



SYLLABUS

AGHR 4413 Nutrition Counseling Spring 2016

Assistant Professor: Beverly M. Copeland, Ph.D., RD, LD
Section & CRN AGHR 4413 Nutrition Counseling - P03, P83
Office: Room 320, Agriculture Building
Phone: 936-261-5017
E-mail: bmcpeland@pvamu.edu

Office Hours Monday/Wednesday 10: AM- 12:00PM
Friday 9- 12: Noon by appointment
Mode of Instruction Face to Face Room: AGRI BLD-214
Class Days & Times: Tuesday/Thursday 2:00 - 3: 50 PM

Prerequisites: HUNF 3653 & HUNF 4663
Credit Hours 3

Catalog Description: AGHR 4413 Special Topics is a directed study in theories, behavior change models, nutrition counseling, ADA Scope of Dietetics Practice Framework, the Standards of Professional Performance, the Code of Ethics of Dietetics, interdisciplinary relationships, and current issues in Human Nutrition.

Course Goals:

To demonstrate effective use of the nutrition care process model in delivering nutrition counseling and nutrition education to client and to provide strategies and techniques for nutrition education. It will teach the development of nutrition care plans and the principles of evaluation and documentation. Students will also learn the behavioral change theories and how to use them effectively in nutrition counseling.

Required Text Book: Nutrition Counseling and Education SKILL Development
Author: Kathleen D.Bauer & Doreen Liou
ISBN-13: 9781305252486

Expected Learning Outcomes: KRD 3.3:KRD 2.2: KRD 4.5

Up on completion of this course students should be able to:	Program Learning Outcome # Alignment	Core Curriculum Outcome Alignment
Describe the components of effective communication in the practice of dietetics	2	CT & COM
Demonstrate the ability to interview clients/patients	2 & 3	COM

Utilize learning theory, behavior change theory counseling theory, and theories of human development in nutrition education plans and demonstrate effective counseling skills for individuals and groups	1	COM & CT
Develop effective nutrition education sessions, including appropriate materials	3	CT
Evaluate effectiveness of counseling and education in patients/clients	3	CT

Performance Evaluation and Grading:

Assessment and Assignments	Points per assignment
Attendance/participation/in Class Activities	100 points
Chapter Presentation	100 points
Counseling Session/Video	100 points
Mid Term Exam	100 points
Final Exam	100 points
Total	500 points

GRADES:

A: 90 - 100; 450- 500 points

B: 80 - 89; 400- 449 points

C: 70 -79; 350-399 points

D; 60 - 69; 300-349 points

F: <60 below 300

Assignments are due at the beginning (first 20 minutes and are considered late thereafter) of class on the day specified on the syllabus. No Exceptions- if circumstances prevent you from being in class on the day the assignment is due, please turn in assignment before due date and time, or make arrangement to do so. Late project/assignments (for any reason) will have 10 points deducted and will not be accepted after one week past the due date.

MAKEUP EXAMS

As a rule, there will be no make-up exams offered... For extenuating circumstances such as hospitalization or death of an immediate family member, an opportunity to take an alternative examination will be offered only to those who make prior contact (at least 24 hours before; no exceptions) with the instructor in person or by e-mail. The approval is at the instructor's discretion. Only one alternative exam may be possible during the semester

About the Course:

Lecture material will be provided for this class at the beginning of each class. Please read appropriate chapter before class, to be familiar with the lesson and prevent you from falling behind.

Instructor Responsibilities

- Facilitate counseling sessions
- Prepare assignments, discussions, and lectures.
- Facilitate an effective learning environment.
- Evaluate and provide prompt feedback on exams.

Student Responsibilities

- Attend class and participate in class discussions.
- Read and prepare class lecture for assigned chapter/topics
- Read assigned chapters prior to lecture.
- Complete all evaluation procedures.
- Ask for help when there is a question or problem.
- Keep your copy of this syllabus.

