every member of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost's office web site (<http://www.acu.edu/campusoffices/provost>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

NUTR 401 SYLLABUS OUTLINE

Aug.	27	Introduction Internship Sites to be Reviewed Personal Portfolio Project Explained
Sept.	3	Daniel Orozco – Resume's Internship Application information
	10	Chapter 1 – Introduction to the Profession of Dietetics Chapter 2 – The American Dietetic Association Chapter 3 – Educational Preparation in Dietetics Chapter 4 – Credentialing of Dietetic Practitioners
	17	Chapter 5 – The Dietetics Professional Professional Behavior Code of Ethics Standards of Practice Internship Application Due!!!
	24	Speaker: Texas AgriLife Mary Alice Spraberry
Oct.	1	Captain Watkins – US Army Resume's and Employment Letters Resume'/Employment Letter Assignment
	8	American Academy of Nutrition and Dietetics Food and Nutrition Conference – no class!!!

	15	Ansleigh Mills, Hendrick Medical Center Diabetes Education Health Care Policy and Administration Performance Improvement Reimbursement Issues
	22	Resume'/Employment Letter Due!!!
	29	Speaker: Wiley ISD - Marka Riddle
Nov.	5	Speaker: WIC – Annette Lerma
	12	Speaker: ARAMARK – Jordana Haught
	19	Speaker: ARMC – Chelsea Weber
	21-23	HAPPY THANKSGIVING!!!
Nov.	26	Speaker: Barbara Braden, Region 14 Personal Portfolio Due!!!
Dec.	3	Speaker: Ann Bell
	11	Final Exam – 2:00 – 3:45 p.m.

This schedule is tentative and subject to the discretion of the instructor.
HAVE A VERY SAFE AND MERRY CHRISTMAS!!!

**NUTR 421 NUTRITION ASSESSMENT AND EDUCATION
SPRING 2012 SYLLABUS
ABILENE CHRISTIAN UNIVERSITY**

Sheila Jones, Ph.D., R.D., L.D., Associate Professor

Office: SRWC #259, 674-2089, fax: 674-6788, ACU Box 28084, jones@acu.edu.

Office hours: MW - 9:00 - 11:00 a.m.

W - 1:00 – 3:00 p.m.

TR – 9:00 – 9:30 a.m.

ACU Mission: Our mission at Abilene Christian University is to educate our students for Christian service and leadership throughout the world.

College of Education and Human Services Mission: to equip students for global ministry through exemplary practice and service in education and human services.

Department of Kinesiology and Nutrition Mission: to prepare students to serve and lead through the development of healthful lifestyles.

Didactic Program in Dietetics Mission: to prepare students to serve and lead through living and teaching healthful nutrition practices and wellness. Christian values will be modeled in any area of dietetics the student chooses, including clinical nutrition, community nutrition or health promotion/disease prevention, foodservice, food industry, research, or education.

Course Description:

Credit: 3 hours

When: TR 9:30 – 10:50 a.m.

Where: Gibson #130

Prerequisites: NUTR 221 Introductory Nutrition

Course description: The course provides information concerning objective measures of nutritional status and determination of responsiveness to medical nutritional therapy. Dietary counseling techniques are explored. This is a writing intensive course.

Purpose and audience: The course helps the student learn to accurately assess nutritional status and counsel the client appropriately. It is required for students majoring in Nutrition and is an option for students minoring in Nutrition.

Format: Lecture, discussion, and role play.

Conduct of the Course: Text materials will be covered in class in a lecture format and class discussion will be encouraged. The computerized analysis project and designing of educational materials will be completed outside of class. Role play will be required in class to practice counseling techniques, and oral presentations will be given in class.

Overview of Content: The course examines anthropometry, biochemical assessment, clinical assessment, dietary assessment, and counseling theory and techniques.

Required Texts: Lee, Robert D. and Nieman, David C. Nutritional Assessment, 5th Edition, McGraw-Hill Companies, 2010.

Holli, Betsy B., Calabrese, Richard J., and Maillet, Julie O'Sullivan. Communication and Education Skills for Dietetics Professionals, 4th Edition, Lippincott Williams & Wilkins, 2003.

