

Syllabus

HNSC 3400 Nutrition Assessment & Counselling

Fall 2022 (A01)



**University
of Manitoba**

**Faculty of Agricultural & Food Sciences/
Department of Food & Human Nutritional Sciences**

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COURSE DETAILS

Course Title & Number:	HNSC 3400 Nutrition Assessment & Counselling
Number of Credit Hours:	3 hours
Class Times & Days of Week:	Lecture: Monday, Wednesday, Friday, 10:30 am – 11:20 am Lab Section B01: Wednesday, 2:30 pm – 5:25 pm Lab Section B:02: Monday, 2:30 pm – 5:25 pm
Location for classes/labs/tutorials:	Lecture: EITC-E2 Rm 304 Lab Section B01: Agriculture Building Rm 134 Lab Section B:02: Human Ecology Rm 207
Pre-Requisites:	Students registered in the Human Nutritional Sciences degree. Pre- or co-requisite: HNSC 3310 (D)
Voluntary Withdrawal Date	November 22, 2022

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Dr. Semone Myrie, RD, PhD You can address me as Dr. Semone OR Dr. Myrie
Office Location:	565W Duff Roblin Building
Office Hours or Availability:	<ul style="list-style-type: none"> Office hours are by appointment (email to book), and I am also available immediately after class for quick questions. For meetings, propose suggested meeting times when you are available, but remember to be flexible! Meetings may be in-person, via phone, or virtual (Cisco WebEx)
Office Phone No. Email:	204.474.7290 (email is preferred) Semone.Myrie@umanitoba.ca <ul style="list-style-type: none"> Note: All email communication must conform to the Communicating with Students university policy. The University requires all students to activate an official University email account. Use your UM email to communicate with the instructor. I will only reply to UM email addresses. You can also send emails via UM Learn. Include the course number (HNSC 3400) as part of the subject heading in emails. I will endeavor to respond to emails within 24 hours to 48 hours during weekdays. Emails received on weekends will be responded to on Mondays.

Course Description

U of M Course Calendar Description

(Lab required) Introduction to the fundamentals of professional dietetic practice, nutrition assessment, interviewing, and counselling as part of the nutrition care process. For students registered in the Human Nutritional Sciences degree. Pre- or co-requisite: HNSC 3310 (D).

Class Format: Classes will follow a blended format where you are expected to read the assigned readings and class notes **before attending class**, and **class time will be used for discussions and case studies**. Class notes (i.e. powerpoints) will be available on UM Learn and students are expected to read, study and understand the notes before coming to class. The textbooks and reference materials should be used as supporting material. **There will be no lectures on these PowerPoint/notes; however, a just-in-time lecture format will be used if there is a section/concept that most of the class requests further clarification on.** Overall, most of the class time will be used to discuss related information using **in class discussions and activities**, and to clarify any questions students may have on the notes. Students are expected to keep up with the assigned readings, and answer questions and contribute to discussions using course readings. **See the Class Schedule below for the dates of discussions and assessments in the course.**

Course Learning Objectives

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

1. Explain the code of conduct and role of ethics in dietetic practice, and the scope of practice for the dietetics professional.
2. Explain the components of the nutrition care process (NCP).
3. Demonstrate effective interpersonal communication strategies and interviewing skills within the context of the NCP.
4. Identify and demonstrate interviewing skills as a component of nutrient assessment as part of the NCP.
5. Analyze and demonstrate counselling theories and techniques within the context of the NCP.
6. Explain and apply counselling approaches and special nutrition considerations for diverse and vulnerable populations, and life stages.
7. Explain and apply approaches to nutritional counselling of groups.
8. Apply the concepts of nutritional assessment and counselling using case studies.

Foundational Knowledge Content Areas for Dietetics Education

This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body.

Highest level achieved: 1= demonstrate broad knowledge; 2= demonstrate comprehension; 3 = analyze, interpret and apply knowledge

Content Area	Foundational Knowledge	Cognitive Complexity Level
Communication	Strategies for effective interpersonal communication	3

	Medical and dietetics-related terminology	
	Application of dietary requirements, guidelines, and guidance	2
Food	tools to food planning	3
Counselling	Counselling theories	2
	Counselling strategies and techniques	2
	Counselling processes	2
Nutrition Assessment	Food and nutrient intake of individuals and populations	3
	Environmental and individual factors affecting food intake	3
	Anthropometric data collection and interpretation	3
	Biochemical parameter interpretation	3
	Clinical data collection and interpretation	3
	Surveillance and monitoring data collection and interpretation	2
Professional Practice in Dietetics	Federal, provincial / territorial requirements	2
	Practice in a regulated health profession	2
	Ethical conduct	3
	Reflective practice	2
	Professional development	1
Social & Psychological Foundations	Cultural Competence	2