Class Room Manners

- Be in the classroom ON TIME. It is a disruption not only to me but to the entire class and it shows a lack of respect and discipline on your part. If you are late to an exam, you will have less time to take the exam.
- Please respect each other's time. Do not socialize during class. If you need to talk to your neighbor or a friend, please step outside the classroom so as not to disturb your classmates or interfere with their concentration

CELL PHONE POLICY

Please turn off your cell phones during class so as to not disturb the class.

Cell phones must be out of sight at all times in the classroom. Not on the desk, not in the slot where you are sitting, not in your pocket, not in your lap, No ear buds, No texting.

If you continue to not abide by these policies, you may be asked to leave the classroom and be counted "absent" for that day. The only exception to this will be an emergency which you need to discuss with me before class begins.

COURSE TIME- LINE

This schedule may be modified as needed

Week	Topic	Assignments	Assignment Due Date
1 (1/19 & 21) Chapter 1	Preparing To Meet Your Clients		
2 (1/26 & 28) Chapter 2	Frameworks For Understanding And Attaining Behavior Change		
3 (2/02 & 04) Chapter 3	Communication Essentials		
4 (2/09 & 11) Chapter 4	Meeting Your Client The Counseling Interview		
5 (2/16 & 18) Chapter 5	Developing A Nutrition Care Plan Putting It All Together		
6 (2/23 & 25) Chapter 6	Promoting Change To Facilitate Self-Management		
7 (3/01 & 03) Chapter 7	Making Behavior Change Last		

9 (3/18 & 10) Chapter 8	Physical Activity		Mid Term Exam
03/14- 19	SPRING BREAK	SPRING BREAK	SPRING BREAK
10 (3/22 & 24) Chapter 9	Communication With Diverse Population Groups		
11 (3/29 & 31) Chapter 10	Group Facilitation And Counseling		
12 (4/5 & 7) Chapter 11	Key To Successful Nutrition Education Intervention		
13 (4/12 & 14) Chapter 12	Educational Strategies, Mass Media, And Evaluatio		
14 (4/19 & 21) Chapter 13	Professionalism And Final Issues		
15 (4/26 & 28) Chapter 14	Guided Counseling Experience		
16 (5/3)	Review		
5/4 BEGINS			Final Exam

Student Support and Success

John B. Coleman Library

The library and its partners have as their mission to provide resources and instructional material in support of the evolving curriculum, as a partner in Prairie View A&M University's mission of teaching, research, and service and to support the University's core values of access and quality, diversity, leadership, relevance, and social responsibility through emphasis on ten key areas of service. It maintains library collections and access both on campus, online, and through local agreements to further the educational goals of students and faculty. <https://www.pvamu.edu/library/> Phone: 936-261-1500

The Learning Curve (Center for Academic Support)

The Learning Curve offers Tutoring via peer tutoring. The services include workshops (i.e., Save My Semester, Recalculate Your Route), seminars (i.e., Tools You Can Use: TI-84), group review sessions (i.e., College Algebra Topic Reviews, GRE

Preparation), group study opportunities (i.e., TSIA, HESI, Study Break, Exam Cram), and test-taking strategies (How to take Notes, Study Buddy, 5 Day Study Guide). The Learning Curve is a nationally certified tutoring program through the National Tutoring Association. The peer tutors are trained and certified by the coordinator each semester. Location: J.B. Coleman Library Rm. 207F. Phone: 936-261-1561

The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS)

The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS) is designed to help Prairie View students in their second year and beyond navigate towards graduation by providing the following services: Academic Advisement, Targeted Tutorials for Personalized Learning, Campus-Wide Referrals, and Academic & Social Workshops. Location: J.B. Coleman Library Rm. 306. Phone: 936-261-1040

Writing Center

The Writing Center provides student consultants on all aspects of the writing process and a variety of writing assignments. Writing Center consultations assist students in such areas as prewriting, brainstorming, audience awareness, organization, research, and citation. Students taking on-line courses or courses at the Northwest Houston Center or College of Nursing may consult remotely or by email. Location: Hilliard Hall Rm. 121. Phone: 936-261-3724.

