

Nutrition Education for Special Population Groups

HSC 3574/5576

Spring 2012

Professor: Delores. James, Ph.D., R.D., L.D., FASHA
Course Prerequisite: HUN 2201
Meets: Tuesdays 2nd-3rd periods (8:30-10:35); Thursdays 2nd period (8:30-9:20)
Room: FLG 265
Office Hours: T 10:45-noon R 9:30-12:00
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COURSE OVERVIEW AND OBJECTIVES

This course is an application of nutrition science to the needs of different population groups. Nutrition concepts will be examined within social, economical, and political frameworks. The course has a human nutrition prerequisite and students are expected to apply that knowledge to their assignments and exams. Students are expected to own a computer and be proficient in several softwares, including Microsoft Office Professional Suite (Word, Excel, PowerPoint, Publisher). They are also expected to have access to and know how to use a digital camera and camcorder. At the end of the course, students will be able to:

1. To understand the role of nutrition in health promotion and disease prevention.
2. To examine the nutritional needs of special population groups within national dietary guidelines.
3. To plan and evaluate nutrition education programs for specific target groups.
4. To develop and evaluate nutrition education materials for specific target groups.
5. To help consumers make better food and lifestyle choices.
6. Use existing technology to communicate health and nutrition information to consumers.

This course is being taught as a hybrid course. Hybrid courses are designed to give the student an integrated and flexible learning environment using a combination of traditional on-campus lectures, outside learning activities (alone or with a group), and the use of course materials on the Internet. You will still have a regular schedule of classes, assignments, and reading material. You will also have the same learning requirements as a traditional class. Only the delivery format is different. You will have to learn to manage your time effectively and not procrastinate.

TEXTS

1. Strickland, A. (2012). Annual Editions: Nutrition 11/12 McGraw-Hill/Dushkin Publishing Group: Guilford, Connecticut. This book is also available as an Ebook at www.coursesmart.com.
2. Lecture notes are online in Sakai under the "Lessons" folder.

ELEARNING IN SAKAI

Online course information grades are available on eLearning in Sakai at <http://lss.at.ufl.edu/>. You must have a Gatorlink account to log on. **All course correspondence (email, discussion postings, etc.) must be done in eLearning.** Announcements and class updates are placed online regularly so please check the site a few times a week. To use the system, please make sure to:

- Disable pop-up blockers. Elearning takes advantage of pop-up windows to deliver content and your exams.

- Make sure that the Java system on your computer is from Sun Microsystems. Vista does not use Java from Microsoft. Without Java, certain tools in Vista will not function correctly. You can do a check on your Java status from the main page under “Elearning Resources.”
- Have Adobe Acrobat Reader installed.

CLASS POLICIES

- Attendance and arriving to class on time is mandatory. Attendance is linked to overall performance student and positive interaction with group members. **Students who leave class early will forfeit attendance. Students who miss the first period of class and arrive for the second period on Tuesdays will forfeit attendance.** You will be counted late or tardy if you come after the first 5 minutes of class.
- You are allowed to miss one class. Missed classes require documentation.
- No eating or drinking in the classrooms (UF policy).
- Turn off cell phones. Texting and making or receiving calls is not acceptable behavior in class. Students who do these activities and ignore warnings will be considered disruptive.
- Studying for another course and reading other materials (newspapers, etc.) during class time will not be tolerated.
- Since students often use their laptops to surf the Internet during class time, laptop use for any reason is not allowed during lectures. The course notes are online and you can supplement those with hand-written notes. **Please do not have any electronic devices on your desks.**
- Students are required to bring a laptop to class to take in-class online exams.
- Students will be responsible for all assigned readings and course materials in the syllabus as well as any readings added afterwards. If you are absent, ask a classmate about missed information and materials. It is not the instructor’s responsibility to update you on these.
- Class lectures are the property of the professor and may not be audio or video taped.
- **Assignments are due at the end of the class period, not the end of the day.** 10 points will be deducted from assignments turned in after the class period has ended; 15 points will be deducted after 24 hours; and 5 points will be deducted each day, thereafter. This includes group assignments. **If you will not be in class the day the assignment is due, turn it in early or give it to a trusted person to turn it in during class time.**
- Any evidence of cheating, plagiarism, academic misconduct, or other unethical behavior shall be treated in accordance with the University of Florida’s Student Conduct Code.
- Student athletes are required to provide the instructor with written documentation of away games that are in conflict with exams by the second week of the semester.
- Students who are registered with the Disability Student Center are asked to bring their accommodation letter as early in the semester as possible, but ideally by the second week. This will allow the instructor and student to have an action plan as soon as possible.

