



Department of Kinesiology and Health Sciences
College of Health Sciences
NUT 3030 Community Nutrition &
NUT 3031 Community Nutrition Practicum

3 Units (3030); 1 Unit (3031)

Fall 2025

Tuesdays & Thursdays 9:30-11:45 am (3030)
11:00-11:55 am (3031)

Thursdays

Taylor Hall room 314

Final Exam: Tuesday, December 16th 10:30 am – 1:00 pm

[Download Syllabus Here](#)

Instructor title and name:	Dr. Heidi Lynch, PhD, RDN
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Email:	hlynch@pointloma.edu
Office location and hours:	Tuesdays 10:45-11:45 am; Fridays 10:30-11:30 am Location: main Kinesiology office area (space between K1 & K2 in building between gym & tennis courts)

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and

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service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Course Description

Welcome to Community Nutrition! This course focuses on the efforts to improve the nutritional status, health and well-being of populations through the delivery of nutrition services at the local, state and national levels. Discussion and assignments will address the assessment and monitoring of the nutrition status of groups and the development and implementation of effective nutrition programs and policies.

NUT 3031 includes observation and application of theory in the community via guest speakers and field trips. Concurrent registration for NUT 3030 and NUT 3031 required. Four semester unit credits total. Prerequisite: NUT 2025

Catalog description: A study of the delivery of nutrition services in the community setting, with an emphasis on disease prevention and health promotion in vulnerable populations. Topics discussed include nutrition epidemiology, food policy, cultural competence in nutrition education, food insecurity, and socioeconomic factors affecting food consumption, nutrition status and health.

Program and Course Learning Outcomes

<i>PROGRAM</i>	<i>COURSE</i>	<i>ASSESSMENT</i>
<p>1. Demonstrate content knowledge of food and nutrition as well as concepts and theories of nutrition across a broad range including: lifecycle stages, cellular nutrition, disease prevention and medical therapy; food and food systems; development modification, and evaluation of recipes, menus and food products. (Dietetics, Nutrition and Health)</p> <p>Demonstrate content knowledge of food as well as concepts and</p>	<p>1.1.1 Examine the process by which effective community nutrition programs are formulated and evaluated, including the steps in needs assessment, program design, program delivery and evaluation</p> <p>1.3.1 Relate how motivation interviewing, social marketing and other approaches to consumer behavior change can impact nutrition education/health promotion</p>	Exam

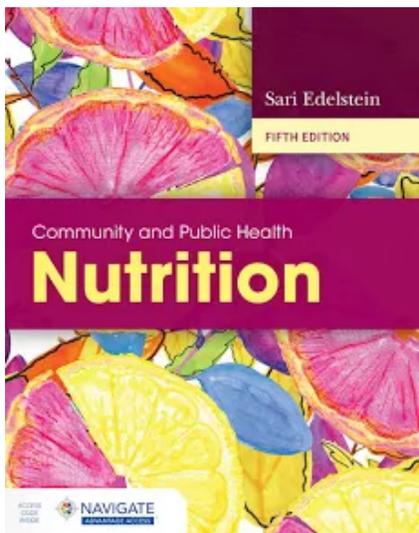
theories of food and food systems; and the development, modification, and evaluation of recipes, menus and food products. (Food System Management)	strategies	
<p>3. Identify and assess scientific literature to evaluate current evidence-based research related to dietetic topics. (Dietetics Major)</p> <p>Identify and assess scientific literature to evaluate current evidence-based research related to food and nutrition services. (Food Service Management Major)</p> <p>Identify and assess scientific literature to evaluate current evidence-based research related to nutrition/health topics. (Nutrition and Health Major)</p>	<p>3.1.1 Review the development of and rationale for underlying national nutrition goals for the public and identify current goals.</p> <p>3.1.2 Discuss the linkages between epidemiologic data and national nutrition goals, nutrition public policy, regional programming and local interventions.</p> <p>3.1.3 Create and deliver effective nutrition lessons geared to lay audiences</p> <p>3.2.1. Prepare effective visual/print communication conveying a food/nutrition message geared to lay audiences</p>	<p>WIC Shopping Assignment</p> <p>Policy Advocacy Letter</p> <p>Community Needs Assessment project</p>

Required Texts and Recommended Study Resources

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Community & Public Health Nutrition (5th edition, author Shari Edelstein)
 ISBN-13 978-1284234237



Assessment and Grading

Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Incompletes and Late Assignments

All assignments are to be turned in by the due date listed. Incomplete assignments will be graded in their submitted form. **Late assignments will automatically receive a 50% deduction.** (Ex: if an assignment is worth 20 points and it is turned in late, the most a perfect score could earn would be 10 points.) Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates.*

Spiritual Care

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow distance education outside California.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting

information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>" If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students

cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

Lomabooks Instructions for Students

*This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.*

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)

