

Nutritional Assessment and Counseling

FN 3100

FALL 2012

TR 4:00-5:15PM

FCS 104

BOWLING GREEN
STATE UNIVERSITY

The "BOD POD" estimates fat and lean muscle mass using air displacement.



Course Description and Objectives

This course examines methods for evaluating nutritional status of individuals and population groups and techniques used in diet instruction in addition to methods of quality assurance, program evaluation, laws, regulations, and standards affecting dietetic practice.

During this course, you will develop and enhance the following skills:

- Explain the impact of a public policy position on dietetics practice
- Explain the impact of health care policy and different health care delivery systems on food and nutrition services
- Identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services
- Use the nutrition care process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions
- Demonstrate how to locate, interpret, evaluate, and use professional literature to make ethical evidence-based practice decisions
- Use current information technologies to locate and apply evidence-based guidelines and protocols
- Demonstrate counseling techniques to facilitate behavior change
- Demonstrate effective and professional oral and written communication and documentation
- Develop an educational session or program/educational strategy for a target population

These competencies are in accordance with the Accreditation Council for Education in Nutrition and Dietetics' *Core Knowledge for the RD* guidelines.

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Course Details

Your Professor

Dr. Mary-Jon Ludy, PhD, RD
16G FCS Building
419.372.6461

mludy@bgsu.edu

Office hours: TR 1:30-3:30 PM
and by appointment

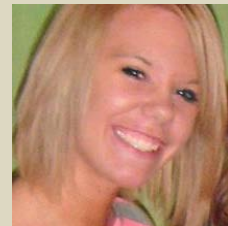


Your Graduate Assistant

Lara Fickes
MFN student, dietetic intern
11 FCS Building

laraf@bgsu.edu

Office hours: to be determined
and by appointment



Taking This Course

Ultimately, it's not the grade that you "get" in FN 3100 – it's your ability to apply and translate the information later. Students take this course for many reasons. Most often "it's required" for your dietetics or nutrition science major, or nutrition minor. Think about why the "powers that be" have decided that learning this material is essential to your career path. What does it mean to you as a future exercise physiologist? long-term care administrator? dietitian? food scientist?

It's completely possible to earn an "A" or "B" without being transformed by your newfound nutritional knowledge, but it would be a pity!

Use the quick-fix "diet" vs. long-term "lifestyle change" metaphor to guide your experience...

Diet

You've taken a nutrition class before. You grasp the basics.

You tend to assume that the textbooks, supplemental readings, and professor tell the same basic story. You are mainly concerned with surface-level information. You are interested in "WHAT" is the recommendation?

Lifestyle Change

You're on a quest to dig deeper. You think critically.

You're aware that the field of nutrition is ever-changing. You seek alternative sources and interpretations. You are curious, passionate, and concerned about "HOW" and "WHY" nutrition matters.

Course Policies

- Communication is very important. If you have any questions, technical difficulties, or problems with the course, please notify Dr. Ludy or Lara as soon as possible.
- The use of cell phones is NOT allowed in class. Silence your cell phone and put it out of sight before class.
- Do NOT chat with your neighbor during class. Quick questions are acceptable.
- During the presentations and lectures, please refrain from texting, sending emails, updating your Facebook status, reading the BGNews, doing homework for other classes, sleeping, or the like.
- In the event of inclement weather, please check the "Announcements" section of Canvas to see if there has been any adjustment to the class meeting schedule.
- You are expected to keep up with textbook and supplemental readings on your own. It is impossible to cover everything in class. Exams, assignments, and quizzes are based on class discussions and assigned readings.
- Unless otherwise specified, it is not necessary to bring your textbooks to class.

Materials for Success

Texts

Lee R, Neiman D. Nutritional Assessment. 5th ed. New York: McGraw Hill; 2010.

Snetselaar L. Nutrition Counseling Skills for the Nutrition Care Process, 4th ed. Boston: Jones and Bartlett; 2009.

One copy of each text is on reserve in the Jerome Library and can be checked out in 2 hours increments.

Clickers

Each student must have a TurningPoint clicker. They are available at the University Bookstore. The purpose is to do class polling, get feedback, take attendance, give quizzes, etc. You must register your clicker on Canvas using the 6-digit Device ID number (on the back of the clicker) before class on T 8/28. For instructions, please open Canvas and go to Modules > Canvas > Registering Your Clicker. Contact the Learning Commons if you have problems: www.bgsu.edu/learningcommons, TLC@bgsu.edu (enter "Canvas" in the subject line of the email), 419.372.2823.

