

# Nutrition Education for Special Populations

HSC 5576 | Fall 2024

**Course Overview:** The purpose of this course is to provide students with an overview of assessing nutrition information needs for selected population groups. Planning, implementing, and evaluating nutrition education programs for special populations and settings will also be covered.

## Course Objectives

Upon completion of this course, students will be able to:

1. Summarize concepts of general US dietary guidance and optimal nutrition in health promotion and disease prevention.
2. Examine the multiple determinants of dietary choices and intake of special population groups.
3. Identify credible sources of nutrition information and relevant nutrition education programs or resources.
4. Describe and apply effective nutrition education methods and strategies for various populations.
5. Develop and evaluate a nutrition education or communication outreach product for a special population.

## Instructor

**Amy R. Mobley, PhD, RD, FAND**

Associate Professor and Graduate Program Coordinator

Florida Gym 012 | 352/294-1813 | [amy.mobley@ufl.edu](mailto:amy.mobley@ufl.edu) (best method to reach me)

## Course Requirements

40% - Quizzes

40% - Project and Assignments

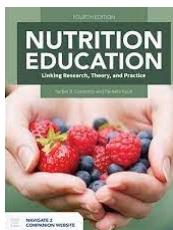
20% - Course Engagement

## Grading Standards

A	= 100-93	C(S)	= 76.99-73
A-	= 92.99-90	C-(U)	= 72.99-70
B+	= 89.99-87	D+	= 69.99-67
B	= 86.99-83	D	= 66.99-63
B-	= 82.99-80	D-	= 62.99-60
C+	= 79.99-77	E	= 59.99-0

See current UF Grading Policies for further details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>



## Textbook & Reading Material

1. **Optional:** Contento and Koch (2021) Nutrition Education: Linking Research, Theory, and Practice. Fourth Edition [Paperback] ISBN #978-1284168921
2. **Optional:** Mayfield (2020) Communicating Nutrition: The Authoritative Guide. First Edition [Paperback] ISBN #978-0880910170

**Recommended chapters and additional Readings posted on Canvas.**

# Course Schedule

Week #	Topic	Assignment	Due Date
Week #1	Course Overview & Introductions General Nutrition Overview – Module 1	Watch introductory video(s) Yellowdig: Introduction post <b>QUIZ: SYLLABUS</b>	August 28 August 28 August 30
<b>Module 1: Nutrition Education Basics</b>			
Week #2	Dietary Guidelines for Americans MyPlate	Watch video lectures Yellowdig: Post & Engage Seek to identify project team members	September 4
Week #3	Food Label Dietary Supplements	Watch video lectures Yellowdig: Post & Engage <b>TEAM Project, Part 1 (Team &amp; Topic)</b>	September 11
Week #4	Evaluating Nutrition Information Interpreting Nutrition Research	Watch video lectures & Rocky Rewind Video <b>QUIZ #1</b>	September 18 September 20
<b>Module 2: Nutrition Education Methods</b>			
Week #5	Determinants of Food Choice, Health Behavior Theory & Behavior Change Nutrition Education Modes & Methods	Watch video lectures Yellowdig: Post & Engage <b>TEAM PROJECT, Part 2 (Literature Review)</b>	September 25 September 27
Week #6	Nutrition Education Modes & Methods (cont.) Health Literacy	Watch video lectures Yellowdig: Post & Engage <b>TEAM PROJECT, Team Evaluation #1</b>	October 2 October 2
Week #7	Health Literacy (cont.) Nutrition Education Program Development	Watch video lectures & Rocky Rewind Yellowdig: Post & Engage <b>QUIZ #2</b>	October 9 October 11
<b>Module 3: Nutrition Education throughout the Lifecycle</b>			
Week #8	Nutrition Education Considerations in Pregnancy and Infancy	Watch video lectures Yellowdig: Post & Engage <b>Nutrition Education Material Critique</b>	October 16
Week #9	Nutrition Education Consideration in Childhood and Adolescence; and Nutrition education and Chronic Disease Prevention	Watch video lectures Yellowdig: Post & Engage <b>TEAM PROJECT, Part 3 (Plan)</b>	October 23
Week #10	Chronic Disease Prevention (cont.) Nutrition Education Considerations for Older Adults	Watch video lectures Yellowdig: Post & Engage <b>QUIZ #3</b>	October 30 October 30 November 1
<b>Module 4: Nutrition Education for Diverse Audiences and Settings</b>			
Week #11	Nutrition Education and Cultural Considerations	Watch video lectures Yellowdig: Post & Engage	November 6
Week #12	Nutrition Education and Vulnerable Populations	Watch video lectures Yellowdig: Post & Engage	November 13
Week #13	Nutrition Education Settings	Watch video lectures Yellowdig: Post & Engage <b>QUIZ #4</b>	November 20 November 20 November 22
<b>Wrap up</b> <b>THANKSGIVING WEEK (November 25-29)</b>			
Week #14	Final Project Components/ Course Wrap-Up & Evaluations	<b>TEAM PROJECT, Part 4 (Final Project)</b> <b>TEAM PROJECT, Team Evaluation #2</b> <b>PROJECT, Peer Evaluation</b>	December 4 December 4 December 4

