



College of Health Sciences

**NUT 3030 Community Nutrition &  
NUT 3031 Community Nutrition Practicum**

3 Units (3030); 1 Unit (3031)

*Fall 2023*

**Tuesdays & Thursdays 9:45-11:00 am (3030)**

**Thursdays 11:15-12:10 pm (3031)**

**Taylor Hall room 314**

**Final Exam: Thursday, December 15<sup>th</sup> 10:30 am – 1:00 pm**

<b>Instructor title and name:</b>	Dr. Heidi Lynch, PhD, RDN
<b>Phone:</b>	619-849-3306
<b>Email:</b>	<a href="mailto:hlynch@pointloma.edu">hlynch@pointloma.edu</a>
<b>Office location and hours:</b>	Kinesiology department office area Mondays 9:30 am – 1:00 pm Wednesdays 9:30 am – 12:00 pm

**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 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 focus 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.

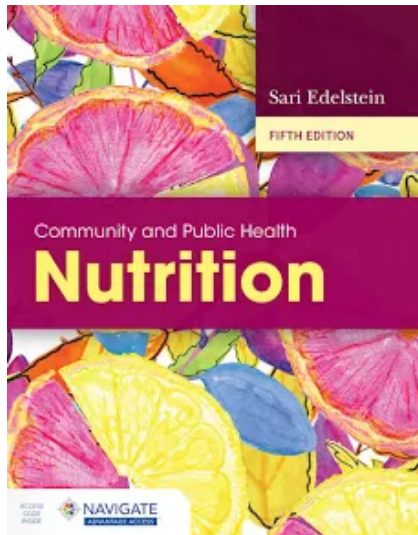
### Program and Course Learning Outcomes

<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>	<p>Final Exam</p>

<p>theories of food and food systems; and the development, modification, and evaluation of recipes, menus and food products. (Food System Management)</p>	<p>strategies</p>	
<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>Assignment: Health Food Store Visit and Observations</p> <p>Assignment: Nutrition Lesson</p> <p>Policy Advocacy Letter</p> <p>Final Exam</p>

### Required Texts and Recommended Study Resources

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



### **Assessment and Grading**

Grades will be based on the following:

#### NUT 3030:

Book chapter quizzes 15 @ 10 points each = 150 points

Exams 2 @ 100 points = 200 points

Advocacy letter 1 @ 50 points

Community Nutrition Program assignment 1 @ 100 points (broken into smaller assignments)

In-class participation through team-based activities 5@10 points = 50 points

Assessment by team members for team-based learning 1 @ 10 points

Total: 570 points

#### NUT 3031:

Pre-field trip/guest speaker reading/viewing reflections 8 @ 5 points each = 40 points

Reflections on field trips/guest speakers 8 @ 10 points each = 80 points

Participation on Jeopardy and Kahoot reviews 2 @ 5 points = 10 points

Total: 130 points

### **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 [Class 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 students 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 online (distance education) outside of 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. Faculty should follow and students may appeal using the procedure 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. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

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 and/or if they do not wish to utilize some or all of the elements of their AP in that course.

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.

### **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.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

### 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](http://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](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).

### 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 drop date or, after that date, receive an “F” grade.

### 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)	3031 Practicum content (meets only on Thursdays)*
Week 1	Tues 8/29	Introduction		
	Thurs 8/31	Applying Nutrition Science to the Community & Public's	Ch 1 quiz** Read posted article & submit reflection Sign up for group project	Discuss expectations: guest speakers, field trips



