

NUFD 107: NUTRITION EDUCATION, COMMUNICATION, AND COUNSELING

In Workflow

1. FACS Committee Chair (shiltsm@csus.edu)
2. FACS Chair (lhanna@csus.edu)
3. SSIS College Committee Chair (wickelgr@csus.edu)
4. SSIS Dean (mendriga@csus.edu)
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9. Catalog Editor (catalog@csus.edu)
10. Registrar's Office (wlindsey@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Fri, 16 Sep 2022 02:09:11 GMT
Mical Shilts (shiltsm): Rollback to Initiator
2. Sat, 17 Sep 2022 20:32:47 GMT
Mical Shilts (shiltsm): Approved for FACS Committee Chair
3. Mon, 19 Sep 2022 22:45:58 GMT
Lynn Hanna (lhanna): Approved for FACS Chair
4. Sun, 09 Oct 2022 01:32:19 GMT
Emily Wickelgren (wickelgr): Rollback to Initiator
5. Wed, 12 Oct 2022 01:35:43 GMT
Mical Shilts (shiltsm): Approved for FACS Committee Chair
6. Wed, 12 Oct 2022 16:55:45 GMT
Lynn Hanna (lhanna): Approved for FACS Chair
7. Wed, 12 Oct 2022 16:58:32 GMT
Emily Wickelgren (wickelgr): Approved for SSIS College Committee Chair
8. Thu, 20 Oct 2022 04:18:28 GMT
Marya Endriga (mendriga): Approved for SSIS Dean

Date Submitted: Tue, 11 Oct 2022 22:47:34 GMT

Viewing: NUFD 107 : Nutrition Education, Communication, and Counseling

Last edit: Tue, 11 Oct 2022 22:47:32 GMT

Changes proposed by: Mical Shilts (102012285)

Contact(s):

| Name (First Last) | Email | Phone 999-999-9999 |
|-------------------|------------------|--------------------|
| Mical Shilts | shiltsm@csus.edu | 916.628.4910 |

Catalog Title:

Nutrition Education, Communication, and Counseling

Class Schedule Title:

Nutr Educ, Comm & Counseling

Academic Group: (College)

SSIS - Social Sciences & Interdisciplinary Studies

Academic Organization: (Department)

Family and Consumer Sciences

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Spring 2023 (2022/2023 Catalog)

Subject Area: (prefix)

NUFD - Nutrition and Food

Catalog Number: (course number)

107

Course ID: (For administrative use only.)

202293

Units:

3

Is the only purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

This course complies with the credit hour policy:

Yes

Justification for course proposal:

We are proposing to update the prerequisite course codes from FACS to NUFD. The changes are due to the NUFD degree/concentration elevation from FACS that took place in 2019 due to EO 1071. This is merely an administrative update as all nutrition course codes were changed to NUFD but the prerequisites were not and this has led to student confusion. No other course content is being changed.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

Nutrition Education, communication and counseling techniques for use by the nutrition/dietetics professional. Introduction and application of various health behavior theories to promote change in diverse target audiences. Development of nutrition care plans, educational materials and activities for individual groups. Understand and apply methods of dietary assessment and motivational interviewing.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Is this course designated as Curricular Community Engaged Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

Yes

Prerequisite:

NUFD 10 and an additional 3 NUFD units

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1 WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

| | Expected Learning Outcome | Assessment Strategies |
|---|--|---|
| 1 | Demonstrate effective and professional oral and written communication and documentation. | Exams, in-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |
| 2 | Apply current information technologies when communicating with individuals, groups and the public. | In-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |
| 3 | Use counseling techniques such as motivational interviewing to facilitate behavior change. | Exams, in-class activities, discussion posts, |
| 4 | Apply the nutrition care process to make decisions, to assess, determine and evaluate appropriate nutrition interventions. | Exams, in-class activities, discussion posts, |
| 5 | Apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups. | Exams, in-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |
| 6 | Conduct a 24-hour recall and analysis which will inform the development of an educational plan or material. | In-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, |
| 7 | Identify and describe the link between research, theory and practice in nutrition counseling education. | Exams, in-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |
| 8 | Implement research and theory in nutrition counseling and education. | Exams, in-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |

| | | |
|----|---|---|
| 9 | Execute a stepwise procedure for designing theory based nutrition education. | Exams, in-class activities, discussion posts, 24hr-recall & Nutrition Education Material Assignment, Nutrition Mini-Lesson Presentation |
| 10 | Use a theoretical model for a nutrition education tool, activity or lesson for a target population. | Exams, in-class activities, discussion posts, Nutrition Mini-Lesson Presentation |

Attach a list of the required/recommended course readings and activities:

NUFD 107_Syllabus.pdf

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

No

Identify the program(s) in which this course is required:

Programs:

BS in Nutrition and Food

BS in Nutrition and Food (Dietetics)

Minor in Nutrition and Food

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Integrative learning
Intellectual and practical skills

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Reviewer Comments:

Mical Shilts (shiltsm) (Fri, 16 Sep 2022 02:09:11 GMT): Rollback: Further review

Emily Wickelgren (wickelgr) (Sun, 09 Oct 2022 01:32:19 GMT): Rollback: See email for revisions

Key: 13997