Other Resource Texts: Gibson, Rosalind S. Principles of Nutritional Assessment, 1st Edition, Oxford University Press, 1990.

Library holdings: The Brown Library has thousands of resources concerning nutrition.

Websites: www.mhhe.com/leeniemann
www.eatright.org

Course goal: By completing this course, students should be able to explain and perform types of anthropometric, biochemical, clinical, and dietary assessment. They should also be able to appropriately counsel clients, based on assessment, for optimal health.

Instructor's philosophy: I Cor. 10:31 states "Whether, then, you eat or drink or whatever you do, do all to the glory of God." We should try to be as Christ-like as possible in all of our activities and serve Him to the fullest extent. Food is a basic need for the body, which is the Lord's temple. For optimal health, appropriate choices concerning foods and diet need to be made. When we take care of the Lord's temple, we are able to concentrate on serving Him more fully. It is a service to the Lord to help others attain optimal health.

	Competency	Measurement Instrument	Measurement Standard
1	The student will describe evolving methods of assessing nutrition status.	A. Examination scores	A. The student will understand comprehensively and describe methods of anthropometric, biochemical, clinical, and dietary assessment
2	The student will collect pertinent information for comprehensive nutrition assessments.	A. Examination scores B. Role play	A. The student will assimilate information for nutrition assessments to determine nutritional status. B. The student will actually collect and organize information for nutrition assessments to determine nutritional status.
3	The student will apply assessment to treatment of nutritional health risks using	A. Examination scores	A. The student will apply assessment data to determine appropriate medical nutrition

	medical nutrition therapy.	B. Role play	therapy (MNT) to lower nutritional health risks. B. The student will assessment data to determine appropriate MNT to counsel a client/patient.
4	The student will employ health promotion and disease prevention theories and guidelines to counsel clients.	A. Educational materials B. Oral presentation C. Role play	A. The student will appropriately employ prevention theories in developing educational materials for patients. B. The student will employ theories in presenting MNT information. C. The student will appropriately employ prevention theories in appropriate MNT to counsel patients in role play.
5	The student will apply knowledge of socio-cultural and ethnic food consumption and the role of environment, food, nutrition, and lifestyle choices, explain the role of environment, food, nutrition, and lifestyle choices in promotion of a healthy lifestyle and disease prevention, and modify recipe/formula for needs. (KR3.2 & KR 3.2a)	A. Examination scores B. Role play	A. The student will understand and apply knowledge of factors that affect nutrition intake and status and in disease prevention. B. The student will correctly adapt a normal diet to disease conditions and explain composition of foods and recipe modification in role play.
6	The student will determine nutrient requirements across the lifespan and translate nutrition needs into food choices and menus for people of diverse cultures and religions.	A. Examination scores B. Role play	A. The student will correctly determine nutrient requirements for various ages and translate that information into appropriate food choices. B. The student will correctly determine nutrient requirements for various ages and translate that information into appropriate food choices. Cultural and religious sensitivity will be practiced during this process.
7	The student will develop	A. Educational	A. The student will develop

	educational materials and use oral and written communications in presenting materials in a health fair setting and in presenting an educational session for a group. The student will practice writing/composing documents to learn concepts, communicate, and evaluate, including documents appropriate for the work place.	materials B. Oral presentation	educational materials suitable for the public. B. The student will develop a presentation detailing a particular disease state and appropriate MNT for the condition.
8.	The student will describe counseling techniques in written form and counsel a mock patient effectively.	A. Examination scores B. Role play	A. The student will describe counseling techniques in an examination. B. The student will describe counseling techniques in the form of a written script in counseling a patient effectively and will use the script in role play.
9.	The student will research a disease state and appropriate medical nutrition therapy and write a research paper.	A. Written research paper	A. The student will research a particular disease state and appropriate MNT for the condition and compose a research paper. The paper will detail the information given in the oral presentation.

