DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS: Spring 2026
NUTR 340 01E: Nutrition Education & Counseling

Instructor: Rebecca Bridgefarmer, M.S., RDN, LD
Office Location: NHS
Office Hours:
- *TBD*

Office Phone: 903.886.5549
Office Fax: N/A
University Email Address: Rebecca.Bridgefarmer@etamu.edu
Preferred Form of Communication: e-mail
Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Holli, Betsy B. & Beto, Judith A. (2018) Nutrition Counseling and Education Skills: A Practical Guide. 8th Edition. Access is within the D2L module.

All class-related documents, grades, and announcements for this class will be posted on our class D2L. Students will be responsible for regularly checking D2L for announcements and schedule changes.

Course Description

Application of current theories and techniques of counseling and education to the field of nutrition and dietetics. Practical application of communication techniques, client-centered counseling methods, motivational interviewing, group counseling learning theories and behavior change techniques, and factors affecting eating patterns will be covered. Instructional material and media design will also be incorporated.

Student Learning Outcomes

Upon completion of this course the student will be able to:
1. Define nutrition counseling and interview process.
2. Discuss the dietetic practitioner's role in conducting interviews and counseling clients.
3. List the scope of practice for Dietetics as well as behavior/cognitive change theories, strategies and methods associated with nutritional education and counseling.

The *syllabus/schedule are subject to change.*

4. Become proficient in the basic skills and techniques for conducting interviews and counseling related to field of nutrition and dietetics.
5. Improve capacity to form appropriate educational objectives, lesson planning, presentation and evaluation of nutrition curriculum.
6. Describe the regulation system related to billing and coding.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

Instructional Methods

This is a face-to-face course. Information will be delivered through a combination of resources such as the e-book, PowerPoints, supplementary multimedia content, or reading materials. Quizzes, discussion boards, projects, and exams can serve as assessment methods for this course.

Student Responsibilities or Tips for Success in the Course

• Communicate effectively: Reach out via email with any questions or concerns as soon as they arise. Waiting until the last moment may result in the issue not being resolved appropriately.

• Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.

• Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

LATE WORK POLICY

Late work will not be accepted unless accompanied by a documented medical reason. Please note that vacations are not excepted as a reason. The policy is implemented to maintain fairness, consistency, and academic integrity within the course. All projects, quizzes, and other course-related tasks are expected to be submitted by the due date outlined in the course calendar. Any submissions received after the specified due date will not be considered.

Students seeking to submit late work due to a medical reason must provide appropriate documentation, such as a medical certificate or note from a healthcare professional clearly outlining the nature and duration of the medical condition that prevented timely completion of the assignment. The document must be submitted within 1 week of the original due date, unless extenuating circumstances warrant an extension, as determined by the instructor on a case-by-case basis.

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GRADING

Final grades in this course will be based on the following scale:

Letter Grade / Point Value
A   900-1000
B   800-899
C   700-799
D   600-699
F   0-599

Assessments

Exams (Midterm and Final)
You will take 2 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. The purpose of the exams is to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of nutritional topics, and issues related to them. Please refer to the course calendar, located at the end of this document, for exam dates.

Quizzes
Each week you will be given a quiz that covers information in the chapter(s) and resources assigned for that week. The quizzes will consist of 20 questions. Please review all module materials and resources in preparation.

Goal Formation Assignment
Practice examples of SMART goals. Will develop your own goals following the SMART goals guidelines.

Lesson Plan Assignment
Students will create a nutrition education lesson plan for a selected topic and population.

KRDN 1.2   Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.

Counseling Outline
Students will create their own nutrition counseling case study. Create an outline of a client scenario. Pre, during and post session outline. SOAP/ADIME notes.

KRDN 1.3   Apply critical thinking skills.

KRDN 2.6   Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

KRDN 3.1   Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

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Counseling Practicum
Students will complete a counseling simulation using partners to practice case study scenarios. Students will be evaluated on ability to follow recommended outline for nutrition counseling sessions, inter-personal skills, appropriate documentation following a session.

KRDN 3.3   Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

Nutrition Education Presentation Project
Students will work together in groups to develop a nutrition program on a selected topic that they will present at the end of the semester. Groups will create a program outline, program goals/outcomes, activities or any nutrition education materials needed for their presentation.

KRDN 2.1   Demonstrate effective and professional oral and written communication and documentation.

KRDN 3.2   Develop an educational session or program/educational strategy for a target population.

KRDN 5.4   Practice resolving differences or dealing with conflict.

KRDN 5.5   Promote team involvement and recognize the skills of each member.

AI USE POLICY

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

BRIDGEFARMER AI USE POLICY

If the instructor has reason to believe that an assignment was completed using AI in violation of the above ETAMU policy, the student will be required to attend a meeting, either in person or via Zoom, to verbally defend their work without the aid of the submitted assignment. The meeting will allow the students to demonstrate their understanding of the material and their ability to discuss the assignment topic independently. Failure to adequately explain or justify the work may result in a grade penalty or further academic action, in accordance with the university's academic integrity policy.

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements:

LMS Requirements: https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support: https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

https://community.brightspace.com/support/s/contactsupport

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Syllabus Change Policy

The *syllabus/schedule are subject to change.*

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: https://www.britannica.com/topic/netiquette

ETAMU Attendance For more information about the attendance policy please visit the Attendance webpage and Procedures 13.99.99.R0.01
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03 Undergraduate Student Academic Dishonesty Form

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf

Graduate Student Academic Dishonesty Form

13.99.99.R0.03UndergraduateAcademicDishonesty.pdf (tamuc.edu)

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

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East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148 Email: studentdisabilityservices@tamuc.edu Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ET A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

COURSE OUTLINE / CALENDAR

*Subject to Change

Week	Topic	Assignments Due (All assignments due Sunday's at 11:59pm unless noted otherwise)
1 1/12-1/18	Course Orientation Scope of Nutrition Practice	
2 1/19-1/25	Communication	
3 1/26-2/1	Interviewing	
4 2/2-2/8	Integrating Cultural Awareness, Humility, and Respect in Communication	
5 2/9-2/15	Stages of Behavior Change	

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6 2/16-2/22	Person-Centered Counseling	
7 2/23-3/1	Counseling Behavior Modification	
8 3/2-3/8	Counseling Cognitive Change	
3/9-3/13	**Spring Break**	**No Assignments**
9 3/16-3/22	Counseling Through the Life Span	
10 3/23-3/29	**Counseling Practicum** Principles and Theories of Learning	
11 3/30-4/5	Planning Learning	
12 4/6-4/12	Implementing and Evaluating Learning	
13 4/13-4/19	Delivering Oral Presentations	
14 4/20-4/26	Using Instructional Media	
15 4/27-5/3	Facilitating Group Learning	
16 **5/4-5/8**	**Final Exam Week**	**FINAL EXAM**

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