Textbook, Readings, and Course Materials

Required Textbook: Digital version via MindTap. Bauer, Kathleen D., and Liou, Doreen. (2020). *Nutrition counseling and education skill development (4th Ed.)* Cengage Learning: Boston, MA. ISBN-13: 978-0357367667. Available for purchase through the [University of Manitoba Bookstore](#) - the options are: Bundle: Nutrition Counseling and Education Skill Development, Loose-leaf Version, 4th + MindTap, 1 term Printed Access Card 9780357582671
Or MindTap for Bauer/Liou's Nutrition Counseling and Education Skill Development, 1 term Printed Access Card 9780357367711
For access to MindTap see the pdf document entitled "HNSC 3400 Fall 2022-How to access your MindTap course"

Some Assigned Readings are outlined in the Course Schedule (below), and other readings will be made available throughout the term.

Using Copyrighted Material

Please respect copyright when using all contents of this course, including posted lectures, sample questions, assignments, and the use of the textbook. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and copied in accordance with copyright laws and university guidelines. **Copyrighted works, including those created by me (eg. Posted lectures, sample questions, assignments), are made available for private study and research and must not be distributed in any format without permission.** Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology

UM Learn Platform: UM Learn (<https://universityofmanitoba.desire2learn.com>) –*check regularly* as it will be the main mode of communication for this course. Course content will be available via UM Learn. All students must have a University of Manitoba ID to use the UM Learn system. You can claim your ID at <http://bit.ly/tJ3oGI>.

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner. The student can use all technology (i.e., tablets, cellphones, laptops, etc.) in a classroom setting **only for educational purposes approved by the instructor and/or the University of Manitoba Disability Services.**

Classroom Polling Response System – iClicker:

- The iClicker system will be used in this course for polling for **discussion starters** and possible quizzes.
- We will be using the **iClicker student mobile app**. Note: the iClicker student mobile app is available at NO COST and can be downloaded onto your smartphone, tablet, or laptop by visiting the Apple Store, Google Play Store, or through the iClicker website.
- To ensure your grades are counted you **must have an iClicker Student account** and **Register the account for this course** (See HNSC 3400 UM Learn Website for instruction – in the Table of Contents go to the “iClicker” section).
- You are responsible for bringing your iClicker device to class/lecture and ensuring it is working correctly. **There will be no special consideration given for unrecorded clicks.**
- It is your responsibility to regularly check your iClicker records for any discrepancies and bring them to my attention within 48 hours of the session.
- **Academic Integrity:** iClicker activities fall under the provisions of our campus academic honesty policy. Students must not engage in academic dishonesty while participating in class iClicker activities. This includes, but is not limited to:
 - Having another student check you into class
 - Looking at other student’s devices while answering live questions
 - Using more than one iClicker remote or account at a time
 Any student found to be in violation of these rules will lose their iClicker points for the entire term and will be reported.

Expectations: I Expect You To and You Can Expect Me To

I Expect You To:

- **Review/read before class** the notes on the Powerpoint slides, the appropriate sections in the textbook, and any other assigned readings before coming to class to familiarize yourself with the topic to be covered.
- **Participate in class**, which includes responding to questions asked during class by the instructor to enhance discussion and gauge understanding of the course materials.
- Participate in class discussions in a respectful manner.
- Ask questions during class to clarify anything that is unclear.
- Let me know if you need additional clarification on any coursework.
- Familiarize yourself with the course syllabus, expectations, rights, and responsibilities.

- Meet the course deadlines.
- Follow the [Respectful Work and Learning Environment Policy](#). Behaviours that distract from the ability of the instructor to teach or from the ability of students to learn **will not be tolerated**.
- Follow the policies around Class Communication, Academic Integrity, and Recording Class Lectures ([Section 2.5 ROASS](#)).
- Always remember to reference the work of others that you have used. Also, be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during assignments and exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles will lead to serious [disciplinary action](#).

You Can Expect Me To:

- Be in class for 10 minutes before and after the class.
- Treat you with respect and I would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).
- Post the Powerpoint slides on UM Learn before class. The slides will be reviewed during class and expanded on the material on the slides when necessary.
- Plan the course AND alter that plan as needed.
- Allow time at the beginning of each class to review anything that was not clear in the previous class.
- Be available outside of class during office hours or when we set an appointment in advance.

Class Communication:

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also, be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles will lead to serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Each student in this course is expected to complete their coursework and programs of study with integrity by committing to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

Please refer to these specific course requirements for academic integrity for individual and group work in this course:

- I. Unless otherwise stated, complete your assignments, quizzes, tests, and exams by yourself with no help from your class peers, family members, or from tutors that are not approved by the instructor. If you need assistance, please contact the instructor immediately for support and/or to arrange for approved support.*
- II. Do not share course materials (e.g., notes, exam questions, assignment instructions, or articles) that have been created by the instructor or were authored by another person. Unpermitted sharing of such materials with your peers or with note-sharing companies, such as One Class, Course Hero, or Chegg (or other similar websites), is a violation of Copyright Law.*
- III. Group members must ensure that a group project adheres to the principles of academic integrity. This means that all students are required to check that all sourced material has been cited and referenced.*
- IV. Students should review specific instructions concerning study groups and individual assignments.*
- V. Do not submit lab reports or other types of assignments already graded in another course.*

Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are violations of the Student Discipline Bylaw and will lead to serious disciplinary action. Visit the Academic Calendar, Student Advocacy, and Academic Integrity web pages for more information and support.

