Investigator Report

College/Department/Unit: = NFS 514
Category: _ = Change
Date_for_Council_Review: = April 12
Recommendation_is: _ = Approve
Investigator: _ = W. W. Witt
E-mail_Address = wwittF@uky.edu
1__Modifications: = None
2__Considerations: = I obtained additional information on the requirements for the Final Exam for graduate and undergraduate students. There will be major additional expectations from graduate students compared to undergraduate students.
3__Contacts: = Myrna Wesley, Director of Undergraduate Studies for NFS.
4__Additional_Information: =

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AnyFormRandomSeqNo: 16639937
March 25, 2007

Memo

To: Dr. Jeannine Blackwell

From: Dr. Mike Mullen

Re: Two Course Proposals from Nutrition and Food Science

Attached are two course proposals from the Department of Nutrition and Food Science. One is a significant course change; NFS 314 is to be renumbered as NFS 514 and retitled. The prerequisites are also changed. The intent is that this course will be taken at the end of the Senior year rather than in the Junior year. The second proposal is for a new course, NFS 515. This represents a combining of content formerly covered in two other courses, NFS 511 and 513, and results in the capstone experience for Dietetics students. It is to be taken concurrently with NFS 514 also.

The department feel strongly that these changes will significantly streamline the degree program in that students typically took NFS 513 in the summer after their senior year, and this will now be eliminated by NFS 515 which will be a spring course.

We look forward to the approval of these courses.
UNIVERSITY OF KENTUCKY
APPLICATION FOR CHANGE IN EXISTING COURSE: MAJOR & MINOR

1. Submitted by College of Agriculture ___________________________ Date 09/14/2006

Department/Division offering course Nutrition and Food Science ___________________________

2. Changes proposed:
   (a) Present prefix & number NFS 314 Proposed prefix & number NFS 514

   (b) Present Title Dietetics: Counseling and Communication

   New Title Dietetics: Counseling and Communication Theories and Applications

   (c) If course title is changed and exceeds 24 characters (Including spaces), include a sensible title (not to exceed 24 characters) for use on transcripts:

   Dietetics:Counsel/Comm

   (d) Present credits: 3 Proposed credits: 3

   (e) Current lecture: laboratory ratio 1:4 Proposed: 3:0

   (f) Effective Date of Change: (Semester & Year) Fall, 2007

3. To be Cross-listed as: ________

   Prefix and Number ___________________________ Signature: Department Chair ___________________________

4. Proposed change in Bulletin description:
   (a) Present description (including prerequisite(s):

   Development of competency in collection and interpretations of food/diet related data. Strategies and techniques for promoting change in nutrition behaviors will be included. Lecture one hour; laboratory, four hours per week. Prereq: NFS 212 and Dietetics major only.

   (b) New description:

   Counseling and communication theories are combined to study specific applications which include disease prevention, disease management and refinement of communication skills to enhance effectiveness as a practicing RD. Students will enhance their capacity to motivate others to practice healthy food behaviors. Active learners will develop a conceptual framework for future professional practice in dietetics as ethical counselors and facilitators of behavior change. Three credit hours. Prerequisites: NFS 510 and concurrent with NFS 515. Enrollment is open only to majors in dietetics.

   (c) Prerequisite(s) for course as changed:

   NFS 312, 403, 510; must be taken concurrently with NFS 515. Enrollment is restricted to Dietetics Majors.

5. What has prompted this proposal?

   Changes enhance student preparedness for integrating principles of Medical Nutrition Therapy with counseling theory and application. Changes improve efficiency for both student and department. Enrollment restricted to Dietetics Majors.

6. If there are to be significant changes in the content or teaching objectives of this course, indicate changes:

   Integration of higher level learning domains requiring critical thinking will be possible with the adaptations and addition of more courses as prerequisites. Faculty evaluation has determined that students are not adequately prepared with the current prerequisites. Adding NFS 510 and concurrently with NFS 515 will enhance the options for providing highly significant learning experiences for emerging RD’s preparing for entry level practice.

7. What other departments could be affected by the proposed change?

   None

8. Is this course applicable to the requirements for at least one degree or certificate at the University of Kentucky?

   ☒ Yes ☐ No
9. Will changing this course change the degree requirements in one or more programs?*
   □ Yes  ☒ No
   If yes, please attach an explanation of the change.*

10. Is this course currently included in the University Studies Program?
    □ Yes  ☒ No
    If yes, please attach correspondence indicating concurrence of the University Studies Committee.

11. If the course is a 100-200 level course, please submit evidence (e.g., correspondence) that the Community College System has been consulted.