Assignments At-A-Glance

Week	Class date	Class content	Assignment due date (Canvas quizzes are due by 11:59 pm the night BEFORE class begins; other assignments due Sunday night that week)	3031 Practicum content (meets only on Thursdays)* Field trip days entail meeting at the site listed at 10:00, unless otherwise noted.
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Week 1	Tues 9/2	Introduction		
	Thurs 9/4	Applying Nutrition Science to the Community & Public's Health	Ch 1 quiz** Read posted article & submit reflection Sign up for group project	MAKE farm Parking
	Sun 9/7			
Week 2	Tues 9/9	Nutritional Epidemiology	Ch 2 quiz	
	Thurs 9/11			PLNU Midcity Health Promotion Center 4101 University Ave, San Diego
	Sun 9/14			
Week 3	Tues 9/16	Creating & Influencing Public & Nutrition Policy	Ch 3 quiz	
	Thurs 9/18			Zoom with Dr. Jessie Gruener (public policy)
	Sun 9/21		Introduction/background due	
Week 4	Tues 9/23	The Role of the Federal Agencies in Community &	Ch 4 quiz	

		Public Health Nutrition		
	Thurs 9/25	LomaShares (practicum during class on Tuesday)		Class (makeup from Tuesday)
	Sun 9/28			
Week 5	Tues 9/30	Community Needs Assessment	Chapter 5 quiz	
	Thurs 10/2	Campus needs assessment with team		Zoom with Ms. Brenda Reynosa Director, San Diego WIC Dietetic Internship
	Sun 10/5		Needs assessment & target population due	
Week 6	Tues 10/7	Planning & Evaluating Nutrition Services for the Community	Chapter 6 quiz	
	Thurs 10/9			San Diego Food Bank *WEAR CLOSE-TOED SHOES* 9850 Distribution Ave, 92121
	Sun 10/12		Advocacy letter due on Canvas	

Week 7	Tues 10/14	Serving Those at Highest Nutrition Risk	Chapter 7 quiz	
	Thurs 10/16	<i>Kahoot review: ch 1-7</i>		<i>Kahoot extended review</i>
	Sun 10/19		Mission statement, goals, objectives due	
Week 8	Tues 10/21	<i>EXAM 1 (ch 1-7)</i>		
	Thurs 10/23	No Class! Fall Break!		
	Sun 10/26			
Week 9	Tues 10/28	Intervening to Change the Public's Eating Behavior	Chapter 8 quiz	
	Thurs 10/30			UC Health Milk Bank 3636 Gateway Center Ave, 92102
	Sun 11/2		Marketing plan due	
Week 10	Tues 11/4	Maternal & Child Nutrition, Health Equity	Chapter 9 quiz	
	Thurs 11/6			WIC College Area Office 5821 University Ave.

				92115
	Sun 11/9		WIC shopping experience due	
Week 11	Tues 11/11	Community Nutrition Programs in Preventing Disease & Promoting Health	Chapter 10 quiz	
	Thurs 11/13			Headstart (Neighborhood House) 7818 Wilkerson Ct., 92111 <i>*meet at 10:30*</i>
	Sun 11/16		Methods due	
Week 12	Tues 11/18	Promoting Older Adult Nutrition	Chapter 11 quiz	
	Thurs 11/20			Logan Heights Family Health Centers of San Diego 1810 Newton Ave, 92113 <i>*meet at 10:30*</i>
	Sun 11/23			
Week 13	Tues 11/25	Providing Nutrition Services in	Chapter 12 quiz	

		Community & Public Health Primary Care		
	Thurs 11/27	No Class! Happy Thanksgiving!		
	Sun 11/30			
Week 14	Tues 12/2	Food Security & Adequate Food Access for the Public	Chapter 13 quiz	
	Thurs 12/4			Olivewood Gardens 2525 N Ave, 91950 <i>*meet at 10:30*</i>
	Sun 12/7		Educational materials & conclusion due	
Week 15	Tues 12/9	Striving for Excellence & Envisioning the Future	Chapter 20 quiz	
	Thurs 12/11	<i>Jeopardy Review (ch 8-14)</i>		<i>Jeopardy review</i>
	Sun 12/14		Peer evaluation due	
Finals Week	Tuesday, December 16 th 10:30 am – 1:00 pm			

*Note: To prepare for field trips and guest speakers, a reflection based upon the posted reading is due the Wednesday night by 11:59 pm before class on Thursday. Follow-up (after field trip)

reflections are due on Canvas by 11:59 pm on the Sunday night following class. These reflections are for NUT3031.

**Chapter quizzes are open-book with no time limit, but they are intended to be taken individually. The purpose of these open-book quizzes is to guide students toward key points from the chapter. These quizzes are for NUT 3030.