Recording Class Lectures:

This instructor (Semone B. Myrie) holds copyright over the course materials, presentations, and lectures, which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the course instructor (Semone B. Myrie). Course materials (both paper and digital) are for the participant's private study and research.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology, and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services
520 University Centre
Phone: (204) 474-7423
Email: Student_accessibility@umanitoba.ca

CLASS SCHEDULE AND COURSE EVALUATION

Lectures schedule are tentative and subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Students will be notified of changes to the lecture topics as necessary.

NOTE: Detailed Class Schedule and Course Evaluation Tables for Lecture and Lab are Provided at the end of this document. These schedules are subject to change, and any revised schedules will be announced in class and will be posted to UM Learn.

Lecture and Lab Preparation: Students are expected to prepare for class, which includes:

- 1) expected to read the relevant sections/chapters in the required text **before** attending lectures,
- 2) expected to read assigned readings **before class** to have discussions around the readings,
- 3) responsible for reviewing basic information on nutrition not covered in class.

***Note:** Other selected readings may be assigned in class.

Course Evaluation Methods: Lecture Materials

Evaluation		
Type of Assessment	Due Date	Value of Final Grade
UM WHRA PHIA Training	Sept 16, 2022, by 10:00 pm	1%
eNCPT Certificate	Oct 11, 2022, by 10:00 pm	1%
Pre-Class Quiz		8%
8 quizzes: Chapters 1, 2, 3, 4, 6, 7, 9, 10	See UM Learn and MindTap	
**Class Participation and in-Class Activities	Throughout the course	10%
Case studies from various resources, including from the course MindTap: Chapters 1, 2, 3, 4, 6, 7, 9, 10	See UM Learn and MindTap	
Mid-Term Assessment: 1) Oral mock counselling session 1 using provided scenario: Building rapport and assessing readiness to change. 2) Reflective paper on Oral mock counselling session 1.	Oct 28, 2022 & Nov 3, 2022	20%
Final Assessment: 1) Oral mock counselling session 2 using provided scenario: Assessment and intervention. 2) Reflective paper on Oral mock counselling session 2.	Date set by the Registrar's office between Dec 13-22, 2022	29%
Class/Lecture Total		69%
Labs Total (see details in the Lab schedule below)		31%

****Class participation marks:** 0.5-1 points per class to a maximum of 10 points. Marks are awarded for active participation in class questions throughout the semester. In order to earn full marks, the student must participate in >90% of the classes (using iClicker and/or other discussion forums used in the course), and respond to at least 75% of the questions posed that day.

Assignments and Examinations

Assignment Descriptions

- Detailed instructions about the assignments, including marking rubrics are found on the course UM Learn website. **Assignments must be submitted through the appropriate assignment dropbox on UM Learn. Mark will be ZERO if submitted via email or in person– NO Exceptions.**
- Exams will be based on materials covered in the lecture materials, assigned readings and those highlighted in the course schedule, materials posted on UM Learn, and guest presentations.

Examinations

There are no traditional midterm or final Examinations in this course, instead, there will be two major oral+ written assessment assignments.

Assignment Grading Times

My goal is **to try** and have your assignments marked and returned to you within 10 working days (i.e. 2 weeks) of the due date. You will be able to access your marked assignment and marking rubrics by going back into the assignment dropbox on UMLearn.

Policies on Missed Exams and Quizzes

- Any student that misses an assignment, quiz, or exam must notify the instructor before or within 48 hours of the test to avoid getting a grade of 0. **You must complete and submit the UM self-declaration form (<https://umanitoba.ca/governance/sites/governance/files/2022-02/self-declaration-for-brief-and-temporary-student-absences-form.pdf>). The absence is meant to deal with:**
 - Extenuating circumstances include illnesses and medical conditions, compassionate/personal needs, religious observances, bereavement, and participation in approved academic or athletic events.
- Late assignments without completion of the self-declaration form will also be accepted however, **10% per day late** will be deducted from the total marks of each assignment. Assignments submitted more than 10 days after the due date will automatically receive a mark of zero. **No e-mail assignment will be accepted (a mark of ZERO will be given if submit by email) –all assignments should be submitted by UM Learn dropbox.**
- Students are responsible for attending classes and work covered:
 - Class attendance is mandatory for guest speakers; **2 points per absence** will be deducted from the final grade.
 - Attendance is mandatory for labs; **2 points per absence** will be deducted from the final grade.
 - **Expected behaviours for labs (failure to adhere will result in marks deducted):**
 - **Not allowed to arbitrarily move between laboratory sections.**
 - **Not allowed to leave a lab early, and expected to participate in group and class discussions.**
- Absenteeism from tests without appropriate prior notification will result in a grade of 'F' being assigned.

Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	91-100	4.25-4.5	4.5
A	81-90	3.75-4.24	4.0
B+	76-80	3.25-3.74	3.5
B	71-75	2.75-3.24	3.0
C+	65-70	2.25-2.74	2.5
C	60-64	2.0-2.24	2.0
D	50-59	Less than 2.0	1.0
F	Less than 50		0

Voluntary Withdrawal

The voluntary withdrawal deadline is November 22, 2022. Students who do not drop the course by the deadline would be assigned a final grade. Withdrawal courses will be recorded on the official transcript. Refer to the [Registrar's Office](#) web page for more information. **Note that I am willing to discuss your progress and strategies for improvement prior to the withdrawal date.**

ASSIGNMENT DESCRIPTIONS

The details (assignment instructions, grading rules, or rubrics) for assignments will be posted on the course's UM Learn website. ([Section 2.5 ROASS](#)). **The Assignment must be submitted through the appropriate assignment dropbox on UM Learn. Mark will be ZERO if submitted via email or in person—NO Exceptions.** Information on exams and quizzes is provided above on pages 9-10.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author.

Assignment Feedback

For assignments, feedback provided to students will include formative (i.e., comments) and summative (i.e., grade). The feedback will be delivered via the UM Learn system using the built-in rubric for the assignment. You will be able to access your marked assignment and marking rubrics by going back into the assignment dropbox on UMLearn Students can expect to receive their graded assignments within 10 working days (i.e. 2 weeks) of the due date.

Assignment Extension and Late Submission Policy

- Any student that misses an assignment, quiz, or exam must notify the instructor before or within 48 hours of the test to avoid getting a grade of 0. **You must complete and submit the UM self-declaration form (<https://umanitoba.ca/governance/sites/governance/files/2022-02/self-declaration-for-brief-and-temporary-student-absences-form.pdf>).** The absence is meant to deal with:

- Extenuating circumstances include illnesses and medical conditions, compassionate/personal needs, religious observances, bereavement, and participation in approved academic or athletic events.
- The self-declaration form cannot be used for planned absences like vacations. It is also not to be used for longer-term absences or ongoing circumstances like Authorized Withdrawals, Leaves of Absence, or disability-related accommodations, which will still require additional documentation.
- UM trusts that students will complete the self-declaration form in good faith. False declarations are considered a breach of academic integrity and can result in discipline.
- Late assignments without completion of the self-declaration form will also be accepted however, **10% per day late** will be deducted from the total marks of each assignment. ***Any assignment, quiz or midterm and final assessment papers late submission will be given a 15 minutes grace period, any time greater than 15 minutes will be deducted the full 10% per day.*** Assignments submitted more than 10 days after the due date will automatically receive a mark of zero. **No e-mail assignment will be accepted (a mark of ZERO will be given if submit by email) –all assignments should be submitted by UM Learn dropbox.**

UNIVERSITY SUPPORT OFFICES & POLICIES

Code of Student Behaviour:

- The University of Manitoba regards acts of academic dishonesty in quizzes, tests, examinations, laboratory reports, or assignments as serious offenses and may assess a variety of penalties depending on the nature of the offense.
- Acts of academic dishonesty include, but are not limited to bringing unauthorized materials into a test or exam, copying from another individual, using answers provided by tutors, plagiarism, and examination personation.
- Note: cell phones, pagers, PDAs, MP3 units, or electronic translators are explicitly listed as unauthorized materials, and must not be present during tests or examinations.
- Penalties that may apply, as provided for under the University of Manitoba's Student
- Discipline By-Law ranges from a grade of zero for the assignment or examination, failure in the course, to expulsion from the University. The Student Discipline By-Law may be accessed at: http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html

Plagiarism and Cheating

Plagiarism or any other form of cheating in examinations, term tests, or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, pagers, or cell phones). Exam cheating can also include exam impersonation. (Please see [Exam Personation](#), found in the Examination Regulations section of the General Academic Regulations). A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalties.

To plagiarize is to take ideas or words of another person and pass them off as one's own. In short, it is stealing something intangible rather than an object. **Plagiarism applies to any written work, in traditional or electronic format, as well as orally or verbally presented work.** It is not necessary to state the source of well-known or easily verifiable facts, but students are expected to **appropriately acknowledge the sources of ideas and expressions they use in their written work, whether quoted directly or paraphrased.** This applied to diagrams, statistical tables, and the like, as well as to written material, and materials or information from Internet sources. Providing adequate and correct documentation is not only an indication of academic honesty but is also a courtesy that enables the reader to consult these sources with ease. Failure to provide appropriate citations constitutes plagiarism. **It will also be considered plagiarism and/or cheating if a student submits a term paper written in whole or in part by someone other than him/herself,** or copies the answers of another student in any test, examination, or take-home assignment.