The schedule and procedures in this course are subject to change in the event of extenuating circumstances.

## Course Requirements

Quizzes, Assignments, and Course Engagement will be used to assess the student's academic standing in this course. **Late assignments will not be accepted for credit unless arrangements have been made with the instructor prior to the due date for that particular assignment.** Failure to make prior arrangements may result in rejection of work submitted late or deduction of 10% of possible points per day late. Rescheduling/accepting assignments is at the discretion of the instructor. Requirements are consistent with university policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

### Course Engagement - Yellowdig

**Course Engagement Discussion or Activities = 100 points**

**Overview: Students are required to participate in WEEKLY course discussion and engagement through the Yellowdig tool on Canvas.** Please refer to specific assignment details on Canvas on the expectations and for earning points.

**Start:** 08/22/24 12:00 am ET

**End:** 12/03/24 11:59 pm ET

### Course Quizzes

**5 Quizzes (1 syllabus & 4 module quizzes) = 200 points total this semester**

**Overview: Students will be assessed throughout the semester after each module and also based on the syllabus.**

Students are required to complete quizzes independently without notes and complete them by the due date.

Honorlock will be used. Point values per quiz will vary based on amount of content covered. Please review each quiz's instructions & guidelines. Students will be assessed over all course materials: readings, videos, lectures, etc.

### Nutrition Education material critique

**Overview: Students will individually evaluate the quality of a nutrition education product (e.g. handout) using a validated evaluation tool.** Please refer to assignment details on Canvas. **50 points in total; Due Oct 16, 2024**

### Team Nutrition Education Project – Multiple Components

**Overview: As part of a team, to demonstrate application of major concepts taught in this course students will be completing a project consisting of several components including aspects of assessment, program planning, implementation and evaluation.** Please refer to specific assignment details on Canvas. **150 points in total**

**Part 1:** Team and Topic Selection (5 points) – **Sept 11, 2024**

**Part 2:** Literature Review (50 points) – **Sept 27, 2024**

**Part 3:** Outline, Script & Plan (35 points) – **Oct 23, 2024**

**Part 4:** Final Project (45 points) – **Dec 4, 2024**

**Team and Peer Evaluations** (15 points) – Due **Oct 2, 2024** (1<sup>st</sup> team) and **Dec 4, 2024** (peer and 2<sup>nd</sup> team)

### Grading Scale

Grades will be assigned as below. Graduate students' GPA must be at least 3.0 to graduate.

Points earned	465-500	450-464	435-449	415-434	400-414	385-399	365-384	350-364	335-349	315-334	300-314	<300
Percent	93-100	90-92	87-89	83-86	80-82	77-79	73-76	70-72	67-69	63-66	60-62	Below 60
Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	.67	0

### Copyright Statement

The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes. Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

**Disclaimer:** This syllabus represents the objectives and tentative plans for the course. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, will be communicated clearly, are not unusual, and should be expected.

## Course Policies & Information

Students should be aware that online learning is different than a traditional classroom experience and can present unique challenges, particularly to individuals who do not possess good time management skills. The online classroom is available to you 24 hours a day. Unlike traditional instructional settings in which each student gets the same class at a set time and day, the online setting gives students the opportunity to tailor class to their particular learning style. You should note, however, that this course is not completely self-paced. As listed on the class calendar, there are select times during which units and course materials will be available and are due. You can view each unit's lectures at any time during the dates in which that specific unit is open. Please note that all quizzes, exams, assignments, discussion posts, etc. must be completed and submitted by the due date listed on the syllabus. Quizzes and exams will only be available to you on the date(s) and time(s) listed on the syllabus. Since we will not have in-class meeting times for me to remind you of critical dates, it is essential to familiarize yourself with the course schedule, deadlines, and due dates.

