Fall 2020 Course Synopsis
Template

Course Number and Name: **NUTR 288: Community and Public Health Nutrition**
Instructor Name and Email: **Virginia Rall Chomitz, Virginia.chomitz@tufts.edu**

Course Description:
Food insecurity, overweight and obesity, unhealthy diets, and inactive living are among the nutrition-related issues that are of concern in the US, and reflect great inequities across different communities. Programs in community settings, environmental, and policy approaches offer opportunities to make healthy eating and active living the default choice and to decrease disparities. This course will challenge students to promote healthy eating and active living through equity-oriented approaches. Students will use systems thinking and public health tools to assess issues and develop solutions, and the course will culminate in a grant proposal that describes an intervention project.

Organization of this course based on the definitions below: Online
Teaching Format Definitions: *Online*=course offered online only, either asynchronously and/or synchronously.

Details:
The course will use a combination of lectures, guest speakers, group exercises, and discussion posts. Each week there will be an approximately 1.5 to 2 hour "live" synchronous zoom session that will include discussions and group work. In addition, there will usually be required asynchronous material to be completed before class.

Synchronous zoom sessions: We will use zoom for a weekly synchronous session which will be held at a mutually agreed time between 9:00 – 12:00 EST on Wednesday mornings, based on students' availability. Recordings will be posted after class and for students unable to attend the "live" sessions, all activities will be adapted for on-line only. A survey of student's ability to attend sessions will be conducted before classes start.

Asynchronous materials: Required asynchronous materials (Usually pre-recorded lectures) and activities such as discussion posts will be available prior to class and will be posted on Canvas. An announcement with the materials and expectations will be sent to students weekly to clarify expectations for the coming week.

The Course Director will be available by phone or zoom during office hours, which are Wednesday afternoons at 4:00 – 5:00 or by appointment.

Pedagogical and/or Practical Rationale:
The online format that utilizes both synchronous and asynchronous sessions provides opportunities for a "flipped classroom" in which the didactic pre-recorded lectures from the course director and guest speakers are available on the student's schedule prior to the "live" class. Depending on the week, online discussions and homework will complement the asynchronous material. The synchronous "live" zoom sessions on Wednesday mornings will be predominately discussion and small-group work based to take advantage of the opportunity to be interactive.