Grading Scale

Letter	Percentage	Points
A	90-100	720-800
B	80-89.9	640-719.9
C	70-79.9	560-639.9
D	60-69.9	480-559.9
F	< 60	< 480

* Class grade will be lowered one letter with excessive unexcused absences (> 3). Confirmed illnesses, family emergencies, military/jury duty, religious observances, and university-sponsored events (such as intercollegiate sports) will be excused with proper documentation. For each of these instances, you must (1) provide written documentation from an authority (such as a doctor's note or published obituary) and (2) notify Dr. Ludy before the absence.

Evaluation (*tentative*)

Points

Quizzes (3@10 points each: 9/4, 9/11, and 10/16)	30
Discussion boards (3@10 points each: 10/2, 10/18, 11/8).....	30
Participation	15
Lesson plan part 1: location and pre-assessment (10/9)	20
Lesson plan part 2: development (DRAFT: 10/25)	5
Lesson plan part 2: development (FINAL: 11/1)	40
Lesson plan part 3: self-assessment (12/6).....	40
Term project part 1: 3-day food record (9/18)	10
Term project part 2: NDSR/SuperTracker reports (10/23).....	10
Term project part 3: diet assessment (11/6)	100
Term project part 4: counseling (11/27).....	100
Exams (2@100 points each: 9/20, 10/30).....	200
Final Exam (12/12)	200
TOTAL.....	800

Fine Print

- Each exam must be taken on its assigned date. Makeup exams will NOT be given. In an emergency, your final exam may be substituted for a missed grade – only with Dr. Ludy's prior approval.
- Late assignments will be penalized 10% per week and will NOT be accepted more than two weeks after the due date. No assignments will be accepted after the final exam.

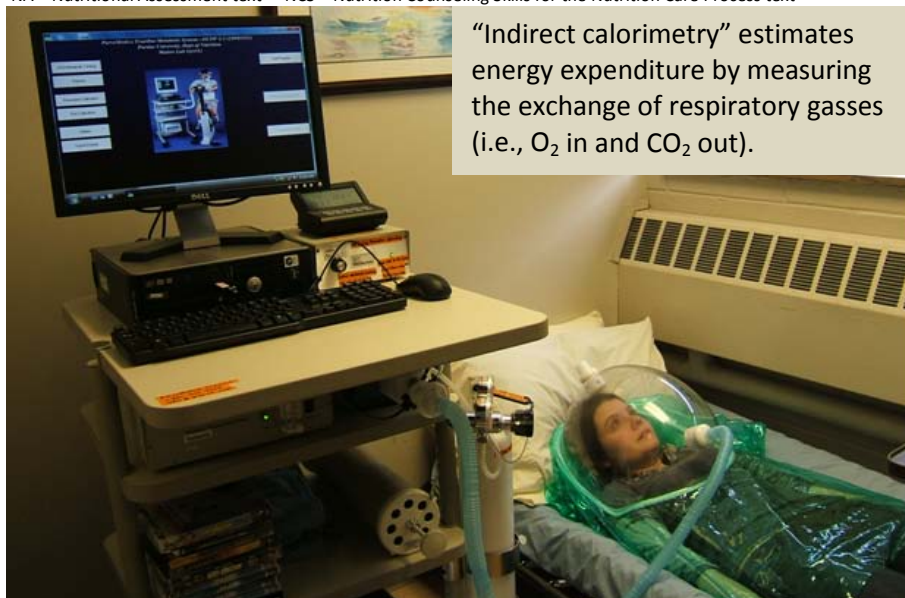
- All assignments should be submitted at the beginning of class, or via the assignment/discussion board pages on Canvas before class, as indicated by the class schedule (last page). Written assignments should be typed and completed in a professional format with proper grammar and punctuation. Uploaded file(s) must include your last name, the assignment name, and date (for example, LUDY Assignment 8-21-12).
- Any questions about points for exams, quizzes, or assignments must be asked within one week of the date the points are assigned.
- Please familiarize yourself with the Code of Academic Conduct (Academic Honesty Policy) in BGSU's Student Handbook: <http://www.bgsu.edu/offices/sa/studentconduct/>. This requires that students do NOT cheat, forge, bribe, threaten, fabricate, plagiarize, or facilitate academic dishonesty. These violations are taken seriously. You will, at minimum, receive partial or zero credit on the assignment and may fail the course, at Dr. Ludy's discretion.

