



Nutrition Assistant Field Experience – SYLLABUS

HOEC 106, Spring 2009

Instructor Information

Name: Lisa Yamashiro, MEd, RD, Field Experience Coordinator, plus Registered Dietitian preceptors at supervised practice sites in the Bay Area

Email: lyamashi@ccsf.edu

Office hours: TBA; Coordinator will be arranging at least one site visit to each field experience site to meet with preceptors and NA students.

Phone: (415) 561-1971

Course Information

Course title: Nutrition Assistant Field Experience

Course number: HOEC 106 (CRN# 37996)

Course description: This course provides hands-on experience at various public health and nutrition care settings such as Women, Infants and Children (WIC) Supplemental Nutrition Programs, Head Start Programs, Senior Nutrition and Home-Delivered Meals Programs, University of California Cooperative Extension, and hospitals. Students learn and practice entry-level job-specific skills and competencies in the delivery of nutrition care and services under the supervision of registered dietitians.



Course date: Wednesday, April 15, 2009 through Friday, June 26, 2009

Location: various supervised practice sites in the Bay Area

Meeting days: various--any 2 day/week combination depending on site

Meeting times: varies--160 hours minimum

Insight requirement: Students are expected to participate in asynchronous discussions, post learning summaries weekly, and read/respond to classmates' postings, spending the equivalent of 1 hour minimum per week online.

<http://insight.ccsf.edu/>

Prerequisites: Completion of courses HOEC 98, 99, 100, 104, and 105, each with a grade of C or higher.

Textbooks

Required reading: *Field Experience Manual*, Nutrition Assistant Program, 2006

Course Goals

Course goals: Purpose of Field Experience:

To enable the student to apply theoretical knowledge and acquire practical skills in delivering public health nutrition services.



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Core Competencies

Upon completion of this course the student will be able to:



- A. Describe the nutrition program, its goals/purposes, and delivery of services.
- B. Integrate knowledge of basic nutrition principles in the provision of nutrition services.
- C. Demonstrate appropriate communication skills.
- D. Determine program eligibility based on established criteria.
- E. Administer nutrition screening and follow up to nutrition participants.
- F. Assist in nutrition assessment and documentation.
- G. Plan, create, and provide nutrition education to participants.
- H. Monitor correct procedures in the provision of food for the program.
- I. Coordinate delivery of community services, referral, and outreach.
- J. Use appropriate computer skills to carry out job responsibilities.
- K. Self-reflect, document, and evaluate progress towards and achievement of the ten core competencies.

Nutrition Clinics:

In addition to the main field experience placement, all NA students, in pairs, will rotate two days through CCSF Student Health Center (Wednesdays & Fridays) or PE Wellness Center (Mondays) for a nutrition counseling experience under the supervision of faculty RD preceptor. MWF, 8:30 a.m.-4:30 p.m., March 27 to May 18, 2009.



Tech-Enhanced Learning: <http://insight.ccsf.edu/>

While students are placed at geographically dispersed internship sites, they will maintain communication and collaboration through CCSF's Insight online course management system. During the 10-week field experience, students will be actively engaged as self-directed learners responsible for achieving satisfactory or above performance ratings in 10 core competencies, and sharing their experiences through online discussion forums.

- **Weekly Work Logs**

Each student will reflect, analyze, summarize, and evaluate the week's learning activities, new skills learned, and progress towards achieving the competencies by posting a 100 word substantive summary on a weekly basis to the Discussion forum on Insight, open to feedback, comments, and questions from classmates and instructor.

- **The "Learning Journey" Presentation**

Student will create a multimedia presentation to document and share his/her unique and rich learning activities in achieving mastery of the 10 core competencies of the field experience. Post the presentation in the Discussion forum of Insight for public viewing by Friday, June 19. Students will also share the presentation with their preceptors as part of the final evaluation discussion and feedback.