I. COURSE DESCRIPTION: An overview of the food and nutrition field of study focusing on the professional opportunities in foods, nutrition and dietetics.

Credit hour justification: Students will spend 1 hour per week in face-to-face instruction where they will learn about food, nutrition, dietetics as a profession, including professional organizations and memberships, how to become a registered dietitian, and a variety of career opportunities. Students will spend roughly 2 hours per week on outside work, including reading for the textbook, studying for the exam, and completing outside assignments and volunteer hours.

II. Intended Learning Outcomes/Goals/Objectives:
This course supports the vision, mission, and core values of the James I. Perkins College of Education.

<table>
<thead>
<tr>
<th>COE Mission</th>
<th>Relation to learning experiences in HMS 133</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Mission of the James I. Perkins College of Education is to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development.</td>
<td>This course will afford the student the opportunity to develop an enthusiasm for the profession and a better understanding of the opportunities available to them in terms of leadership, volunteering, and professional preparation.</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>COE Core Values</th>
<th>Students will use critical, reflective and creative thinking skills in learning about the careers of nutrition and dietetics.</th>
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</thead>
<tbody>
<tr>
<td>Academic excellence through critical, reflective and creative thinking</td>
<td>Students will work together as a team during class activities.</td>
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<tr>
<td>Collaboration and shared decision making</td>
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<tr>
<td>Openness to new ideas, culturally diverse people and innovation and change</td>
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</table>
Integrity, responsibility, diligence and ethical behavior and Students will become aware of the impact of values, beliefs and attitudes in relation to diverse populations through ongoing class discussions. Questioning commonly held assumptions and belief systems will be emphasized during lecture along with identifying critical thinking skills needed to exhibit ethical and social behavior.

Service that enriches the community Students will understand the value of food systems and its effect on the local, state, national and global community and will interact with community stakeholders through volunteer opportunities required for the course.

Program Learning Outcomes
This is a general education core curriculum course and no specific program learning outcomes for this major are addressed in this course.

Student Learning Outcomes
1. Recognize the role of food in society.
2. Identify the basic principles of food and nutrition as they apply to individuals.
3. Apply basic food and nutrition concepts to daily life.
4. Recognize the role of self-responsibility for food choices that affect nutritional well being.
5. Identify career opportunities in the fields of foods, nutrition and dietetics including: healthcare, food systems, business and management, community and public health, education and research, private practice, government, and international settings.
6. Delineate the educational pathways needed to prepare for careers in foods, nutrition and dietetics.
7. Develop an understanding and application base for ethics and standards of practice for professionals in foods, nutrition and dietetics.
8. Identify entrepreneurial opportunities in the areas of foods, nutrition and dietetics.
9. Recognize the importance of developing and maintaining a professional portfolio.
10. Cite leadership characteristics needed for professional development in the careers of foods, nutrition and dietetics.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
Brightspace by D2L enhancements will be used for this course. You can access Brightspace via http://d2l.sfasu.edu. If you need help with Brightspace please contact the help desk at (936) 468-1919.

IV. Evaluation and Assessments (Grading):

**NOTE: All due dates for assignments fall on a Sunday and all assignments must be submitted before 11:59pm. Most assignments for this course will require work outside of class.**
1. **Personality Discussion (10 points):** This assignment is a discussion that will be completed through Brightspace/D2L. The purpose of the assignment is to get you thinking about what it means to work with different types of personalities.

2. **Professional Preparation Assignment (10 points):** This assignment requires that you complete tasks that will help to prepare you for future internships or professional opportunities. Details are found in Brightspace/D2L.

3. **Career Opportunities Assignment (100 points):** The purpose of this assignment is to get you to think about the various careers and professional opportunities available to those in the nutrition profession and envision your career 5 years into the profession. Specific details are found on Brightspace/D2L, but this assignment does have several parts:
   a. **Part 1:** (40 points) Reflection paper #1. This paper is due early in the semester and is meant to get you thinking about your future. You are to choose 1 career path that you want to pursue as a dietitian and explain in the paper why you envision yourself in this career.
   b. **Part 2:** (20 points) Career questions. After listening to most of the guest speakers/in-class lectures, you are to come up with two critical questions that you want to know about your previously-chosen career path and ask the expert about these questions. You will be required to upload their exact responses in a word document.
   c. **Part 3:** (40 points) Reflection paper #1. Did you change your mind? Reflect on which career path you do see being the most fitting for you. In this paper, you will also be asked to envision where you will be after 5 years of working in your chosen career field.

4. **Volunteering (30 points):** You will be required to volunteer for events posted by the Student Association of Nutrition and Dietetics (SAND). You must attend 3 separate events and complete the

5. **Quizzes (3 @ 20 points each; 60 points total):** Quizzes will be administered in class on the dates indicated in the course timeline. Quizzes will be all multiple choice and will exclusively cover content from the textbook.

6. **Final Exam (100 points):** The final exam will cover readings from the textbook and in-class discussions. It will focus on nutrition and dietetics as a profession. Items on the exam may include but are not limited to true/false, multiple choice, matching, identification of terms or acronyms, and short answer. You will need to bring an NCS 30423 answer sheet, a #2 pencil, and an eraser to all exams.