Course Requirements:

1. Five exams worth 50 points each (multiple choice & true/false). 31.2% of grade
2. Role play worth 200 points (see attached sheet). 25.0% of grade
3. Educational materials worth 100 points (see attached sheet). 12.5% of grade
4. Written research paper worth 100 points (see attached sheet). 12.5% of grade
4. Oral presentation worth 100 points (see attached sheet). 12.5% of grade
5. Critique of oral presentations worth 50 points (see attached sheet). 6.3% of grade
7. A total of 800 points is possible for the course.
8. Attendance is required. Any unexcused absences after 3 will result in a lower grade.

Grading Scale: A = 90-100%, B= 80-89%, C = 70-79%, D=60-69%, F=59% or below

Writing Center Resource

The ACU Writing Center, located in the Learning Commons of the Brown Library, welcomes all students who would like assistance with their writing. Our trained and

experienced tutors will provide feedback for any writing assignment at any stage of the writing process – from planning and drafting to formatting and editing. The services are free. Please call 674-4822 for more information. Note: The personnel in the Writing Center will NOT write the assignment for you.

How to prepare for class:

1. Read each chapter before it is covered in class.
2. Make your own notes of important points of each chapter.
3. Review each chapter to be covered in order to prepare to discuss it in class.
4. Complete study guide questions for the chapter to be covered in class.

How to get a pop quiz:

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2. Be inconsiderate to the instructor or other students.
3. Do not participate in class discussion.

Class Policies:

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2. Late assignments will not be accepted after the day they are due and will result in a grade of 0, unless circumstances occur including illness (personal or dependent), death in the family, car trouble or accident, or university-approved event. I do expect notification of the problem as soon as possible.
3. Students will not be permitted to take a test late unless prior approval is obtained in advance from the instructor or unless the above stated circumstances occur. If a student does not take a test when scheduled and does not meet the above criteria, a grade of 0 will be given.
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NUTR 421 SYLLABUS OUTLINE

Jan.	17	Introduction
	19	Lee Chapter 1 – Introduction to Nutritional Assessment
	24	Lee Chapter 2 – Standards for Nutrient Intake
	26	Lee Chapter 3 – Measuring Diet
	31	Lee Chapter 4 – National Dietary and Nutrition Surveys
Feb.	2	Lee Chapter 5 – Computerized Dietary Analysis Systems
	7	Exam I
	9	Lee Chapter 6 – Anthropometry
	14	Lee Chapter 6 – Anthropometry
	16	Lee Chapter 7 – Assessment of the Hospitalized Patient
	21	Exam II Lee Chapter 8 – Nutritional Assessment in Disease Prevention
	23	Lee Chapter 8 – Nutritional Assessment in Disease Prevention
	28	Exam III Lee Chapter 9 – Biochemical Assessment of Nutritional Status
March	1	Lee Chapter 9 – Biochemical Assessment of Nutritional Status
	6	Lee Chapter 9 – Biochemical Assessment of Nutritional Status
	8	Review
March	12-16	SPRING BREAK!!!
	20	Lee Chapter 10 – Clinical Assessment of Nutritional Status
	22	Exam IV
	27	Lee Chapter 11 – Counseling Theory and Technique Holli Chapter 4 – Counseling Holli Chapter 5 – Nutrition Counseling

March	29	Exam V – Take-home Holli Chapter 6 – Counseling for Behavior Modification Holli Chapters 7 – Counseling for Cognitive Change Holli Chapter 8 – Cross-Cultural and Life-Span Counseling Educational Materials and Writing Techniques Explained Role Play and Written Assignment Explained
April	3	Holli Chapter 14 – Delivering Oral Presentations and Conducting Workshops Holli Chapter 15 – Planning, Selecting, and Using Instructional Media
	5	Role Play
	10	Role Play Rough draft of Educational Materials Due!!!
	12	TAND – San Antonio
	17	Role Play Educational Materials Due!!!
	19	Role Play Oral Presentations and Written Assignments Explained Critique of Oral Presentations Explained
	24	Role Play
	26	Role Play
May	1	Oral Presentations, Critiques of Oral Presentations, & Research Papers Due!
	3	Oral Presentations and Critiques of Oral Presentations
May	7	Final – 1:30-3:30 p.m.

HAVE A SAFE AND WONDERFUL SUMMER!!!

This schedule is tentative and subject to change at the discretion of the instructor.