Student Counseling Services

The Student Counseling Services unit offers a range of services and programs to assist students in maximizing their potential for success: short-term individual, couples, and group counseling, as well as crisis intervention, outreach, consultation, and referral services. The staff is licensed by the State of Texas and provides assistance to students who are dealing with academic skills concerns, situational crises, adjustment problems, and emotional difficulties. Information shared with the staff is treated confidentially and in accordance with Texas State Law. Location: Owens-Franklin Health Center Rm. 226. Phone: 936-261-3564

Testing

The Department of Testing administers College Board CLEP examinations, the HESI A2 for pre-nursing majors, LSAT for law school applicants and MPRE for second-year law students, the Experiential Learning Portfolio option, the Texas Success Initiative (TSI) Assessment, which determines college readiness in the state, and exam proctoring, among other service such as SAT and ACT for high school students. Location: Delco Rm. 141. Phone: 936-261-4286

Office of Diagnostic Testing and Disability Services

As a federally-mandated educational support unit, the Office of Disability Services serves as the repository for confidential disability files for faculty, staff, and students. For persons with a disability, the Office develops individualized ADA letters of request for accommodations. Other services include: learning style inventories, awareness workshops, accessibility pathways, webinars, computer laboratory with adapted hard and software, adapted furniture, proctoring of non-standardized test administrations, ASL interpreters, ALDs, digital recorders, livescribe, Kurtzweil, and a comprehensive referral network across campus and the broader community. Location: Evans Hall Rm. 317. Phone: 936-261-3585

Veteran Affairs

Veterans Services works with student veterans, current military and military dependents to support their transition to the college environment and continued persistence to graduation. The Office coordinates and certifies benefits for both the G.I. Bill and the Texas Hazlewood Act. Location: Evans Hall Rm. 323. Phone: 936-261-3563

Office for Student Engagement

The Office for Student Engagement delivers comprehensive programs and services designed to meet the co-curricular needs of students. The Office implements inclusive and accessible programs and services that enhance student development through exposure to and participation in diverse and relevant social, cultural, intellectual, recreational, community service, leadership development and campus governance. Location: Memorial Student Center Rm. 221. Phone: 936-261-1340

Career Services

Career Services supports students through professional development, career readiness, and placement and employment assistance. The Office provides one-on-one career coaching, interview preparation, resume and letter writing, and career exploration workshops and seminars. Services are provided for students at the Northwest Houston Center and College of Nursing in the Medical Center twice a month or on a requested basis. Distance Learning students are encouraged to visit the Career Services website for information regarding services provided. Location: Evans Hall Rm. 217. Phone: 936-261-3570

University Rules and Procedures

Disability Statement (Also See Student Handbook):

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services, in Evans Hall, Room 317, or call 936-261-3585/3.

Academic Misconduct (See Student Handbook):

You are expected to practice academic honesty in every aspect of this course and all other courses. Make sure you are familiar with your Student Handbook, especially the section on academic misconduct. Students who engage in academic misconduct are subject to university disciplinary procedures.

Forms of Academic Dishonesty:

1. Cheating: deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.
2. Academic misconduct: tampering with grades or taking part in obtaining or distributing any part of a scheduled test.
3. Fabrication: use of invented information or falsified research.
4. Plagiarism: unacknowledged quotation and/or paraphrase of someone else's words, ideas, or data as one's own in work submitted for credit. Failure to identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.

Nonacademic Misconduct (See Student Handbook)

The university respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under nonacademic procedures.

Sexual Misconduct (See Student Handbook):

Sexual harassment of students and employers at Prairie View A&M University is unacceptable and will not be tolerated. Any member of the university community violating this policy will be subject to disciplinary action.