Class Schedule (*tentative*)

Date	Topic	What to Read	What's Due
T 8/21	Introduction to Nutritional Assessment	NA* Ch 1	
R 8/23	Dietary Guidelines	Dietary Guidelines for Americans, 2010	
T 8/28	Dietary Standards	NA Ch 2	
R 8/30	Exchanges		
T 9/4	Diet Assessment	NA Ch 3	Quiz 1: Exchange List (10 pts, due before class on Canvas)
R 9/6	National Surveys	NA Ch 4	
T 9/11	Measuring Food Insecurity and Hunger	Household Food Security in the US 2010	Quiz 2: BRFSS (10 pts, due before class on Canvas)
R 9/13	Computer Dietary Analysis	NA Ch 5	
T 9/18	NDSR/SuperTracker Class in EDHD 222 (Computer Lab)	Term Project – Helpful Information	Term Project: Part 1, Food Record (10 pts, due before class on Canvas)
R 9/20	EXAM		EXAM (100 pts)
T 9/25	Creating Lesson Plans Review Lesson Assignment	Lesson Plans – Nutrition Education Resources	
R 9/27	Library Database Searches Class in Jerome Library 150A (1 st floor, back, Pallister Conference Room)		
T 10/2	Scientific Writing		Discussion Board 1: Scientific Journal Article Assignment (10 pts, due W 10/3 at or before 11:59pm)
R 10/4	Fall Break – NO CLASS		
T 10/9	Hospitalized Patients	NA Ch 7	Lesson Plan: Part 1, Location and Pre-Assessment (20 pts, due before class on Canvas)
R 10/11	DETERMINE Checklist		
T 10/16	NDSR/SuperTracker Class in EDHD 222 (Computer Lab)		Quiz 3: Energy Requirements (10 pts, due before class on Canvas)
R 10/18	Biochemical Assessment	NA Ch 9	Discussion Board 2: DETERMINE Checklist with Level 1 Assessment (10 pts, due before class on Canvas)
T 10/23	Clinical Assessment	NA Ch 10	Term Project: Part 2, NDSR/SuperTracker Reports (10 pts, due before class on Canvas)
R 10/25	Lesson Plan Peer Review		Lesson Plan: Part 2, Development (10 pts, DRAFT due in class for peer review)
T 10/30	EXAM		EXAM (100 pts)

R 11/1	Nutrition Counseling	NA Ch 11 NCS** Ch 1	Lesson Plan: Plan 2, Development (40 pts, FINAL due before class on Canvas)
T 11/6	Communication Skills	NCS Ch 2	Term Project: Part 3, Diet Analysis (100 pts, due before class on Canvas)
R 11/8	Counseling Skills: Self Management	NCS Ch 3	Discussion Board 3: Weight Mgmt App Review (10 pts, due before class on Canvas)
T 11/13	Nutrition Counseling: Obesity	NCS Ch 4	
R 11/15	Nutrition Counseling: Diabetes	NCS Ch 6	
T 11/20	Nutrition Counseling: Heart Disease	NA Ch 8 NCS Ch 5	
R 11/22	Thanksgiving – NO CLASS		
T 11/27	Nutrition Counseling: Hypertension	NCS Ch 8	Term Project: Part 4, Counseling (100 pts, due before class on Canvas)
R 11/29	Nutrition Counseling: Cancer Prevention	NCS Ch 9	
T 12/4	Evaluation & Follow-Up; e-Portfolio	NCS Ch 10	
R 12/6	Lesson Plan Presentations		Lesson Plan: Part 3, Self-Assessment (40 pts, written due before class on Canvas, 2-3 minute oral presentation in class)
W 12/12, 3:30-5:30, FINAL EXAM (200 pts)			

*NA = Nutritional Assessment text **NCS = Nutrition Counseling Skills for the Nutrition Care Process text



“Indirect calorimetry” estimates energy expenditure by measuring the exchange of respiratory gasses (i.e., O₂ in and CO₂ out).

Help and Resources

1. Talk with Dr. Ludy or Lara You are welcome to email us, drop by during office hours, or make an appointment to meet with either of us at another time.

2. Visit the Learning Commons

- BGSU Learning Commons, 419.372.2823, TLC@bgsu.edu, www.bgsu.edu/learningcommons
- Tutorial Center – request one-to-one or group study sessions with students who have taken this course (or any other course) and received an “A.”
- Writing Center – request in-person or online writing support at any stage of writing projects.

3. Get to know the library

- Jerome Library, <http://www.bgsu.edu/colleges/library/infosrv/ref/ask.html>
- The library staff is eager to help you – IM, text, call, email, visit, or make an appointment with a research librarian.

4. Accommodations

- If you are a student with a disability and request accommodation(s), please contact the Office of Disability Services, 413 South Hall, 419.372.8495, <http://www.bgsu.edu/offices/sa/disability/>
- Since accommodations may require early planning, requests should be made as early as possible.