*NOTE: Approval of this change will constitute approval of the program change unless other program modifications are proposed.

12. If the course is 400G or 500 level, include syllabi or course statement showing differentiation for undergraduate and graduate students in assignments, grading criteria, and grading scales. ☒ Check here if 400G-500.

13. Is this a minor change? ☒ Yes  □ No
    (NOTE: See the description on this form of what constitutes a minor change. Minor changes are sent directly from the Dean of the College to the Chair of the Senate Council. If the latter deems the change not to be minor, it will be sent to the appropriate Council for normal processing.)

14. Within the Department, who should be consulted for further information on the proposed course change?

   Name: Myrna M. Wesley  Phone Extension: 7-7796

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**Signatures of Approval:**

**Department Chair**
Michael D. Mullen
March 25, 2007

**Dean of the College**

**Undergraduate Council**

**Graduate Council**

**Academic Council for the Medical Center**

**Senate Council**

**If applicable, as provided by the Rules of the University Senate.**

**Date of Notice to the Faculty**

**Date of Notice to University Senate**

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**ACTION OTHER THAN APPROVAL**

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The Minor Change route for courses is provided as a mechanism to make changes in existing courses and is limited to one or more of the following:

a. change in number within the same hundred series;
b. editorial change in description which does not imply change in content or emphasis;
c. editorial change in title which does not imply change in content or emphasis;
d. change in prerequisite which does not imply change in content or emphasis;
e. cross-listing of courses under conditions set forth in item 3.0;
f. correction of typographical errors. [University Senate Rules, Section III - 3.1]
NFS 514       Dietetics: Counseling and Communication Theories and Applications

Class Sessions:  Wednesday, 3-5:50 PM

EH 202
Professor
Office Hours and Contact Information:

Course Description/Objectives:

Counseling and communication theories are combined to study specific applications that include disease prevention, disease management (MNT), and refinement of communication skills to enhance effectiveness as a practicing RD. Students will enhance their capacity to motivate others to practice healthy food behaviors. Active learners will develop a conceptual framework for future professional practice in dietetics as ethical counselors and facilitators of behavior change. Three credit hours. Prerequisites: NFS 510 and concurrent with NFS 512. Enrollment is open to majors in dietetics.

(Note) Optimal nutrition status is in the forefront of preventing and treating the major chronic disorders facing our nation and world. NFS 514 experiences are developed to strengthen communication and specific counseling skills focusing on the RD interaction with clients, patients, employees, staff and the public.

Learner Outcomes-the student will be able to:
1. Integrate nutrition knowledge and skills in communication and counseling to prevent and solve problems associated with both healthy and compromised nutritional status.
2. Interpret and communicate evidence based research findings that can be applied to improve human health.
3. Analyze theories regarding motivation in relation to clients need to change negative food related behaviors.
4. Demonstrate effective use of tools for interviewing and counseling.
5. Evaluate, select and/or develop appropriate strategies to enhance learning for diverse audiences.
6. Assess, monitor, evaluate and chart dietary behavior of clients.
7. Select and implement appropriate intervention strategies to enhance adherence to dietary recommendations.
8. Discern appropriateness and use of technology assisted counseling and instruction.
9. Design client and institutional appropriate instructional plans.
10. Conceptualize strategies to minimize the influence of stress on the individual's adherence.
11. Develop and adapt individualized treatment plans for optimal outcomes of adherence and nutrition.
12. Evaluate progress, achievements and failure of both clients and self for continual quality improvement.
13. Apply the “do no harm” principle within the broader context of ethical behavior.
14. Respond ethically in all matters and adhere to the standards of practice.
15. Integrate the Nutrition Care Process and Model into documentation including charting.
16. Integrate informatics into dietetic practice.
17. Critically analyze current research and applications to actual practice while utilizing the ADA Evidence Analysis Library to support decisions.
18. Evaluate the appropriate applications of nutrigenomics for individualized medical nutritional therapy (MNT).