Title IX Statement

Prairie View A&M University (PVAMU) is committed to supporting students and complying with the Texas A&M University System non-discrimination policy. It seeks to establish an environment that is free of bias, discrimination, and harassment. If you experience an incident of sex- or gender-based discrimination, including sexual harassment, sexual assault or attempted sexual assault, we encourage you to report it. While you may talk to a faculty member about an incident of misconduct, the faculty member must report the basic facts of your experience to Ms. Alexia Taylor, PVAMU's Title IX Coordinator. If you would like to speak with someone who may be able to afford you privacy or confidentiality, there are individuals who can meet with you. The Title IX Coordinator is designated to handle inquiries regarding non-discrimination policies and can assist you with understanding your options and connect you with on- and off-campus resources. The Title IX Coordinator can be reached by phone at 936-261-2123 or in Suite 013 in the A.I. Thomas Administration Building.

Class Attendance Policy (See Catalog for Full Attendance Policy)

Prairie View A&M University requires regular class attendance. Attending all classes supports full academic development of each learner whether classes are taught with the instructor physically present or via distance learning technologies such as interactive video and/or internet.

Excessive absenteeism, whether excused or unexcused, may result in a student's course grade being reduced or in assignment of a grade of "F". Absences are accumulated beginning with the first day of class during regular semesters and summer terms. Each faculty member will include the University's attendance policy in each course syllabus.

Student Academic Appeals Process

Authority and responsibility for assigning grades to students rests with the faculty. However, in those instances where students believe that miscommunication, errors, or unfairness of any kind may have adversely affected the instructor's assessment of their academic performance, the student has a right to appeal by the procedure listed in the Undergraduate Catalog and by doing so within thirty days of receiving the grade or experiencing any other problematic academic event that prompted the complaint.

TECHNICAL CONSIDERATIONS

Minimum Recommended Hardware and Software:

- Intel PC or Laptop with Windows 7; Mac with OS X; Smartphone or iPad/Tablet with Wi-Fi
- High speed Internet access
- 8 GB Memory
- Hard drive with 320 GB storage space
- 15" monitor, 800x600, color or 16 bit
- Sound card w/speakers
- Microphone and recording software
- Keyboard & mouse
- Most current version of Google Chrome, Safari, Internet Explorer or Firefox

Note: Be sure to enable Java & pop-ups in the Web browser preferences

Participants should have a basic proficiency of the following computer skills:

- Sending and receiving email
- A working knowledge of the Internet
- Proficiency in Microsoft Word (or a program convertible to Word)
- Proficiency in the Acrobat PDF Reader
- Basic knowledge of Windows or Mac O.S.

Netiquette (online etiquette):

Students are expected to participate in all discussions and virtual classroom chats as directed. Students are to be respectful and courteous to others on discussions boards. Foul or abusive language will not be tolerated.

Technical Support:

Students should go to <https://mypassword.pvamu.edu/> if they have password issues. The page will provide instructions for resetting passwords and contact information if login issues persist. For other technical questions regarding eCourses, call the Office of Distance Learning at 936-261-3283

Communication Expectations and Standards:

Emails or discussion postings will receive a response from the instructor, usually in less than 48 hours. Urgent emails should be marked as such. Check regularly for responses.

Discussion Requirement:

Online courses often require minimal to no face-to-face meetings. However, conversations about the readings, lectures, materials, and other aspects of the course can take place in a seminar fashion. This will be accomplished by the use of the discussion board. The exact use of discussion will be determined by the instructor.

It is strongly suggested that students type their discussion postings in a word processing application and save it to their PC or a removable drive before posting to the discussion board. This is important for two reasons: 1) If for some reason your discussion responses are lost in your online course, you will have another copy; 2) Grammatical errors can be greatly minimized by the use of the spell-and-grammar check functions in word processing applications. Once the post(s) have been typed and corrected in the word processing application, it/they should be copied and pasted to the discussion board.