		Health		
Week 2	Tues 9/5	Nutritional Epidemiology	Ch 2 quiz	
	Thurs 9/7	Meet at site at 10:30  WEAR CLOSED-TOE SHOES!	Read posted PDF (San Diego Food Bank Economic Impact & Recipient Data Report). Familiarize yourself with <a href="https://sandiegofoodbank.org/">https://sandiegofoodbank.org/</a> and submit reflection.	Food Bank Tour with Mike Minjares & Maria Tavera  9850 Distribution Ave San Diego, CA 92121
Week 3	Tues 9/12	Creating & Influencing Public & Nutrition Policy	Ch 3 quiz	
	Thurs 9/14		Read posted Community Health Needs Assessment and submit reflection	Zoom with Kathleen Katchur
Week 4	Tues 9/19	The Role of the Federal Agencies in Community & Public Health Nutrition	Ch 4 quiz	
	Thurs 9/21			Zoom with Dr. Jessie Gruener
Week 5	Tues 9/26	Community Needs Assessment	Chapter 5 quiz	
	Thurs 9/28	Campus needs assessment	Find out who your senators and representatives are and what committees they are on (submit	Zoom with Cathy Conway (Academy's Legislative & Public

		with team	as reflection)	Policy Committee member)
Week 6	Tues 10/3	Planning & Evaluating Nutrition Services for the Community	Chapter 6 quiz	
	Thurs 10/5		<i>Advocacy letter due on Canvas</i> Read overview, background, provisions, guidelines and submit reflection  <a href="https://www.cde.ca.gov/ls/nu/sn/cauniversalmeals.asp">https://www.cde.ca.gov/ls/nu/sn/cauniversalmeals.asp</a>	Guest speaker: Melanie Moyer (San Diego Unified Schools Menu Systems Development)
Week 7	Tues 10/10	Serving Those at Highest Nutrition Risk	Chapter 7 quiz	
	Thurs 10/12	<i>Kahoot review: ch 1-7</i>		<i>Kahoot extended review</i>
Week 8	Tues 10/17	<i>EXAM 1 (ch 1-7)</i>		
	Thurs 10/19	<b>No Class! Fall Break!</b>		
Week 9	Tues 10/24	Intervening to Change the Public's Eating	Chapter 8 quiz	

		Behavior		
	Thurs 10/2 6	Meet at site at 10:30	Introduction/background due  Familiarize yourself with <a href="https://www.pointloma.edu/centers-institutes/health-promotion-center">https://www.pointloma.edu/centers-institutes/health-promotion-center</a> and submit reflection	Midcity Health Promotion Center (HPC) tour with Kristen Kellogg  4101 University Ave, San Diego, CA 92105
Week 10	Tues 10/3 1	Maternal & Child Nutrition, Health Equity	Chapter 9 quiz	
	Thurs 11/2		Needs assessment & target population due	TBD
Week 11	Tues 11/7	Community Nutrition Programs in Preventing Disease & Promoting Health	Chapter 10 quiz	
	Thurs 11/9		Mission statement, goals, objectives due  WIC shopping experience due	Guest speaker: John Haubenstricker (WIC)
Week 12	Tues 11/1 4	Promoting Older Adult Nutrition	Chapter 11 quiz	
	Thurs 11/1 6	Meet at site at 10:30 am	Methods due  Familiarize yourself with <a href="https://www.olivewoodgardens.org/">https://www.olivewoodgardens.org/</a>	Olivewood Gardens tour with Kelsey Pennington  2525 N. Ave National City, CA 91950

			And submit reflection	
Week 13	Tues 11/21	Providing Nutrition Services in Community & Public Health Primary Care	Chapter 12 quiz	
	Thurs 11/23	<b>No Class! Happy Thanksgiving!</b>		
Week 14	Tues 11/28	Food Security & Adequate Food Access for the Public	Chapter 13 quiz	
	Thurs 11/30	Meet at the site at 10:30 am	Marketing plan due	Headstart Tour with Kristine Smith  7818 Wilkerson Ct. San Diego, CA 92111
Week 15	Tues 12/5	Safeguarding & Securing the Food Supply	Chapter 14 quiz	
	Thurs 12/7	<i>Jeopardy Review (ch 8-14)</i>	Educational materials & conclusion due  Peer evaluation due	<i>Jeopardy review</i>
<b>Finals Week</b>	<b>Thursday, December 15<sup>th</sup> 7:30-10:00 am</b>			

\*Note: Field trip & guest speaker reflections are due on Canvas by 11:59 pm on the Sunday night following class. These reflections, and reflections on posted websites and other posted readings 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.