Working with other students on assignments, laboratory work, take-home tests, or online tests, when this is not permitted by the instructor, can constitute Inappropriate Collaboration and may be subject to penalty under the Student Discipline By-Law.

An assignment that is prepared and submitted for one course should not be used for a different course. This is called "duplicate submission" and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

When in doubt about any practice, ask your professor or instructor.

The Student Advocacy Office, 519 University Centre, 474-7423, is a resource available to students dealing with Academic Integrity matters."

Classroom Conduct

- Behaviours that distract from the ability of the instructor to teach or from the ability of students to learn **will not be tolerated.**
- **Recording class lectures:** No audio or video recording of lectures or presentations are allowed in any format, openly or surreptitiously, in whole or in part without permission from the instructor (Semone B. Myrie). Course materials (both paper and digital) are for the participant's private study and research.

UM Policies

As a student at the University of Manitoba, you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college, or school.

The University of Manitoba (UM) website's [Governing Documents](https://umanitoba.ca/governance/governing-documents) (<https://umanitoba.ca/governance/governing-documents>) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

Academic Calendar

The [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) is the University's official publication containing course descriptions, program, and graduation requirements, as well as UM and

faculty/school-specific rules, regulations, and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

Academic Integrity

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity](https://umanitoba.ca/student-supports/academic-supports/academic-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity>)
 - [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity>)
 - [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it>)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>)

Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The [Copyright Office](https://umanitoba.ca/copyright/) (<https://umanitoba.ca/copyright/>) provides copyright resources and support for all members of the University of Manitoba community.

Grade Appeals

If you have questions about your grades, talk to your instructor. There is a process for term work and final grade appeals. Note that you have the right to access your final examination scripts. See the [Registrar's Office](https://umanitoba.ca/registrar/grades/appeal-grade) (<https://umanitoba.ca/registrar/grades/appeal-grade>) for more information including appeal deadline dates and the appeal form.

Intellectual Property

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (<https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property>)

Program-Specific Regulations

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective [faculty/college/school](#) website (<https://umanitoba.ca/academics>).

Respectful Work and Learning Environment

The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (<https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy>)
- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (<https://umanitoba.ca/governance/governing-documents-students#student-discipline>)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (<https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour>)

The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (<https://umanitoba.ca/student-supports/respectful-conduct>), includes more details about expectations for behaviours related to university activities.

Sexual Violence Policies

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (<https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed>). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

Voluntary Withdrawal

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (https://umanitoba.ca/registrar/withdraw-course), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

UM Learner Supports

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Student Supports website](https://umanitoba.ca/student-supports) (https://umanitoba.ca/student-supports).

Academic Advising

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (https://umanitoba.ca/student-supports/academic-supports/academic-advising) for support with degree planning and questions about your academic program and regulations.

Academic Learning Centre (ALC)

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (https://umanitoba.ca/student-supports/academic-supports/academic-learning) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for [free one-to-one tutoring](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring). **Content tutors** (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (https://manitoba.mywconline.com/).

Attend [Supplemental Instruction \(SI\)](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an [Academic Success Workshop](https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops) (https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops), where you can learn strategies to improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops) (https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops). These workshops are specifically designed

for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](#) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills>) to help you with many of the academic tasks you'll encounter in university.

Contact the Academic Learning Centre by calling 204-480-1481 or emailing academic_learning@umanitoba.ca. Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
 - [UM Housing](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
 - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (<https://www.winnipegrentnet.ca/>)
 - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/cca/rtb/) (<https://www.gov.mb.ca/cca/rtb/>)
 - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (<https://umanitoba.ca/housing>)
- *Food*
 - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (<https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank>)
 - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (<https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/>)
- *Finances*
 - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (<https://umanitoba.ca/financial-aid-and-awards>)
 - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (<https://www.edu.gov.mb.ca/msa/>)
- *Child Care*
 - [UM Child Care](https://umanitoba.ca/about-um/child-care) (<https://umanitoba.ca/about-um/child-care>)
 - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (<https://bit.ly/3yG3ijy>)
 - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (<https://mccahouse.org/looking-for-child-care/>)

English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (<https://umanitoba.ca/english-language-centre>) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (<https://umanitoba.ca/student-supports/student-health-and-wellness>) website, and make note of several specific UM and community supports listed below.

Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (<https://klinik.mb.ca/crisis-support/>) 24/7 crisis line at 204-786-8686, visit

the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (https://wrha.mb.ca/wait-times/) for a list of locations and current wait times.