**COURSE EVALUATION:**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Personality Discussion</td>
<td>10 points</td>
</tr>
<tr>
<td>Professional Preparation assignment</td>
<td>10 points</td>
</tr>
<tr>
<td>Career Opportunities Assignment (3 Parts)</td>
<td>100 points</td>
</tr>
<tr>
<td>Volunteering</td>
<td>30 points</td>
</tr>
<tr>
<td>Quizzes</td>
<td>60 points</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100 points</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>310 points</strong></td>
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**Grade Assignment**

A  279-310 points
B  248-278 points
C  217-247 points
D  186-216 points
V. Tentative Course Outline/Calendar.

Tentative Schedule: HMS 133 001  Fall 2019

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Readings/Lecture Topics</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>8/26</td>
<td>Introductions, Review Syllabus and Course Assignments, Brightspace, DPD Handbook, Disposition</td>
<td>Personality Test Discussion due 9/1 by 11:59pm</td>
</tr>
</tbody>
</table>
| M   | 9/2  | Degree plans, optimal maps, getting involved (SAND), study tips; **PLEASE BRING YOUR COMPUTERS**  
Guest Speakers: representatives from the library, SAND, and AARC | |
| M   | 9/9  | Chapter 2: The Academy of Nutrition and Dietetics, dietitian salaries, other affiliations (ACEND, CDR) | Career Opportunities Assignment Part 1 due via Dropbox on 9/15 by 11:59pm |
| M   | 9/16 | Chapter 3: Educational Preparation in Dietetics | |
| M   | 9/23 | Chapter 4: Credentialing of Nutrition and Dietetic Practitioners including DTR; emerging: health coaches | |
| M   | 9/30 | Chapter 5: The Nutrition and Dietetics Professional | In-class quiz (Chapters 2-5) |
| M   | 10/7 | Chapter 6: The Dietitian in Clinical Practice  
Guest Speaker: Mr. Justin Pelham, MS, RD, LD | |
| M   | 10/14| Chapter 7: Management in Food and Nutrition Systems | |
| M   | 10/21| Chapter 8: The Public Health/Community Nutrition Dietitian  
Guest Speaker: Brandi Gouldthorpe MS, RD, LD – East Texas Food Bank | |
| M   | 10/28| Chapter 9: Dietitians in the Government and Military Services  
Guest Speaker: Rebecca Prince, MS – SFASU Dietetics alumni; 1Lt in US Army; Army-Baylor Graduate Program in Nutrition | In-class quiz (chapters 6-8) |
| M   | 11/4 | Chapter 11: Career Choices in Business, Communications, and Health and Wellness  
Guest Speaker: Mrs. Jill Pruett MS, RD, LD | |
| M   | 11/11| Chapter 10: The Consultant in Health Care, Business, and Private Practice  
Guest Speaker: Dr. Darla O’Dwyer, PhD, RD | Career Opportunities Assignment Part 2 due via Dropbox on 11/17 |
<table>
<thead>
<tr>
<th>M</th>
<th>11/18</th>
<th>Chapter 12: The Dietitian as a Manager and Leader</th>
<th>In-class quiz (Chapters 9-12)</th>
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<tbody>
<tr>
<td>M</td>
<td>11/25</td>
<td>Thanksgiving Break</td>
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</tr>
<tr>
<td>M</td>
<td>12/2</td>
<td>Chapter 13: The Dietitian as Educator and Chapter 14: The Dietitian as Researcher</td>
<td>Professional Preparation assignment due 12/1</td>
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<td></td>
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<td>Volunteer hours due 12/8</td>
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<td>Career Opportunities Assignment Part 3 due via Dropbox on 12/8</td>
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<tr>
<td>W</td>
<td>12/11</td>
<td>Final Exam – 1-3pm</td>
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**Instructor reserves the right to change the course timeline at any time.**

Be sure to read all chapters associated with the weekly topics.

**VI. Readings:**

**Required Textbook:**

*Nutrition and Dietetics: Practice and Future Trends, 5th Edition*

EA Winterfeldt, ML Bogle, LL Ebro

Jones & Bartlett, 2017

ISBN: 9781284140873

**VII. Course Evaluations:**

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. **Although the instructor will be able to view the names of students who complete the survey, ALL RATINGS AND COMMENTS ARE CONFIDENTIAL AND ANONYMOUS, and will not be available to the instructor until after final grades are posted.**

**VIII. Student Ethics and Other Policy Information:** Found at https://www.sfasu.edu/policies

**Class Attendance and Excused Absence: Policy 6.7** Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university
policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6** To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/).

**Student Academic Dishonesty: Policy 4.1** Abiding by university policy on academic integrity is a responsibility of all university faculty and staff. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university polity on penalties for cheating and plagiarism.

**Definition of Academic Dishonesty**
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one’s own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit. Please read the complete policy at [http://www.sfasu.edu/policies/academic_integrity.asp](http://www.sfasu.edu/policies/academic_integrity.asp).

**Penalties for Academic Dishonesty** Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

**Student Appeals** A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

**Withheld Grades: Policy 5.5** At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically
becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Student Code of Conduct: Policy 10.4** Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703. Cell phone use during the lab is prohibited unless all other kitchen duties have been performed. If this requirement is met, cell phones can only be used in the classroom area. Horseplay and sitting on the countertops are not allowed.

*The instructor has the right to change or amend this syllabus at any time throughout the semester.*