Food, Nutrition, and Dietetics as a Profession  
NUTR 1133-640 - Fall 2021  
Hybrid: Face-to-Face and Online content delivery  
Monday 12-12:50pm – Human Science North Building Room 201

Instructor: Sarah Drake MS, RD, LD  
Office: 101D HMS North

Office Hours:
Office hours will begin face-to-face starting Thursday, 10/21. Until then, all office hours will be by appointment only. Prior to 10/21, office hours will be scheduled by appointment only and conducted via Zoom, as you request.

Beginning on Thursday, 10/21, face-to-face will take place on these days of the week and times:

Monday: 1:00 p.m. – 2:00 p.m.  
Tuesday/Thursday: 11:00 a.m. – 1:00 p.m.

**Other times are available by appointment; office hours subject to change with written notification.**

Contact: Office: 936-468-5560; Department: 936-468-4502  
drakes@sfasu.edu – **please email through Brightspace**

Prerequisites: none required

Credits: 1 semester hour

This is a hybrid course. Roughly 70% of course content will be provided through online module instruction. The remaining roughly 30% of the content will be provided through face-to-face lectures during the designated class time. Face-to-face lectures will be livestreamed as well, and all livestream recordings will be posted within 24 hours of the class ending.

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

Students in this course receive extensive course content information either in-class or via online content modules equivalent to 50 minutes per week for 15 weeks (for a total of 2250) and includes a final exam. An additional 50 minutes of instruction will be provided asynchronously, for a total of 2400 minutes of instruction in the semester. Students will engage in a variety of assignments that can include, but are not limited to, quizzes, community service activities, and application assignments related to course content. Asynchronous instruction may include (but is not limited to) written content, video content, discussions, case studies, synthesis exercises, reflection activities, peer review, and skills practice. For every hour a student spends engaging
with the course content, they spend at least two hours completing associated activities and assessments.

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><strong>COE Mission</strong></th>
<th><strong>Relation to learning experiences in NUTR 1133</strong></th>
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<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>
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<tr>
<th><strong>COE Core Values</strong></th>
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<tbody>
<tr>
<td>Academic excellence through critical, reflective and creative thinking</td>
<td>Students will use critical, reflective and creative thinking skills in learning about the careers of nutrition and dietetics.</td>
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<td>Collaboration and shared decision making</td>
<td>Students will work together as a team during class activities.</td>
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<td>Openness to new ideas, culturally diverse people and innovation and change</td>
<td>Students will</td>
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<tr>
<td>Integrity, responsibility, diligence and ethical behavior and</td>
<td>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.</td>
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<tr>
<td>Service that enriches the community</td>
<td>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.</td>
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**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](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) and to participate in SAND meetings throughout the semester. You must attend 3 separate events related to SAND, with no more than 2 of those events being SAND meetings. In addition, you have to fill out the volunteer log and turn it. **This assignment, in part, will count for asynchronous class time.**
5. **Quizzes (1 @ 20 points total):** Quizzes will be administered online via Brightspace by D2L 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.

7. **Mentoring Assignment (80 points total; 30 points for Discussion posts (3 posts @ 10 points each + 50 points for a reflection paper):** You will be meeting in groups with senior dietetics students. More specific instructions for this assignment can be found in Brightspace but, in short, you will meet virtually three times – once in September, October, and November – to discuss certain questions indicated in the assignment details, as well as anything else that is important to you as a SFASU student and Dietetics and Nutritional Sciences major. You will then write a reflection paper about the experience, which will be due through LiveText at the end of the semester. *This assignment meets ACEND DPD accreditation Standard 5 core knowledge requirements - KRDN 2.8 - Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.*

**Fall 2021 LiveText statement:**

This course collects assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education, using the LiveText data management system. Students who do not have an existing LiveText account will receive an access code via your SFA Titan email within the first week of class. You will be required to register your LiveText account, and you will be notified how to register your account. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails. If you have questions about LiveText, call ext. 7050 or e-mail livetext@sfasu.edu.

**COURSE EVALUATION:**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tr>
<td>Personality Discussion</td>
<td>10 points</td>
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<tr>
<td>Professional Preparation assignment:</td>
<td>10 points</td>
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<tr>
<td>Career Opportunities Assignment (3 Parts):</td>
<td>100 points</td>
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<tr>
<td>Volunteering</td>
<td>30 points</td>
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<tr>
<td>Quizzes</td>
<td>20 points</td>
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<tr>
<td>Final Exam</td>
<td>100 points</td>
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<tr>
<td>Mentoring Assignment</td>
<td>80 points</td>
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<td><strong>TOTAL</strong></td>
<td><strong>380 points</strong></td>
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**Grade Assignment**

- **A** 342-380 points
- **B** 304-341 points
- **C** 266-303 points
- **D** 228-265 points
- **F** Less than 227 points
V.  Tentative Course Outline/Calendar.