[Student Counselling Centre \(SCC\)](#)

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located at 474 UMSU University Centre (Fort Garry Campus).

[Health and Wellness Office](#)

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (https://umanitoba.ca/student-supports/health-wellness) website.

Spiritual Care and Multifaith Centre

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (https://umanitoba.ca/student-supports/spiritual-services) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

Student Support Case Management (SSCM)

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

University Health Service (UHS)

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (https://umanitoba.ca/student-supports/health-wellness/university-health-service) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (https://umanitoba.ca/student-supports/student-services-bannatyne-campus) for a list of services available.

Indigenous Students

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (https://umanitoba.ca/indigenous/student-experience) website for more information on the supports and services available.

International Students

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website (https://umanitoba.ca/current-students/international) for more information.

Sexual Violence Support and Education

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (https://umanitoba.ca/sexual-violence), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

Student Accessibility Services (SAS)

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (https://umanitoba.ca/student-supports/accessibility) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

Student Advocacy

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (https://umanitoba.ca/student-supports/academic-supports/student-advocacy) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email (stadv@umanitoba.ca).

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A [complete list of liaison librarians](http://bit.ly/WcEbA1) (http://bit.ly/WcEbA1) can be found by subject.

In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the [UM Libraries and Departments](https://libguides.lib.umanitoba.ca/c.php?g=298526) (https://libguides.lib.umanitoba.ca/c.php?g=298526) webpage. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the [University of Manitoba Libraries' homepage](https://umanitoba.ca/libraries/) (https://umanitoba.ca/libraries/)

Lecture Schedule (Subject to Change)

Date	Class Content & Teaching Strategies	Required Readings or any Pre-class Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Sept 7	Introduction and Syllabus Review	➤ Syllabus			
Unit 1 Sept 9, 12, 14	Introduction to Dietetics Professional Practice: <ul style="list-style-type: none"> • PPT1- Professionalism • PPT2-DC Professional Practice- (by Corinne Eisenbraun, RD; Dietitians of Canada) • PPT3-CDM Professional Practice Sept 12: Guest Speaker**: Heidi Wong, RD; College of Dietitians of Manitoba 	➤ Chapter 13 Course Textbook ➤ Dietitians of Canada (DC): Principles of Professional Practice: https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/Principles-of-Professional-Practice.pdf ➤ College of Dietitians of Manitoba (CDM) website: Practice Directions (https://www.collegeofdietitiansmb.ca/members/practice-directions/) and Policies (https://www.collegeofdietitiansmb.ca/members/policies/) ➤ The Registered Dietitians Act: http://web2.gov.mb.ca/laws/statutes/2002/c01802e.php ➤ UM WRHA PHIA Training: on UM Learn	Discussions/ Case Studies	In Class Sept 9, 12, 14	0.5-2%
			UM PHIA Training Certificate (upload to UMLearn)	Sept 17 by 10:00 pm	1%
Unit 2 Sept 16, 19, 21	Communication Essentials: <ul style="list-style-type: none"> • PPT4- Communication • Include information on Interpersonal Communication Strategies and Nutrition Interview 	➤ Chapter 3 Course Textbook ➤ How do you know you are communicating well? Handout (College of Dietitians of Ontario): https://www.collegeofdietitians.org/resources/interprofessional-collaboration/communication-with-other-professionals/how-do-you-know-you-are-communicating-well-(2015).aspx ➤ Some key communication skills for nutrition counselling: https://www.researchgate.net/publication/332318698_Counselling_Skills_for_a_Dietitian ➤ Reflective Writing online module:	Pre-Class Quiz on Chpt 3-	Sept 16 by 9:30 am	1%
			Discussions/ Case Studies: Video Quiz on MindTap: Chpt 3- video quiz Responding based on intent	In Class Sept 16, 19, 21	0.5-2%

		http://writeonline.ca/reflective-essay.php?content=intro			
Unit 3A Sept 23, 26, 28	Behavior Change: <ul style="list-style-type: none"> • PPT5- Food Behavior • PPT6- Behavior Change Theories 	<ul style="list-style-type: none"> ➤ Chapter1 Course Textbook ➤ Chapter 2 Course Textbook ➤ Getting to Change handout: http://bndmeeting.com/wp-content/uploads/2017/09/Caperila-Getting-to-Change-Handout-Oct-5.pdf ➤ Motivational Interviewing Skills handout: https://c.ymcdn.com/sites/www.naswoh.org/resource/resmgr/Workshop_10_Interviewing_Ski.pdf ➤ Tip #60 Open and Closed Questions handout: http://www.mollykellogg.com/PDFs/60-OpenQuestions.pdf 	Pre-Class Quiz on Chpt 1	Sept 23 by 9:30 am	1%
			Discussions/ Case Studies: Video Quiz on MindTap: Chpt 1- video quiz Building an initial client relationship	In Class Sept 23, 26, 28	0.5-2%
Unit 3B Sept 30, Oct 3, 5		<ul style="list-style-type: none"> ➤ Open-Ended Questions to further the process of change handout: http://www.mollykellogg.com/PDFs/OpenQuestions.pdf 	Pre-Class Quiz on Chpt 2-	Sept 30 by 9:30 am	1%
			Discussions/ Case Studies Video Quiz on MindTap: Chpt 2- video quiz Responding to ambivalence	In Class Sept 30, Oct 3, 5	0.5-2%
Unit 4: Oct 7, 10 No class on October 10 th (Thanksgiving)	Counselling Process: <ul style="list-style-type: none"> • PPT7- Nutrition Counselling Process 	<ul style="list-style-type: none"> ➤ Chapter 4 Course Textbook ➤ Assigned readings provided in class 	Pre-Class Quiz on Chpt 4-	Oct 7 by 9:30 am	1%
			Discussions/ Case Studies: Video Quiz on MindTap: Chpt 4- video quiz Client not ready for change	In Class Oct 7, 10	0.5-2%

