

Undergraduate Council  
 New Course  Course Change  
Core Category: NONE Effective Fall 2008

or

Graduate/Professional Studies Council  
 New Course  Course Change  
Effective Fall \_\_\_\_

1. Department: HHP College: EDUC  
2. Person Submitting Form: Sharon Bode Telephone: 34112

RECEIVED OCT 15 2007

3. Course Information on New/Revised course:  
• Instructional Area / Course Number / Long Course Title:  
NUTR / 4348 / Introduction to nutritional counseling  
• Instructional Area / Course Number / Short Course Title (30 characters max.)  
NUTR / 4348 / Intro to Nutr Counseling [ All caps ]  
• SCH: 3.00 Level: SR CIP Code: 19:0504:00 07 Lect Hrs: 3 Lab Hrs: 0

APPROVED FEB 20 2008

4. Justification for adding/changing course: Successfully taught as a selected topics course  
5. Was the proposed/revised course previously offered as a special topics course?  Yes  No  
If Yes, please complete:

• Instructional Area / Course Number / Long Course Title:  
NUTR / 4396 / Counseling for health behavior change  
• Content ID: 295338 Start Date (yyyy3): 20043

6. Authorized Degree Program(s): BS Human Nutrition and Foods  
• Does this course affect major/minor requirements in the College/Department?  Yes  No  
• Does this course affect major/minor requirements in other Colleges/Departments?  Yes  No  
• Are special fees attached to this course?  Yes  No  
• Can the course be repeated for credit?  Yes  No

7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_

• Start Date (yyyy3): \_\_\_\_\_ Content I.D.: \_\_\_\_\_

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)  
Cr: 3. (3-0). Prerequisites: NUTR 2332 • Description (30 words max.): Counseling theories, behavior change models, and counseling approaches used in nutrition counseling. Current knowledge and new developments in nutrition counseling.

10. Dean's Signature: \_\_\_\_\_ Date: 10/12/7

Print/Type Name: Robert Wimpleberg

# COLLABORATION FOR LEARNING & LEADING

Spring 2007

NUTR 4396

Counseling For Health Behavior Changes

Instructor: Caryn Honig RD LD

Class Meetings: Tuesdays and Thursdays 11:30 a.m. – 1:00 p.m., Melcher 227

Phone: 713-622-6422

Email: carynhonig@aol.com

Office Hours: By appointment only

Mailbox – Department of Health and Human Performance, Garrison Gymnasium,  
Room 104

Required Text: Baur, Kathleen and Sokolik, *Basic Nutrition Counseling Skill Development*. Wadsworth Group. www.wadsworth.com. ISBN 0-534-58977-4

**ADA statement**

*When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.*

**Conceptual Framework of the College of Education - Collaboration for Learning and Leading**

In the spirit of the College of Education's conceptual framework this course exposes the students to the collaborative efforts of teachers, medical doctors, research scientists, industry leaders and government officials to gain a comprehensive understanding of the process of movement control and learning as they relate to the development of healthy lifestyles. This collaborative approach is reflected in the many techniques used to deliver course content and the varied assessments all designed to prepare the students to assume leading roles in society in the professional area of nutrition and physical fitness.

**Additional Course Policies and Procedures:**

*The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary.*

**Statement on Course Materials:** *Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.*

**Class Policies:**

- **Academic dishonesty of any kind** will result in automatic failure of the course.
- Late assignments will not be accepted.
- Deadlines are the same for all students regardless of attendance in class at the time the assignment was given.
- By maintaining enrollment in this course, you agree to abide by all points in this syllabus and the University's policies and procedures.
- No cell phones "on" in class. If you *have* to bring your phone, please turn it OFF (not on vibrate or soft).
- Guest speakers will be added to the syllabus throughout the semester.
- You are responsible for the information covered by the guest lecturers.

*After completing this course the student should have **knowledge of:***

Interpersonal communication skills; counseling theory and methods; interviewing techniques; role of food in promotion of a healthy lifestyle; influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior; promotion of pleasure eating; concepts of human and group dynamics

*After completing this course the student should have **demonstrated ability to:***

Use oral and written communications in presenting an educational session for a group; counsel individuals on nutrition; use current information technologies, work effectively as a team member.

**Course Evaluation:**

1. **Attendance.** Students are encouraged to attend each class prepared by reading the materials prior to class. It is expected that students will arrive on time and stay for the entirety of the class. Students are allowed 2 unexcused absences. Every absence after 2 will result in half a grade deduction. Ex: If you had 4 absences and 380 points, you would receive a B+ in the class.
2. **Participation (25 points).** Students are encouraged to participate in class discussions. Students should read the materials and come to class prepared to discuss topics and ask pertinent questions.
3. **Exams (75 points each).** Students will take two exams which will cover assigned readings and class lectures/discussions. Each test will contain multiple choice, fill in the blank, and short essay. Students are expected to take the tests at the assigned dates and times. Make-up exams will only be given for non-academic reasons, and documentation of such an occurrence will be required.
4. **Special Topic Papers (25 points each).** Students are to pick 5 of the special topics listed below (or other topics discussed in class). Type a 2 page double-spaced short report on each topic chosen. Define the topic. Explain the topic by using information from the textbook as well as outside information. For each special topic paper, at least two references need to be cited. Give examples of how these topics are used in counseling. Be creative. Be original. Use your imagination. Please use proper grammar and make sure to proofread and spell-check your work before turning it in. Each paper is worth 25 points for a total of 125 points.  
**NO LATE PAPERS WILL BE ACCEPTED.**

**Special Topics (Pick 5):**

**DATES TO REMEMBER**

Nonverbal Communication  
 Verbal communication  
 Empathy and attending  
 Reflection  
 Legitimation  
 Respect  
 Personal support  
 Mirroring, paraphrasing, and giving feedback  
 Questioning and clarifying  
 Confrontation, directing, and advice  
 Allowing silence  
 Self disclosure  
 Role play  
 Mental imagery  
 Intercultural counseling  
 Eating Disorders

### 5. Case Studies (100 points)

Cases can include patients who have the following diagnoses: anorexia nervosa, bulimia, depression, obesity, compulsive overeating, diabetes, hypertension, drugs/alcohol addiction, and more.