MY EXPECTATIONS OF YOU

- Read your syllabus
- Attend class, arrive on time, stay for entire class
- Participate in class discussions
- Visit the course website several times a week
- Respond to emails in a timely manner
- Be considerate of your group members
- Give your best at all times
- Make excellence your goal
- Make good choices and accept the consequences of your poor choices
- Take responsibility for your learning
- Manage your time well



- Develop discipline and good study habits
- Do it right the first time
- Show initiative
- Don't make assumptions
- Ask if you don't understand
- Have integrity—don't cheat, plagiarize, or lie

PROFESSIONALISM and Participation (20 possible points)

Students will be graded on professionalism and class participation. Professionalism includes, but is not limited to: regular attendance; arriving on time and staying for entire class; contributing to a positive class environment; responding to instructor emails and announcements in a timely manner; and respecting class policies (texting, cell phone use, etc.). Participation includes contributing to class discussions and high level of participation in group projects. Professionalism is a subjective assessment and the final point value is determined by the instructor. The general guidelines are:

- **20 points** (no more than 1 absence, **and** arrives to class on time and stays for entire class, respectful attitude, high level of contribution to class discussions, very valuable group member)
- **18-19 points** (missed 2 class, **and** arrives to class on time and stays for entire class, respectful attitude, regular contribution to class discussions, very valuable group member)
- **16-17 points** (missed 3 classes, **and** arrives to class on time and stays for entire class, respectful attitude, regular contribution to class discussions, valuable group member)
- **9-15 points** (missed 4-5 classes, **and or** usually arrives late, leaves class early at times, little or no class participation, poor correspondence with professor, shows disrespect for class policies, negative feedback from group members, poor participation in group project)
- **0-8 points** (missed 6 or more classes, **and or** usually arrives late, leaves class early at times, little or no class participation, poor correspondence with professor, shows disrespect for class policies, unprofessional interaction with professor, negative feedback from group members, poor participation in group project)

EXAMS (3 @ 100 possible points=300 points)

Students are expected to synthesize and integrate the information presented in the lectures and readings. Students found collaborating together on exams will receive zero points and **WILL BE REFERRED TO STUDENT HONOR COURT**. There are no make-up exams. Exams may consist of multiple choices, matching, true/false, and short answer questions. **Students are required to bring their laptops to class to take the online exams.** **Students are allowed 1 hand-written page of notes (back to front) during the exam. Typed notes will be confiscated.**

ASSIGNMENTS

Group Assignment

A. Nutrition Infomercial Video (100 possible points). Create a professional 5-minute educational video for your target group on the assigned topic. The video can be academic (serious), humorous, or a combination. Take time to write the script, choose the right person for each role, and to edit the final product. This must look very professional. Please save the file on a CD, NOT a DVD. Please save it as a Windows media file in the "wmv" format. This is the only file format that will be accepted. Put professional labels on CD and the CD Cover. You also need to upload the video on www.YouTube.com and track the number of hits. Credits should roll at the end of the video. Have fun with it! You are required to turn in a video story board (outline for your video with your scenes conceptualized). Information on creating a storyboard can be found at

<http://www.claytowne.com/beats-digging-ditches/storyboard-tutorial-how-to-create-storyboards-for-film-video-and-television/>. Videos will be graded on:

- Nutrition content; creativity/originality; specificity to the target group; video and sound quality; background and lighting; appropriate music; special effects; filming and editing; acting; professionalism; etc.
- Your group is expected to come out with a name for your agency, a mission statement, a logo, and a slogan.

B. Promotional Items (50 possible points). Create **two original, high quality promotional items** for your target group. These promotional items should have your program slogan and logo. The items can include tote bags, stationery, water bottles, cookbook, note pads, refrigerator magnets, t-shirts, etc.

TARGET GROUPS

| | | |
|-------------------------------------|--|-----------------------------------|
| Overweight Hispanic Children (6-12) | Freshmen | Single Older Men (65+) |
| Pregnant Teens | Teen Girls | Sedentary Women |
| Executive Men | Haitian Preschoolers | Osteoporosis prev & college women |
| Hypertension & African American Men | Weight Management for AA college females | |

COURSE GRADING SYSTEM

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|---------------|---------------|---------------|---------------|
| 95%-100%=A | 90-94%.99%=A- | 87%-89.99%=B+ | 83%-86.99%=B |
| 80%-82.99%=B- | 77%-79.99%=C+ | 73%-76.99%=C | 70%-72.99%=C- |
| 67%-69.99%=D+ | 67%-69.99%=D | 60%-62.99%=D- | 0%-59.99%=E |

