



University of Manitoba
Faculty of Agricultural and Food Sciences
Department of Food and Human Nutritional Sciences

HNSC 3400 Nutrition Assessment & Counselling
Course Syllabus-Fall 2021 (A01)

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: Mondays: 2:30 pm – 5:25 pm Lab Section B02: Fridays: 11:30 am – 2:25 pm
Location for classes/labs/tutorials:	Remote Teaching – Classes will be “live” (i.e. in real-time) via Cisco Webex (you will connect through UM Learn – through the course tabs Communication or Integration). Note: Live discussion classes and labs <u>will not be recorded</u>
Pre-Requisites:	Students registered in the Human Nutritional Sciences degree. Pre- or co-requisite: HNSC 3310 (D)
Voluntary Withdrawal Date:	November 23, 2021

Instructor Contact Information

Instructor(s) Name:	Dr. Semone Myrie
Office Location:	565W Duff Roblin Building
Office Hours or Availability:	Office hours By appointment (all meetings will be via phone or set up in UM Learn via Cisco Webex). Note: For most class, I am also available for about 10 minutes after class for quick questions.
Office Phone No.	204.474.7290 (email is the preferred mode of contact)
Email:	Semone.Myrie@umanitoba.ca . Include the course number (HNSC3400) as part of the subject line in your emails. Note: All email communication must conform to the Communicating with Students university policy.

ATTENTION STUDENTS RESIDING OUTSIDE WINNIPEG

As this is a remote learning course, all instructional activities and deadlines will be Winnipeg time (Central Time). Please make sure your calendars are adjusted to reflect any time changes. Please inform your Instructor as soon as possible if you are taking the course while residing outside of Winnipeg, specifically:

- If you are in a rural Canadian area affected by poor internet connections that may impact completing assessments and exams on time
- If you are in another time zone within or outside Canada, specify where you are, and if you foresee any challenges with attending classes and completing assessments and exams on time

NOTE: It is your responsibility to communicate with your instructors well in advance of tests/exams/assignment due dates, of any ongoing issues, OR immediately once an issue arises that *may* impact your ability to complete course work.

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1. General Course Information

1.1 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).

1.2 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 stage.
7. Explain and apply approaches to nutritional counselling of groups.
8. Apply the concepts of nutritional assessment and counselling using case studies.

1.3 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	2
Food	Application of dietary requirements, guidelines, and guidance	3
	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
Professional Practice in Dietetics	Surveillance and monitoring data collection and interpretation	2
	Federal, provincial / territorial requirements	2
	Practice in a regulated health profession	2
	Ethical conduct	3
	Reflective practice	2
Social & Psychological Foundations	Professional development	1
	Cultural Competence	2

2. Course Technology Policies

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 in the classroom setting only for educational purposes approved by the instructor and/or the University of Manitoba Disability Services.

2.1 UM Learn Platform

- UM Learn (<https://universityofmanitoba.desire2learn.com>) –*check regularly* as it will be a major mode of communication for this course. **All course assignments should be submitted via UM Learn.** Course content will also be available via UM Learn.
- Class meetings will use Cisco Webex, which is accessed through the course UM Learn website. For Alternative for when Cisco Webex is not working or for some lab activities, we may use **Zoom**, which is accessible to all University of Manitoba students. **Student are required to have working microphone and video capability on their computer for these online platforms.**
- All students must have a University of Manitoba ID in order to use the UM Learn system. You can claim your ID at <http://bit.ly/tJ3oGl>.

2.2 Recording of 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.

2.3 Communication with Instructor

- Please note that all communication between me and you as a student must comply with the electronic communication with student policy http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html
- 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 the course UM Learn website email.
- Include **course number (HNSC 3400) as part of the subject heading in emails.**
- For meetings, propose suggested meeting times when you are available, but remember to be flexible!

