

# COURSE APPROVAL/CHANGE DOCUMENT

(See back of form for instructions)

Submit

1. ADDITION  REVISION  TERMINATION

2. IF REVISION: denote changes (i.e. Title only; Title, CIP and Description; etc.):  
Course number, Course title, Revised course learning outcomes, changed textbook

3. COURSE NUMBER **FN** 510

4. COURSE TITLE Nutrition and Health Education

5. IF REVISION: Previous Course No. HE520 Previous Title Techniques of Teaching Nutrition and Health E

6. FOR ADDITIONS AND REVISIONS -  
FIRST TERM/YEAR TO BE OFFERED:

Fall  Spring  Summer  Term 2020

7. FOR TERMINATIONS ONLY -  
LAST TERM/YEAR TO BE OFFERED:

Fall  Spring  Summer  Term \_\_\_\_\_

8. COLLEGE: Coll of Educ, Health & Hum Stu

9. DEPARTMENT NAME: Kinesiology, Nutrition & Rec

10. CIP CODE (Classification of Instructional Program / US Bureau of Labor Statistics): 51.3101

11. FIXED CREDIT HOURS: YES  NO

3 Total Credit Hours

3 Lec Contact Hours

\_\_\_ Lab Contact Hours

\_\_\_ Other Contact Hours

12. VARIABLE CREDIT HOURS: YES  NO

\_\_\_ Min Total Credit Hours \_\_\_ Max Total Credit Hours

\_\_\_ Min Lec Contact Hours \_\_\_ Max Lec Contact Hours

\_\_\_ Min Lab Contact Hours \_\_\_ Max Lab Contact Hours

\_\_\_ Min Other Contact Hours \_\_\_ Max Other Contact Hours

13. CAN THIS COURSE BE TAKEN FOR ADDITIONAL CREDIT: YES  NO  If YES, total number of times course can be taken \_\_\_\_\_

14. MAXIMUM ENROLLMENT ALLOWED FOR COURSE: N/A Justification of maximum enrollment:

15. CLASS SCHEDULE TYPE/ FACULTY WORKLOAD: Choose appropriate schedule type: **L - Lecture**

Faculty Workload: 3 Class schedule type justification:  
Tuesday/Thursday 9:30 - 10:45 am

16. COURSE LEVEL: Mixed Undergrad/Graduate

17. GRADE TYPE: Standard Grade

18. DEVELOPMENTAL COURSE: YES  NO

19. CROSS-LISTED COURSE:

YES  WITH \_\_\_\_\_ NO

20. SPECIAL COURSE FEE? (Must be Board approved)

YES  Amount \$ \_\_\_\_\_ NO

21. Required faculty qualifications to teach this course:

Registered Dietitian or faculty within the dietetics program area

22. GENERAL EDUCATION COURSE: YES  NO

If yes, please select one general education category:

If yes, please select up to three general education learning goals that reflect the priorities for student learning in the course. Please rank these in priority order, i.e. 1,2,3 by inserting the numbers/rankings into the boxes:

\_\_\_ General Education Learning Goal 1: Ethical Reasoning

\_\_\_ General Education Learning Goal 2: Global Learning

\_\_\_ General Education Learning Goal 3: Information Literacy

\_\_\_ General Education Learning Goal 4: Written Communication

\_\_\_ General Education Learning Goal 5: Oral Communication

\_\_\_ General Education Learning Goal 6: Critical Thinking

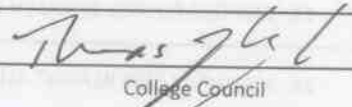
\_\_\_ General Education Learning Goal 7: Quantitative Literacy

If the proposed new or revised course is a General Education course, please provide a short rationale why this course should be considered as a general education course.

Attach the following:

- a) Class syllabus using the syllabus template. [Syllabus Template Link](#)
- b) Memo from Library Dean assessing available and needed library resources and services.
- c) If applicable, memos from Department Chair(s) in affected department(s) stating support or that issues/conflicts are resolved.

COURSE APPROVAL SIGNATURES



Department Chairperson

Dean of Kent Library

College Council

Jason D. Wagganer

Digitally signed by Jason D. Wagganer  
Date: 2019.09.25 09:27:25 -05'00'

Barbara C. Glackin

Digitally signed by Barbara C. Glackin  
Date: 2019.10.25 14:04:16 -05'00'

Educator Preparation Committee

General Education Council

Graduate Council

To obtain the next signature, save the pdf to your desktop and then email the form as an attachment to the next individual for signing. When submitting the form, the email must come from your Southeast email account.

Registrar's Office Use Only

SCACRSE \_\_\_\_\_ Degree Audit \_\_\_\_\_ Bulletin \_\_\_\_\_ Degree Map \_\_\_\_\_ SHATATR \_\_\_\_\_

## Class Syllabus Template

(1) Course Number: FN510

(2) Course Title: Nutrition and Health Education

(3) Catalog Description: Utilization of educational principles and theory for instructional planning, implementation, and evaluation for nutrition and health education.