Students will each work with one partner. Students will each create a case study. With your partner, you will alternate role-playing (one as the counselor, the other as the patient). You will each present one session to the class. You will have some time in class to practice; however, most practice needs to be done outside of class.

When you present do not use notes. This is just for practice – it is a learning experience. Try to relax and have fun with the experience.

On 03/01, you will introduce your patient to the class. Please make up numbers for your patient. Include height, age, weight, history, and any other pertinent medical history. Please turn in a clean, typed paragraph introducing your patient.

On 3/20, 3/22, and 3/27, students will present their 1<sup>st</sup> consultation session. We will get through as many sessions as possible during these three days. If you are called on to do your session and not present in class, one full grade will be deducted from your final grade.

On 4/12/07, students will turn in 2<sup>nd</sup> consultation, which is written. Choose between a follow up session and a termination session.

### Student Evaluations

Special Topic Papers – 125 (5 x 25 pts.) Exams – 150 (2 X 75 pts.) Participation – 25 pts.  
 Case Studies: Introduction – 10 pts., 1<sup>st</sup> Consultation – 45 pts., 2<sup>nd</sup> Consultation – 45 pts.

| A            | B            | C            | D            | F       |
|--------------|--------------|--------------|--------------|---------|
| 360 - 373=A- | 320 -332=B-  | 280 - 292=C- | 240 - 252=D- | 0 - 240 |
| 374 - 387=A  | 333 - 345=B  | 293 - 305=C  | 253 - 265=D  |         |
| 388 - 400=A  | 346 - 359=B+ | 306 - 319=C+ | 266 - 279=D+ |         |

### Calendar for Spring 2007 (Subject to change)

|         |         |  |
|---------|---------|--|
| Week #1 | 1/16/07 | Introduction to Course/Syllabus distribution |
|         | 1/18/07 | The Counselor as a Person and a Professional |

|          |                    |   |
|----------|--------------------|---|
| Week #2  | 1/23/07<br>1/25/07 | Chapter 1: Preparing to meet your client<br>Chapter 2: Building a relationship<br><i>Special Topic Paper # 1 Due</i>  |
| Week #3  | 1/30/07<br>2/01/07 | Movie: Antwone Fisher<br>Movie: Antwone Fisher, Review of movie   |
| Week #4  | 2/06/07<br>2/08/07 | Guest Speaker, Jennifer Lindsay MS RD LD,<br>The Healthy Weigh<br>Chapter 3: Meeting your client  |
| Week #5  | 2/13/07<br>2/15/07 | Chapter 4: Developing a Care Plan<br>Chapter 5: Promoting Change<br><i>Special Topic Paper # 2 Due</i>  |
| Week #6  | 2/20/07<br>2/22/07 | Guest Speaker, Paul Guttuso MD, Family Practice/Sports<br>Medicine/Eating Disorders, Memorial Hermann Hospital<br>Film: Dr. Corey: Observing Counseling           |
| Week #7  | 2/27/07<br>3/01/07 | Catherine Kruppa, MS RD LD,<br>The Houstonian, <b>Sports Nutrition</b><br>The Human Condition<br><i>Introduction to Case Studies Due</i>                          |
| Week #8  | 3/06/07<br>3/08/06 | Guest Speaker: Michelle Crow RD LD,<br>The Healthy Weigh<br>Exam #1   |
| Week #9  | 3/13/07<br>3/15/07 | Spring Break<br>Spring Break  |
| Week #10 | 3/20/07<br>3/22/07 | Mock Counseling<br>Mock Counseling<br><i>Special Topic Paper # 3 Due</i>  |
| Week #11 | 3/27/07<br>3/29/07 | Mock Counseling<br>Eating Disorders   |
| Week #12 | 4/03/07<br>4/05/07 | Documentary: Thin<br>Documentary: Thin<br><i>Special Topic Paper # 4 Due</i>  |
| Week #13 | 4/10/07<br>4/12/07 | Guest Panel of Speakers: Eating Disorders<br>Chapter 6: Making Behavior Change Last<br><i>Case studies: turn in 2<sup>nd</sup> consultation session (written)</i> |
| Week #14 | 4/17/07<br>4/19/07 | Chapter 8: Professionalism, Law, and Final Issues<br>Non-traditional therapy  |
| Week #15 | 4/24/07<br>4/26/07 | Non-traditional therapy<br><i>Special Topic Paper #5 Due</i><br>Exam #2   |

\*Please note the following important dates:

Last day to drop a course or withdraw without receiving a grade.

February 13, 2007  
Monday

Last day to drop a course or withdraw.  
Q grade eligibility period ends.

April 3, 2007  
Wednesday

Make up days for class days officially cancelled by the university (if necessary) or Reading Period.

May 1, 2007  
Tuesday

**UC 9699 07F**

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