Unit 5 A: Oct 12, 14, 17	Nutrition Care Process: <ul style="list-style-type: none"> • PPT8- Nutrition Care Process (NCP) • PPT9- NCP Assessment 	<ul style="list-style-type: none"> ➤ Chapter 5 Course Textbook ➤ Academy of Nutrition and Dietetics (AND) Electronic Nutrition Care Process Terminology (eNCPT) Video Modules: https://www.ncpro.org/encpt-tutorials. Watch modules 1-15, complete the quiz and download the certificate of completion. ➤ Practice-based Evidence in Nutrition (PEN): Nutrition Assessment – Adult Background: https://www.pennutrition.com/KnowledgePathway.aspx?kpid=16177&trid=16445&trcatid=38 	AND eNCPT Certificate (upload to UMLearn)	Oct 12 by 10:00 pm	1%
Unit 5B: Oct 19, 21, 24		Discussions/ Case Studies	In Class Oct 12, 14, 17, 19, 21, 24	0.5-2%	
Unit 6: Oct 26, 28, 31	Behavior Change Cont'd: <ul style="list-style-type: none"> • PPT10- Promoting & Maintaining Behavior 	<ul style="list-style-type: none"> • Chapters 6, 5, 7 Course Textbook • Practice-based Evidence in Nutrition (PEN): How to Set SMART Goals handout: https://www.pennutrition.com/searchresult.aspx?terms=How%20to%20Set%20SMART%20Goals 	Pre-Class Quiz on Chpt 6 & 5-	Oct 26 by 9:30 am	1%
Discussions/ Case Studies: Video Quiz on MindTap: Chpt 6- video quiz Self-talk and behavior change	Midterm Oct 28 & Nov 3	20%	In Class Oct 26, 31	0.5-2%	
Unit 7: Nov 2, 4, 14	Counselling and Weight Management: <ul style="list-style-type: none"> • PPT11: Weight Management 	<ul style="list-style-type: none"> • Chapters 6, 7, 8 Course Textbook • Practice-based Evidence in Nutrition (PEN): Backgrounder on Weight Stigma: https://www.pennutrition.com/KnowledgePathway.aspx?kpid=803&trid=28010&trcatid=38. • Obesity Canada. 5As of Obesity Management for Adults: Practitioner Guide Presentation: https://obesitycanada.ca/wp-content/uploads/2018/02/Practitioner_Guide_Personal_Use.pdf 	Pre-Class Quiz on Chpt 7 & 8	Nov 4 by 9:30 am	1%
Discussions/ Case Studies: Video Quiz on MindTap: Chpt 7- video quiz Role play	In Class Nov 2, 4, 14	0.5-2%			
Fall Term Break: November 7-10					
Unit 8: Nov 16, 18, 21	Diverse and Vulnerable Population:	<ul style="list-style-type: none"> • Chapters 1, 9 Textbook • College of Registered Dietitians of Ontario Cultural 	Pre-Class Quiz on Chpt 9-	Nov 18 by 9:30 am	1%