(4) Prerequisites: FN 235 and / or FN 255 or permission of instructor

(5) Co-requisites: None

(6) Credit Hours: 3

(7) Semester: Spring 2020

(8) Class Meeting Time(s), location and format: Class meets face-to-face on Tuesdays and Thursdays from 9:30 – 10:45 am. Blended 25%

(9) Instructor: Joel Ramdial, MA, RD, LD

(10) Instructor Contact Information:

1. [jramdial@semo.edu](mailto:jramdial@semo.edu)
2. 573-986-4919
3. Scully 101A
4. Tuesday, Thursday 12:30 – 2:30 pm

(11) Concerns: Questions, comments or request regarding this course should be taken to the instructor. Unanswered questions or unresolved issues about this class can be directed to Dr. Jason Wagganer.

(12) Course Learning Outcomes:

1. Students will be able to develop measurable objectives.
2. Students will be able to plan nutrition and health education for a target audience.
3. Students will be able to demonstrate effective instructional skills across various community settings and electronic platforms.

(13) Course-specific Required Materials:

Contento, I. A. (2016). *Nutrition education: Linking research, theory, and practice* (3<sup>rd</sup> ed.). Burlington, MA: Jones & Bartlett Learning.

(14) Course Content:

Unit and outline	Format	Assessment	Credit hours
1. Instruction and Program Planning		Lesson plans, Web-based assignment	15
a. Needs assessment	F2F		
b. Considerations for other cultures	OL		
c. Curriculum development	F2F		
d. Lesson planning	F2F		
e. Learning theory	OL		
f. Learning styles and teaching styles	OL		

g. Determinants of health and nutrition behaviors	F2F		
h. Behavior change theory	OL		
i. Setting goals and objectives	F2F		
j. Planning evaluation	F2F		
2. Implementation of Instruction		Presentations and health fairs	6
a. Strategies and techniques for target populations	F2F		
b. Instruction techniques	F2F		
c. Methods of instruction	F2F		
d. Sequence of instruction	F2F		
3. Group Facilitation and Dynamics		Presentations and health fairs	3
a. Facilitator preparation skills	F2F		
b. Managing small groups and teams	F2F		
c. Group facilitation skills	F2F		
d. Facilitator and participant functions and roles	F2F		
4. Delivering Oral Presentations and Workshops	F2F	Presentations and health fairs	6
a. Preparation of an effective presentation	F2F		
b. Components of an effective presentation	F2F		
c. Implementation of an effective presentation	F2F		
5. Evaluation of Instruction		Evaluations of presentations and health fairs	3
a. Data collection techniques	F2F		
b. Types of evaluation and outcomes	F2F		
c. Evaluation of results	F2F		
d. Evaluation methods	F2F		
6. Instructional Media and Technology		Web-based assignment	6
a. Types of educational technology	OL		
b. Planning and developing visual media	OL		
c. Using technology for education	OL		
d. Writing for print and electronic publications	OL		
7. Social Media and Web-Based Instruction		Web-based assignment	6
a. Using social media in nutrition and health education	OL		
b. Types of social media formats	OL		
c. Advantages / disadvantages of social media formats	OL		

d. Using apps as education and intervention tools	OL		
e. Web-page design and educational tools	F2F		
		Total credit hours	45

(15) Grading Scale and Policies:

**Undergraduate Grading Scale:**

100-90%=	A
89-80% =	B
79-70% =	C
69-60% =	D
Below 60%=	F

**Undergraduate Point Distribution:**

School Health Fair (Lesson plan and presentation)	125 points
SEMO Health Luau and Prevention Convention (Lesson plan and presentation)	125 points
Senior Center Educational Presentation (Lesson plan and presentation)	125 points
Web-based Education Project	75 points
Final Exam (online)	50 points
In class work and activities	50 points
<b>Total</b>	<b>550 points</b>

**Graduate Grading Scale:**

100-90%=	A
89-80% =	B
79-70% =	C
Below 70%=	F

**Graduate Point Distribution:**

School Health Fair (Lesson plan and presentation)	125 points
SEMO Health Luau and Prevention Convention (Lesson plan and presentation)	125 points
Senior Center Educational Presentation (Lesson plan and presentation)	125 points
Web-based Education Project	75 points
Final Exam (online)	50 points
Graduate presentation*	50 points
In class work and activities	50 points
<b>Total</b>	<b>600 points</b>

**\*Note:** Graduate students are required to provide an in-class presentation over a nutrition or health related topic using a learning theory assigned by the instructor.

**\*Note:** Students must be present for and participate in the scheduled presentations and activities to earn points on those tasks.

**Due Dates:**

1. Specific presentation dates, assignment due dates, and class meeting dates/locations are provided on the moodle page and class calendar.