2.4 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 only**. Note: the iClicker student mobile app is available at NO COST and can be downloaded at 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 to this course (See HNSC 3400 UM Learn Website for instruction – in the Table of Contents go to the “iClicker System” 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.**

3. Expectations

3.1 I Expect You To:

- **Arrive on time for the start of class.**
- Read through and study the notes on the Powerpoint slides before coming to class to ensure that you understand everything on the slides. If anything is unclear, read through the appropriate sections in the textbook or assigned reading for clarification.
- If anything in the notes is unclear, ask for clarification in class.
- **Participate in class discussion and activities**, which includes responding to questions asked in a class by the instructor to enhance discussion and to 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 course work.
- Familiarize yourself with the course syllabus, expectations, rights and responsibilities.
- Meet the course deadlines.
- 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 assignments and 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.

1.1 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**. **Mute your microphone when you do not have a question during class time**. Review policy below on respective work and learning environment.
- **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.

3.2 You Can Expect Me To:

- Be in class for 10 minutes prior to and after class time.
- Treat you with respect and I would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).
- 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 course office hours or when we set an appointment in advance.

4. 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 2021-How to access your MindTap course"

- **Some Assigned Readings are outlined in the Course Schedule, and** Other readings will be made available throughout the term.

5. 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, just-in-time lecture format will be used if there is a section/concept that most of the class request further clarification.*** Overall, most of class time will be used to discuss related information and to clarify any questions students may have on the notes. See the Class Schedule below for the dates of discussions and assessments in the course.

6. Using Copyrighted Material

Please adhere to copyright laws when using all content of this course, including posted lectures and use of the textbook on reserve. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and University guidelines. Copyrighted works, including those created by me, 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.

7. Course Schedule and Course Evaluation

Lecture and lab schedules 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 **prior** to 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.

7.1 Evaluation Methods: Lecture Materials

Evaluation		
Type of Assessment	Due Date	Value of Final Grade
UM WHRA PHIA Training	Sept 17, 2021, by 10:00 pm	1%
eNCPT Certificate	Oct 12, 2021 by 10:00 pm	2%
Pre-Class Quiz on MindTap		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 2, 3, 4, 6, 7, 9, 10		
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 27, 2021	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 11-23, 2021	28%
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. If participation is 80-89% of classes, 4% will be earned; for 70-79% participation, 3%; for 60-69% participation, 2%; for 50-59% participation, 1%; <50% participation, 0%.

8. Grading System

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5
B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

9. Voluntary Withdrawal

The voluntary withdrawal date is November 23, 2021, which is the last day to withdraw with no refund. Students who did not drop the course by the deadline will be assigned a final grade. Withdrawal courses will be recorded on your official transcript. Refer to the [Registrar's Office](#) web page for more information. I am available if you to discuss your progress in the course and strategies for improvement prior the withdrawal date.

10. Assignments and Examinations Information and Feedback

9.1. Assignments 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.

9.2 Examinations

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

9.3 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.

9.4 Policies on Class Attendance, Late Assignments, Missed Exams

- Extensions will not be granted for reasons other than medical or compassionate **and proof such as doctor's certificate will be required. *No personable excuses will be accepted.**
- Late assignments will 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 each absence** will be ducted from the final grade.
 - Attendance is mandatory for labs; **2 points per each absence** will be ducted from the final grade.
 - **Expected behaviours for labs (failure to adhere will so results 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.

10 University Support Offices & Policies

10.2 *Your Rights and Responsibilities*

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 [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- 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 website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- 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 appropriately respectful manner. Policies governing behavior include:
 - **Respectful Work and Learning Environment**
http://umanitoba.ca/admin/governance/governing_documents/community/230.html
 - **Student Discipline**
http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,
 - **Violent or Threatening Behaviour**
http://umanitoba.ca/admin/governance/governing_documents/community/669.html
 - If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at http://umanitoba.ca/admin/governance/governing_documents/community/230.html More information and resources can be found by reviewing the Sexual Assault site <http://umanitoba.ca/student/sexual-assault/>
 - For information about rights and responsibilities regarding **Intellectual Property** view the policy http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