### **Make Up Policy:**

Assignments/Quizzes/Discussion posts/etc. will not be accepted late, and on some days more than one of these tasks may be due. If personal circumstances arise that may interfere with your ability to meet a deadline, **please let me know as soon as possible before the due date**. Please keep in mind only university authorized excuses will be accepted, and documentation must be provided. Requirements for make-up quizzes, assignments, and other work are consistent with university policies: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

### **Communication and Questions:**

Students are responsible for getting a University of Florida email account (e.g., john.doe@ufl.edu) and should use this email for all university related correspondence – The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with “HSC 5576– First name, Last name - ...” Email use does not relieve students from the responsibility of confirming the communication with the instructor. Always sign your email – don't make the instructor guess from whom the email was sent. The instructor will answer your email within two business days, when possible.

Please email me at [amy.mobley@ufl.edu](mailto:amy.mobley@ufl.edu) if you have questions or need anything related to the course.

For general course questions, I encourage you to check the **Yellowdig discussions** since other students may have the same question. All students are expected to follow rules of common courtesy in email messages, discussions, chats, etc. Please review the Netiquette Guide available on this website: <https://teach.ufl.edu/resource-library/onlinehybrid-course-creation/> for further important information.

### **University Policy on Accommodating Students with Disabilities:**

Students with disabilities requesting accommodations should first register with the Disability Resource (DSR) Center (352-392-8565; <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. You must submit this documentation to your instructor prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the DSR office as soon as possible in the term for which they are seeking accommodations.

### **Honor Code Policy:**

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Student Honor Code and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

### **THE HONOR PLEDGE**

*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Student Honor Code. On all work submitted for credit by Students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.”*

### **Honorlock Quiz and Exam Proctoring Information:**

Honorlock will proctor your quizzes this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at [www.honorlock.com/extension/install](http://www.honorlock.com/extension/install)

When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your quiz. Clicking launch Proctoring will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844- 243-2500), and/or email ([support@honorlock.com](mailto:support@honorlock.com))

### **Academic Integrity:**

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

### **Online Course Evaluation:**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>

### **Grade Appeal Policy:**

Should you want to contest a grade, you will have up to three (3) days after a grade has been posted to contact me and discuss your issue; after which the grade is final. Grades are based on a point scale and will not be rounded. No requests to earn extra credit to improve your grade will be accepted.

### **Getting Help:**

The University of Florida recognizes that pursuit of an online degree requires just as much student support as pursuit of a traditional on-campus degree and, therefore, each online program is responsible for providing the same student support services to both students who are in residence on the main campus and those who are seeking an online degree through distance learning. The following links provide support services for students:

#### **[Online Computing Help Desk- e-Learning Support Services](#)**

The UF Computing Help Desk is available to assist students with technical issues. If you have any issues accessing the online course material you must contact the UF Computing Help Desk immediately for assistance and obtain a case number. I will not accept late assignments, or change any course dates, due to technology difficulties if you do not have a case number prior to the due date for the assignment. For issues with technical difficulties in E-learning, please contact the UF Help Desk:

[helpdesk@ufl.edu](mailto:helpdesk@ufl.edu) or (352) 392-4357

<https://elearning.ufl.edu/student-help/student-help-faqs/>

Other resources are available at: <https://distance.ufl.edu/getting-help/>

#### **[Online Library Help Desk](#)**

The help desk is available to assist students with access to all of the UF Libraries resources.

#### **[Disabilities Resource Center](#)**

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. If you have a physical, learning, sensory or psychological disability, please visit our Disabilities Resource Center.

## Campus Resources

**U Matter, We Care** - Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

### ***Student Privacy***

There are federal laws protecting your privacy with regards to grades earned in courses and on individual assignments. For more information, please see the [Notification to Students of FERPA Rights](#).

### **Health and Wellness**

**Counseling and Wellness Center:** [counseling.ufl.edu/cwc](http://counseling.ufl.edu/cwc), and 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

**UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the UF Health Emergency Room and Trauma Center website.

**GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website or call 352-273-4450.

### **Sexual Assault Recovery Services (SARS)**

Student Health Care Center, 392-1161.

**University Police Department** at 392-1111 (or 9-1-1 for emergencies), or [police.ufl.edu](http://police.ufl.edu).

### **Academic Resources**

[E-learning technical support](#), 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu).

[Career Resource Center](#), Reitz Union, 392-1601. Career assistance and counseling.

[Library Support](#), Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#), Broward Hall, 392-2010 or 392-6420. General study skills and tutoring.

[Writing Studio](#), 2215 Turlington Hall, 846-1138. Help brainstorming, formatting, and writing papers.

### [Student Complaints Campus](#)