Course VW: Nov 21	<ul style="list-style-type: none"> • PPT12: Communication with Diverse Populations • Nov21: Cultural Safety Guest Speaker**: Dr. Natalie Riediger, FHNS 	<p>Competence module: https://www.collegeofdietitians.org/resources/pages/cultural-competence.aspx (note: within the module, change the link for the "If the world was only 100 people video to an updated 2018 version: https://www.youtube.com/watch?v=A3nllBT9ACg)</p>	Discussions/ Case Studies: Video Quiz on MindTap: Chpt 9- video quiz Cross-cultural counseling	In Class Nov 16, 18, 21	0.5-2%
Unit 9: Nov 23, 25, 28	<ul style="list-style-type: none"> • Applying the concepts of nutritional assessment and counselling 	<ul style="list-style-type: none"> • Chapter 14; also review Chapters 1, 2, 3, 4, 5, 6, 7, 8 of Course Textbook 	Discussions/ Case Studies	In Class Nov 23, 25, 28	0.5-2%
Unit 10: Nov 30, Dec 2, 5	<p>Group Counselling:</p> <ul style="list-style-type: none"> • PPT 13: Group counselling 	<ul style="list-style-type: none"> • Chapters 10 Textbook <p>Facilitators of Change: Nutrition/Behavior Counseling. Tennessee Department of Health Nutrition Service: https://wicworks.fns.usda.gov/wicworks/Sharing_Center/TN/facilitators_manual.doc –(p. 15-33: Facilitating WIC Discussion Groups)</p>	Pre-Class Quiz on Chpt 10- Discussions/ Case Studies: Video Quiz on MindTap: Chpt 10- video quiz Facilitating Group counseling	Dec 2 by 9:30 am In Class Nov 30, Dec 2, 5	1% 0.5-2%
Unit 13 Dec 7, 9, 12	Course Wrap up	Makeup classes and/or Course review/ summary	Discussions/ Case Studies	In Class Dec 7, 9, 12	0.5-1%
<p>**NOTE: ATTENDANCE is mandatory for GUEST SPEAKERS. 2% of the final grade will be subtracted for each speaker missed.</p>					
					69%

Lab Schedule Subject to Change)

Date	Lab Content & Teaching Strategies	Required Readings or Pre-Class Preparations	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
NOTE: ATTENDANCE is MANDATORY for Labs. 2% of the final grade will be deducted for each Lab missed					
Lab B02: Sept 19 Lab B01: Sept 21	Lab 1: Introduction and Communication Skills Part 1	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Communication Essentials, Interpersonal Communication Strategies (Chapters 1 & 3 of the textbook) 	Assessment included in lab 2.		
Lab B02: Sept 26 Lab B01: Sept 28	Lab 2: Communication Skills Part 2– Building Rapport & Non-Verbal Communication	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Communication Essentials, Interpersonal Communication Strategies (Chapters 1 & 3 of the textbook) 	Assessment for labs 1, 2: Video recording 1 & Reflective assessment of video recording 1 & Case study	B02: Oct 1 B01: Oct 3 by 10 pm	5%
Lab B02: Oct 3 Lab B01: Oct 5	Lab 3: Behaviour Change Theories- Part 1: Stages of Change	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Stage of Change (Chapters 2 & 4 of the textbook) 	Assessment for lab 3: Video recording 2 & Reflective assessment of video recording 2 & Case study	B02: Oct 9 B01: Oct 11 by 10 pm	6%
No class on October 10 th (Thanksgiving). Therefore, no lab for Lab B01 or Lab B02 group that week					
Lab B02: Oct 17 Lab B01: Oct 19	Lab 4: NCP - Anthropometric Assessment	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Nutrition Care Process (Chapter 5 of the textbook) 	Laboratory report	B02: Oct 22 B01: Oct 24 by 10 pm	2%

Lab B02: Oct 24	Lab 5: NCP- Dietary Assessment	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Nutrition Care Process (Chapter 5 of the textbook) MindTap Chapter 5 video quiz- Taking a 24-hour Recall from a client. 	Assessment for labs 4 & 5: Video recording 3 & Reflective assessment of video recording 3& Case study	B02: Oct 29	6%
Lab B01: Oct 26				B01: Oct 31 by 10 pm	
Lab B02: Oct 31	Lab 6: Behaviour Change Theories- Part 2 and Follow-up Appointment	<ul style="list-style-type: none"> Lecture Materials and assigned readings from Behavior Change Theories, Counselling Theories & Approaches (Chapters 4 & 6 of the textbook) 	Assessment included in lab 7.		
Lab B01: Nov 2					
Fall Term Break: November 7-10.					
Lab B02: Nov 14	Lab 7: Behaviour Change Theories- Part 3	<ul style="list-style-type: none"> Textbook chapter 7 – Making Behaviour Change Last 	Assessment for labs 6 & 7: Video recording 4 & Reflective assessment of video recording 4 & Case study	B02: Nov 19	6%
Lab B01: Nov 16				B01: Nov 21 by 10 pm	
Lab B02: Nov 21	Lab 8: Weight Management & Counselling Diverse Population Groups – Part 1	<ul style="list-style-type: none"> Textbook chapter 9 – Communication with Diverse Population Groups 	Change Talk Reflective Questions	B02: Nov 26	3%
Lab B01: Nov 23				B01: Nov 28 by 10 pm	
Lab B02: Nov 28 & Dec 5	Lab 9: Counselling Diverse Population Groups – Part 2		Case study Presentation	B02: Nov 28 & Dec 5 in Class	3%
Lab B01: Nov 30 & Dec 7				B01: Nov 30 & Dec 7 in Class	
					31%