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 web site <http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy:

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns. <http://umanitoba.ca/student/advocacy/>. 520 University Centre . 204 474 7423.
student_advocacy@umanitoba.ca

11 Student Services- Learning, Writing Support, Health

11.2 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

11.3 Writing and Learning Support- Academic Learning Centre (ALC)

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

11.4 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 can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. 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 following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

11.5 Student Counselling Centre (SCC):

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services, (204) 474-8592

11.6 Student Support Case Management:

Contact the Student Support Case Management team 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.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre (204) 474-7423

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

11.7 University Health Service (UHS):

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

11.8 Health and Wellness:

Contact our Health and Wellness Educator if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <http://umanitoba.ca/student/health-wellness/welcome.html>

Katie.Kutryk@umanitoba.ca

469 University Centre (204) 295-9032

11.9 Live Well @ UofM:

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

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
Week 1 Sept 8, 10,13	<p><u>Introduction to Dietetics Professional Practice:</u></p> <ul style="list-style-type: none"> • PPT1- Professionalism • PPT2-DC Professional Practice- (by Corinne Eisenbraun, RD; Dietitians of Canada) • PPT3-CDM Professional Practice Sept 13: Guest Speaker**: Heidi Wong, RD; College of Dietitians of Manitoba 	<ul style="list-style-type: none"> ➤ 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 	<p>Discussions/ Case Studies</p> <p>UM PHIA Training Certificate (upload to UMLearn)</p>	<p>In Class Sept 10, 13</p> <p>Sept 17 by 10:00 pm</p>	<p>1-2%</p> <p>1%</p>
Week 2 Sept 15, 17, 20	<p><u>Communication Essentials:</u></p> <ul style="list-style-type: none"> • PPT4- Communication • Include information on Interpersonal Communication Strategies and Nutrition Interview 	<ul style="list-style-type: none"> ➤ 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: http://writeonline.ca/reflective-essay.php?content=intro 	<p>Pre-Class Video Quiz on MindTap: Chpt 3- video quiz Responding based on intent</p> <p>Discussions/ Case Studies</p>	<p>Sept 15 by 9:30 am</p> <p>In Class Sept 15, 17, 20</p>	<p>1-2%</p> <p>1-2%</p>

<p>Week 3 Sept 22, 24, 27</p>	<p><u>Behavior Change:</u></p> <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 	<p>Pre-Class Video Quiz on MindTap: Chpt 1- video quiz Building an initial client relationship</p>	<p>Sept 22 by 9:30 am</p>	<p>1-2%</p>
<p>Week 4 Sept 29, Oct 1 & 4</p>		<ul style="list-style-type: none"> ➤ Tip #60 Open and Closed Questions handout: http://www.mollykellogg.com/PDFs/60-OpenQuestions.pdf ➤ Open-Ended Questions to further the process of change handout: http://www.mollykellogg.com/PDFs/OpenQuestions.pdf 	<p>Pre-Class Video Quiz on MindTap: Chpt 2- video quiz Responding to ambivalence</p>	<p>Sept 29 by 9:30 am</p>	<p>1-2%</p>
<p>Week 5: Oct 6, 8, 11 No class on October 11th (Thanksgiving)</p>	<p><u>Counselling Process:</u></p> <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 	<p>Pre-Class Video Quiz on MindTap: Chpt 4- video quiz Client not ready for change</p>	<p>Oct 6 by 9:30 am</p>	<p>1-2%</p>
<p>Week 6: Oct 13, 15, 18</p> <p>Week 7: Oct 20, 22, 25</p>	<p><u>Nutrition Care Process:</u></p> <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 	<p>AND eNCPT Certificate (upload to UMLearn)</p>	<p>Oct 12 by 10:00 pm</p>	<p>2%</p>
			<p>Discussions/ Case Studies</p>	<p>In Class Oct 13</p>	<p>1-2%</p>