UF Grade Points Effective Summer A 2009

<http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html>.

| | | | | | |
|-------|---------|---------|--------|---------|---------|
| A=4.0 | A-=3.67 | B+=3.33 | B=3.0 | B-=2.67 | C+=2.33 |
| C=2.0 | D+=1.33 | D=1.0 | D-0.67 | E=0 | |

TENTATIVE CLASS SCHEDULE

NA—Nutrition Annuals

OA—Online Article

***These lectures were covered in the prerequisite course (HUN 2201) and are provided for background information. You are expected to know and incorporate them throughout the semester.**

| DATE | TOPIC | READINGS | LECTURE NOTES |
|---------------|---|----------|---|
| Jan 10 | Course Overview; Food Habits | NA 1-4 | Food Habits; Dietary Guidelines*; Choose MyPlate* |
| 12 | Vegetarianism | OA1 | Vegetarianism; Nutrients at a Glance*; Food Labels* |
| 17 | Food Safety; Supermarket Savvy (Video) | NA-5-10 | Supermarket Savvy ; Food Safety* |
| 19 | Health Literacy Group Project Sign up | | Health Literacy |
| 24 | Nutrition Ed Principles | NA 34-37 | Nutrition Ed |
| 26 | Group Planning Day | | Special Population Groups |
| 31 | Cultural Competence List of group members' task due | NA 38,39 | Cultural Competence |
| Feb 2 | African Americans | | African Americans |

| | | | |
|-------|---|----------------------|--|
| 7 | Hispanics; American Indians | NA 40,41 | Hispanics; American Indians/Alaska Natives |
| 9 | Asian Americans | | Asian American; Pacific Islanders |
| 14 | Exam 1 | | |
| 16 | Religion & Food | | Religion & Food; Culture & Food |
| 21 | Pregnancy Name, mission statement, slogan due | OA 2 | Pregnancy |
| 23 | Breastfeeding I | | Breastfeeding |
| 28 | Breastfeeding II Infants | OA3 | Breastfeeding ; Infants |
| Mar 1 | Group Planning Day | | School-aged Children; Adolescents |
| 6 & 8 | Spring Break | | |
| 13 | Childhood Obesity Program logo due | OA4-6 | Childhood Obesity |
| 15 | AAHPERD Conference Toddlers/Preschoolers | | Toddlers/Preschoolers |
| 20 | Adults Video Storyboard Due | NA 11-13 | Adults |
| 22 | Elderly | OA7 | Elderly |
| 27 | Exam 2 | | |
| 29 | Heart Disease | NA 14-17 | Heart Disease |
| Apr 3 | Diabetes | OA8 | Diabetes; Hypertension |
| 5 | Cancer Promotional Items Due | NA 18-20 | Cancer |
| 10 | Weight Management Video Project Due | NA 21, 22 OA 9,10 | Weight Management; Eating Disorders |
| 12 | Physical Activity | NA 23-25 | Physical Activity |
| 17 | Obesity | NA 26-28 | Obesity; Calculations |
| 19 | Counseling for Change | | Counseling for Change |
| 24 | Exam 3 | | |
| 26 | Reading Days | | |

HOW TO IMPROVE YOUR GRADE AND UNDERSTANDING OF COURSE MATERIAL

- A. Read and study class materials every day. If you stay current in your studies, you will improve your chances of success in this course. You are expected to put in 3 hours outside the classroom for every hour of credit you take. If you are taking 12 credit hours, then you should be putting in at least 36 hours a week in preparing for class.
- B. Take notes about the articles. Put your notes on a note card (1 card per article).
- C. While you study, several techniques may improve your efficiency.
 - a. If you have many subjects to study, work on the most difficult one first. Find a quiet place to study.
 - b. If you have many difficult subjects, rotate your studies. Work on one until you feel you need a break from the subject. Then switch to the next subject. When you are tired of it, go to the next subject or back to the original one.
 - c. Take a break after about an hour and relax for about 10 minutes. Then return to your studies. Watch the time so that you don't end up with prolonged breaks and shortened study periods.
 - d. In a day, several shorter study sessions are more beneficial than one lone one. Two or three hours in the afternoon and two or three hours in the evening will result in better learning than a single four or six hour period.
- D. Taking an Exam.
 - a. Be well prepared for the exam and you will find your anxiety level reduced.
 - b. Take your time and read the questions carefully.
 - c. Concentrate on the questions you know how to answer; skip the questions you can't solve quickly. Come back to them later.
 - d. Keep an eye on the time; save a little time for looking over the entire test.

Try not to change your answer.