**Textbooks (Required):**


**References:**


**Additional Resources:**

West Virginia Public Television. *The Dancing Outlaw Video*.
Selected JADA Volumes
Selected ADA and DPG Publications
Selected articles of the Journal of Counseling Psychology
Selected USDA and FDA publications
Selected articles from the Journal of Preventive Medicine
R.D. Counselors' Tools Utilized in Actual Practice
ARAmark Nutrition Counseling Video Series
CDE Ethnic Food Practices Series 2001
Selected Websites

**Basis of Student Evaluation:**
Undergraduates:  A = 90%+  B = 80-89%  C = 70-79%  D = 60-69%  E < 60%
Graduate students:  A = 90%+  B = 80-89%  C = 70-79%  E < 70%

Assignments

20 % Demonstrated ACTIVE Learning and Participation in class/course
50 % Portfolio with Self Assessments and Examples of Effective Communication Skills to Include,
   1. Journal Entry for Each Class Session Specifying Concepts Studied and a Personal Learning Quotient. Quality of expression and writing skills will affect evaluation.
   2. Written Assessments of Self and Interaction with Clients as Assigned
   3. Written Abstracts and Interpretations of Journal Articles, Reports, White Papers, Videos, and Audiotapes as Assigned
   4. Group Instructional Plan, Individual Instructional Plan
   5. PowerPoint Type Presentation to Peers and Clients (12 minute persuasive talk)
   6. Collection of Professional Tools Utilized by R.D.’s
   7. Critique of a News Article Interpreting Current Research to General Public
   8. Written List of Self Perceived Competencies- i.e. Ability to transfer theory to practice, ability to problem solve, ability to interpret and communicate research findings, etc. refer to learner outcomes previously stated
   9. Personal Assessment of Self As A Counselor (150 word paper)
   10. Development of a Nutrition Counseling Treatment Plan for a Specified Client

10% Midterm Exam

20 % Final Exam

This course is required for the completion of BS degree in Dietetics at the University of Kentucky. The objectives contribute to the knowledge base required in the CADE accreditation of the UK DPD and CP curriculum. The Southern Association of Colleges and Schools accredits the University of Kentucky.

Graduate Credit Stipulations: In concert with the professor, any individual enrolling for graduate credit will be required to complete a major project in addition to the above stated criterion to successfully complete the class. The final exam for graduate students will require implementation of the Nutrition Care Process and Model specific to the scenario and the development of an instructional media set.

Instructional Accommodations:
Students with disabilities are responsible for ensuring University instructors are aware of their disabilities and required accommodations. Students must provide instructors evidence that they have met with the Disability Resource Center by providing that office’s support documentation about their disability and required accommodations.

Policies & Procedures:
1. All policies, procedures and calendars of UK will be observed.
2. Student and Faculty Code of Honor will be observed.
Absences from more than one class will negatively affect a student’s grade for the course by 10% per absence. Habitual late arrivals/departures disrupt the learning environment and will negatively affect your participation grade by a minimum of 10%. Be prompt.

3. Exams will include a combination of objective and subjective questions covering all topics and materials presented in the course.

4. Students must submit documentation for all excused absences. If you have any questions, please see your professor.

5. Topics in Course Outline may change at professor's discretion. Professor Wesley welcomes your comments.

NOTES:
COURSE OUTLINE:
NFS 514 Dietetics: Counseling and Communication Theories and Applications
Fall Semester 200    Course Outline
Myrna M. Wesley, MS, RD, LD, CN
Associate Professor
Classroom     EH 202
E Mail: mwesley@uky.edu    Office:   EH 212    Phone:  257-7796

Course Outline
STUDY FOCUS FOR WEEKS   1-8
COMMUNICATING AND COUNSELING FOR CHANGE

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<td>Syllabus/ Outline, Communication &amp; Counseling</td>
<td>Know Self</td>
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<td>DO NO HARM</td>
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<td>Is it better to change than to remain the same?</td>
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<td>Being a Change Agent, Stages of Change</td>
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Relapse Prevention  Helm Appendices
Tools, Computer Assistance

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Implementing/Evaluating Learning
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APPLICATION SKILLS-INTERVIEWING & COUNSELING
Theories, Facts, Treatments, Research on Adherence, Appropriate and Inappropriate Behaviors, Evaluating Progress and Initiating the Termination Process

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Counseling Tactics That Work and Don’t Work
Nutrition Care Process and Standards of Practice/ Codes
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Writing To Be Understood
Seizing Opportunities in Future Markets
Counseling a Client with HIV, Allergies, Menopause, etc.
MNT and the Emerging Professional-Future Practice
Helpful Tools
Health Promotion and Wellness
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Knowing the Novice and the Expert
Integrating Theory, Skills and Practice
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Nutrition/ Food News Article
Snetselaar, WWW
ADA Position Papers
ADA Sources
ADA Ethics Paper

Portfolio/ Exam Due at UK Exam Time
Topics and sequence may change as deemed appropriate by the professor.

Appendices of the required textbooks are invaluable resources. Be familiar with the content of each book to self initiate further learning.