		<p>Assessment – Adult Background: https://www.pennutrition.com/KnowledgePathway.aspx?kpid=16177&trid=16445&trcatid=38</p>		15,18, 20, 22, 25	
<p>Week 8: Oct 27, 29, Nov 1</p>	<p><u>Behavior Change Cont’d:</u></p> <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 	<p>Pre-Class Video Quiz on MindTap: Chpt 6- video quiz Self talk and behavior change</p> <p>Discussions/ Case Studies</p>	<p>Oct 29 by 9:30 am</p> <p>Midterm Oct 27 & Nov 3</p> <p>In Class Oct 29, Nov 1</p>	<p>1-2%</p> <p>20%</p> <p>1-2%</p>
<p>Week 9: Nov 3, 5, 15</p>	<p><u>Counselling and Weight Management:</u></p> <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 	<p>Pre-Class Video Quiz on MindTap: Chpt 7- video quiz Role play</p> <p>Discussions/ Case Studies</p>	<p>Nov 5 by 9:30 am</p> <p>In Class Nov 3, 5, 15</p>	<p>1-2%</p> <p>1-2%</p>
<p>Fall Term Break: November 8-12</p>					
<p>Week 10: Nov 17, 19, 22 Course VW: Nov 23</p>	<p><u>Diverse and Vulnerable Population:</u></p> <ul style="list-style-type: none"> • PPT12: Communication with Diverse Population • Nov 19: Cultural Safety Guest Speaker**: Dr. Natalie Riediger, FHNS 	<ul style="list-style-type: none"> • Chapters 1, 9 Textbook • College of Registered Dietitians of Ontario Cultural 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>Pre-Class Video Quiz on MindTap: Chpt 9- video quiz Cross-cultural counseling</p> <p>Discussions/ Case Studies</p>	<p>Nov 17 by 9:30 am</p> <p>In Class Nov 17, 19, 22</p>	<p>1-2%</p> <p>1-2%</p>

Week 11: Nov 24, 26, 29	<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 24, 26, 29	1-2%
Week 12: Dec 1, 3, 6	<p><u>Group Counselling:</u></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>	<p>Pre-Class Video Quiz on MindTap: Chpt 10- video quiz Facilitating Group counselling</p> <p>Discussions/ Case Studies</p>	<p>Dec 1 by 9:30 am</p> <p>In Class Dec 1, 3, 6</p>	<p>1-2%</p> <p>1-2%</p>
Week 13 Dec 8, 10	Course Wrap up	Makeup classes and/or Course review/ summary	Discussions/ Case Studies	In Class Dec 8, 10	1-2%
<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 B01: Sept 27	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: Oct 1					
Lab B01: Oct 4	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	B01: Oct 8	5%
Lab B02: Oct 8					
Lab B01: Oct 18	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	B01: Oct 22	6%
Lab B02: Oct 15					
Lab B01: Oct 25	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	B01: Oct 29	2%
Lab B02: Oct 22					

Lab B01: Nov 1	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	B01: Nov 9	6%
Lab B02: Nov 5				B02: Nov 12 by 10 pm	
Fall Term Break: November 8-12.					
Lab B01: Nov 15	Lab 6: Behaviour Change Theories- Part 2	<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 B02: Nov 19					
Lab B01: Nov 22	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	B01: Nov 26	6%
Lab B02: Nov 26				B02: Nov 30 by 10 pm	
Lab B01: Nov 29	Lab 8: Follow-up Appointment / Weight Management & Counselling Practice – Part 1	<ul style="list-style-type: none"> Textbook chapter 9 – Communication with Diverse Population Groups 	Change Talk Reflective Questions	B01: Dec 3	3%
Lab B02: Dec 3				B02: Dec 7 by 10 pm	
Lab B01: Dec 6	Lab 9: Weight Management & Counselling Practice – Part 2		Case study Presentation	B01: Dec 6 in Class	3%
Lab B02: Dec 10				B02: Dec 10 in Class	
					31%