Tentative Schedule: NUTR 1133-640 Fall 2021

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Readings/Lecture Topics</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>M</td>
<td>8/23</td>
<td>LIVESTREAM Introductions, Review Syllabus and Course Assignments, Brightspace, DPD Handbook, Disposition</td>
<td>Personality Test Discussion due 9/5 by 11:59pm</td>
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<tr>
<td>M</td>
<td>8/30</td>
<td>ONLINE MODULE All about Dietetics and Nutritional Sciences at SFASU: Degree plans, optimal maps, getting involved (SAND), study tips, meet the faculty and advisor</td>
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<td>M</td>
<td>9/6</td>
<td>ONLINE MODULE Educational Preparation in Dietetics: The Academy of Nutrition and Dietetics, dietitian salaries, other affiliations (ACEND, CDR)</td>
<td>Career Opportunities Assignment Part 1 due via Dropbox on 9/12 by 11:59pm</td>
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<tr>
<td>M</td>
<td>9/13</td>
<td>ONLINE MODULE Educational Preparation in Dietetics</td>
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<tr>
<td>M</td>
<td>9/20</td>
<td>ONLINE MODULE Credentialing of Nutrition and Dietetic Practitioners including DTR; emerging: health coaches</td>
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<td>M</td>
<td>9/27</td>
<td>ONLINE MODULE What guides our profession? – Code of Ethics, Standards of Practice, etc.</td>
<td>Quiz covering the first 5 online modules due by Sunday, 10/3, before 11:59pm. Complete through Brightspace</td>
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<tr>
<td>M</td>
<td>10/4</td>
<td>ONLINE MODULE Management in Food and Nutrition Systems</td>
<td>September Mentor Meeting Discussion post due by 11:59pm on Sunday, 10/3</td>
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<tr>
<td>M</td>
<td>10/11</td>
<td>ONLINE MODULE The Public Health/Community Nutrition Dietitian Guest Speaker: Brandi Gouldthorpe MS, RD, LD – East Texas Food Bank</td>
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<td>M</td>
<td>10/18</td>
<td>ONLINE MODULE 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</td>
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<td>M</td>
<td>10/25</td>
<td>FACE-TO-FACE (LIVESTREAM AVAILABLE) The Dietitian in Clinical Practice Guest Speaker: Mr. Justin Pelham, MS, RD, LD</td>
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<td>M</td>
<td>11/1</td>
<td>FACE-TO-FACE (LIVESTREAM AVAILABLE) The Consultant in Health Care, Business, and Private</td>
<td>October Mentor Meeting due on</td>
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<td>Day</td>
<td>Date</td>
<td>Event Description</td>
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<td>M</td>
<td>11/7</td>
<td>Practice Guest Speaker: Dr. Darla O’Dwyer, PhD, RD</td>
<td>Sunday, 11/7, by 11:59pm</td>
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<tr>
<td>M</td>
<td>11/8</td>
<td>FACE-TO-FACE (LIVESTREAM AVAILABLE) The Dietitian as a Manager and Leader Guest Speaker: Miss Nicole Jupe MS, RD, LD – Sports Dietitian at University of Oregon</td>
<td>Career Opportunities Assignment Part 2 due via Dropbox on 11/14</td>
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<tr>
<td>M</td>
<td>11/15</td>
<td>FACE-TO-FACE (LIVESTREAM AVAILABLE) The Dietitian as Educator and The Dietitian as Researcher</td>
<td>Professional Preparation assignment due via Dropbox on Sunday, 11/28, by 11:59pm</td>
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<tr>
<td>M</td>
<td>11/22</td>
<td>Thanksgiving Break</td>
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<tr>
<td>M</td>
<td>11/29</td>
<td>ONLINE MODULE Career Choices in Business, Communications, and Health and Wellness Guest Speaker: Mrs. Jill Pruett MS, RD, LD</td>
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<tr>
<td>M</td>
<td>12/6</td>
<td>Final Exam closes Friday, 12/10, at 11:59pm. You have one attempt and 45 minutes to complete the final exam.</td>
<td>November Mentor Meeting discussion due on Sunday, 12/5, by 11:59pm. Volunteer hours due via Dropbox on Sunday, 12/5, by 11:59pm Career Opportunities Assignment Part 3 due via Dropbox on Sunday, 12/5, by 11:59pm Mentoring Assignment Reflection Paper due Dropbox on Sunday, 12/5, by 11:59pm</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:
Recommended (not 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/.

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** Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. Bystanders, if their presence incites or adds to the disruption, as well as more active participants in the disruptive activity, may be in violation of this policy as well. Engaging in physical violence of any nature against any person. This includes fighting; assaulting; battering; using a knife, gun, or other weapon; or acting in a manner that threatens or endangers the physical health or safety of any person or causes a reasonable apprehension of such harm.

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 Early Alert Program at SFA. Alert Program at SFA. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.
SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**
SFASU Counseling Services  
www.sfasu.edu/counselingservices  
3rd Floor Rusk Building  
936-468-2401

**SFASU Human Services Counseling Clinic:**  
www.sfasu.edu/humanservices/139.asp  
Human Services Room 202  
936-468-1041

**Crisis Resources:**  
Burke 24-hour crisis line 1(800) 392-8343  
Suicide Prevention Lifeline 1(800) 273-TALK (8255)  
Crisis Text Line: Text HELLO to 741-741

Disclaimer: This syllabus represents a “best” plan for this course; however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters.

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