2. All assignments are due in the moodle dropbox by 11 pm on their specified due date. Do not wait until the very last minute to complete your assignment. Technology failures do happen. If you work or have a busy schedule, be sure and complete assignments ahead of time and let me know in advance if you anticipate a scheduling conflict.

**Late work policy:**

1. Missed presentations cannot be made up as they occur on pre-scheduled dates. If you anticipate a scheduling conflict, you must speak with the instructor one month in advance to coordinate an alternative.
2. In-class activities and presentations cannot be made up without a valid excuse.
3. Late work will be penalized by a 50% of points earned, unless late submission is approved by instructor prior to the due date.

**Grading policy:**

1. Written assignments will be graded and feedback will be provided within two weeks of the deadline for submission. Lesson plans will be graded within one week.

(16) Final Exam Schedule: The final exam is an online examination, opening on Tuesday May 12, 2020 at 8:00 am, and closing on Thursday, May 14, 2020 at 11 :00 pm.

(17) Expectations and Policies

1. Attendance and Participation: Arrive on time and actively participate for the entire class.
2. Assignments: Complete all assignments and readings in a timely, professional manner and according to requirements provided for each assignment.
  - a. Complete assignments alone unless noted as a group project.
3. Class materials: Bring your textbook and class related materials to every class. Be prepared to discuss all reading material and participate in classroom assignments and group activities.
4. Email guidelines: Ask questions in person or through email. If you communicate via E-mail, please communicate in a proper and professional format.
5. Missed classes: Obtain any missed notes and announcements from a classmate.
  - a. Points for in class activities and assignments cannot be made up unless prearranged.
6. Social Media: Students are encouraged to post images and experiences from the class, however students must receive consent from the instructor prior to posting class related content.
  - a. Interaction with social media can only occur at approved times.
  - b. Interaction with social media related to this class must adhere to the requirements of the civility statement of Southeast Missouri State University.
7. Failure to comply with class and university policies may result in loss of all lab, class activity, or assignment points for the day/assignment.

(18) **Academic Honesty** – Southeast Missouri State University expects all students, faculty and staff to operate in an honest and ethical manner. Academic dishonesty is a very serious offense because it undermines the value of your education and the education of others. Students who engage in academic dishonesty face significant penalties. Forms of academic dishonesty include, but are not limited to, plagiarism, cheating, contract cheating, misrepresentation, and other actions you take. Some of these are defined below:

- Plagiarism means passing off someone else's work as your own, whether it is intentional or unintentional.
- Cheating includes copying from another person or source of information to meet the requirements of a task.
- Contract cheating is paying someone else or a company to do your work.
- Misrepresentation means you are posing as someone else or someone else is posing as you to complete a task.
- Collusion means working with one or more people to cheat. If you help someone cheat or plagiarize you will face the same penalties.

For more information, visit the Responsible Redhawks Code of Conduct

<http://www.semo.edu/responsibleredhawks/code-of-conduct.html> or the Faculty Handbook Section (D) on Academic Honesty <http://www.semo.edu/facultysenate/handbook/5d.html>

(19) **Accessibility** – Southeast Missouri State University and Disability Services are committed to making every reasonable educational accommodation for students who identify as people with disabilities. Many services and accommodations which aid a student's educational experience are available for students with various disabilities. Students are responsible for contacting Disability Services to register and access accommodations. Accommodations are implemented on a case by case basis. For more information, visit <http://www.semo.edu/ds/> or contact Disability Services at 573-651-5927.

(20) **Civility** – Your university experience is purposely designed to introduce you to new ideas, help you think effectively, develop good communication skills, evaluate information successfully, distinguish among values and make sound judgements. Doing this well requires respectful and courteous discussion among and between students and the instructor. Together, we must create a space where we acknowledge and respect others have different experiences, perspectives and points of view. Disagreements are likely. Mutual respect for one another and a willingness to listen are important. Remember, you are responsible for your behavior and actions. There is a no tolerance policy on bullying or harassment of any kind. Additional information on student conduct may be found at:

<http://www.semo.edu/pdf/stuconduct-code-conduct.pdf?ver=1.0> and

[http://www.semo.edu/pdf/Conduct\\_Faculty\\_Resource\\_Guide.pdf](http://www.semo.edu/pdf/Conduct_Faculty_Resource_Guide.pdf)

(21) **Mandatory Reporting** – I will keep information you share with me confidential to the best of my ability, but as a professor I am legally required to share information about sexual misconduct and crimes I learn about to make our campus and community safe for everyone.

(22) **Student Success** – This course uses SupportNET, Southeast's student success network, to improve communication between students, faculty and staff on campus. You'll get emails through SupportNET with information about resources or concerns. Please read these emails—they are sent to help you succeed! You can access SupportNET through your portal, Moodle or directly at [supportnet.semo.edu](http://supportnet.semo.edu) to see any academic alerts, ask for help and to access resources to support your success at Southeast.