

MTSU Nutrition and Food Science Program DUAL NUTRITION CLASSES

Helping students earn college credit while in high school

Course Titles

Nutrition Across the Lifespan /
NFS 1240 Principles of Nutrition
(Dual Credit)

Nutrition Science and Diet Therapy /
NFS 2220 Nutrition for the Health Sciences
(Dual Enrollment)



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Introduction

As high school nutrition teachers, helping your students earn college credit not only gives them a head start in secondary education, but also provides you the pride of seeing your students succeed. Tennessee encourages students to earn college credit while in high school by offering grants to pay for some college classes with a target of earning 12 hours of college credit prior to graduation. MTSU's Nutrition and Food Science faculty and the Dual Enrollment program are ready to help you and your students make this a reality.

This handbook outlines how your students can earn 6 hours of college Nutrition and Food Science credit, with 3 hours earned as early as their sophomore year. After students complete your high school Nutrition Across the Lifespan class, they will be ready to take the Dual Credit Challenge Exam to earn the first 3 hours. (There is a \$60 records fee to take this exam.) During the junior or senior year, students may enroll at MTSU as dual enrollment students and take our NFS 2220 Nutrition for the Health Sciences while concurrently taking your Nutrition Science and Diet Therapy class





Dual Credit vs. Dual Enrollment Class: What's the Difference?

The Tennessee Department of Education (TDOE) describes **dual credit** classes as “college-level courses taught at the high school level by trained high school teachers.”¹ To earn college credit, students must pass an online challenge exam, which ensures that students have mastered college-level learning objectives.

Dual enrollment classes differ in that high school students actually enroll in college and complete the same course that college students take, with the same assignments and exams. Dual enrollment classes may be taught either at a college or university, or at the high school by college faculty or credentialed adjunct faculty. For MTSU, dual enrollment instructors must have earned a master's degree with at least 18 credit hours in the subject being taught. MTSU's Nutrition and Food Science dual enrollment class is currently taught online by MTSU faculty as an online class.

What Is the Cost to Students?

As previously mentioned, students who plan to take the Dual Credit Challenge Exam to earn 3 hours for NFS 1240 Principles of Nutrition must pay a \$60 records fee. For students who qualify for and use their Dual Enrollment Grant award, the Dual Enrollment class is free, after paying a one-time \$25 MTSU application fee. MTSU offers the **Dual Enrollment First Four Scholarship** (DEFF),³ which allows qualifying students to take the first four classes (12 credit hours) free of charge. To qualify, students must use all of the DEFF awards at MTSU and meet eligibility requirements for **Tennessee's Dual Enrollment Grant**.⁴ This means students can **earn 15 hours of college credit at MTSU for only \$85!**

Differences between Statewide and Locally Developed Dual Credit Classes

As the name implies, “statewide” classes were created at the state level by Tennessee secondary and postsecondary educators and approved by the Consortium for Cooperative Innovative Education. Students can request that the credit be sent to any public postsecondary college or university in Tennessee.² Locally developed ones, like MTSU's Nutrition dual credit class and exam, were developed by Rutherford County nutrition teachers and MTSU Nutrition and Food Science faculty. Students who pass the Dual Credit Challenge Exam earn 3 hours of college credit for NFS 1240 Principles of Nutrition posted at MTSU. Students who do not attend MTSU may request that the credit be transferred to another institution. Tennessee public colleges and universities will accept the credit but private colleges and universities and those located outside of Tennessee will determine if they accept the credit. Student transcripts will include a “P” for the class, indicating the student passed the class, not a letter grade.



What to Expect from MTSU's Dual Credit Nutrition Class and Exam

About 90% of Tennessee's Course Standards for Nutrition Across the Lifespan align with MTSU's NFS 1240 Principles of Nutrition, which is an introductory nutrition class for non-majors. Both courses include food safety, macro and micro nutrients, digestion, healthy cooking, the role of nutrition in health, and food controversies such as genetically modified foods, artificial sweeteners, local food movements, dieting, and probiotics. MTSU's class includes a section on sports nutrition and a little more about cardiovascular disease and diabetes than the high school class. Participating teachers will be provided resources on all content covered in the MTSU class, such as PowerPoint notes, articles, websites, assignments activities, and study sheets. Teachers may use these or develop their own. The goal of these resources is to prepare your students to take the comprehensive Dual Credit Challenge Exam. The most important thing you can do to prepare your students is make sure your students can answer all questions on study sheets. A passing score is 70% of the 100 questions answered correctly.

Many teachers wonder about the textbook they should use. Most introductory nutrition textbooks, for high school and college classes, cover the same basic information. Because research related to nutrition is evolving rapidly, many government websites are useful resources for current information. MTSU uses the webtext *Understanding Nutrition for Health and Well-Being* by Connect-for-Education. Although the book is not required to offer the class, it is a nice resource for teachers to have. (The cost is \$39.95 for lifetime access to the 2016 edition.) MTSU will provide high school teachers digital access to course materials used for NFS 1240. Also, teachers should attend the Summer High School Nutrition Institute offered at MTSU each June.

Other Dual Credit Classes Offered at MTSU

In addition to the Nutrition and Food Science dual credit exam, MTSU offers five others. In 2011, School of Agriculture faculty member Alanna Vaught was awarded a Perkins IV Reserve Grant to develop four Agriculture classes:

The School of Agriculture offers the following four classes and exams:

High School: Greenhouse Management

MTSU: ABAS 1101 Introduction to Ornamental Horticulture

High School: Agricultural and Business Finance

MTSU: ABAS 1201 Agribusiness: Fundamentals and Applications

High School: Organizational Leadership and Communication

MTSU: ABAS 1301 Introduction to Agriculture Leadership

High School: Large Animal Science or Veterinary Science

MTSU: ABAS 1401 Introduction to Animal Science

MTSU's Aerospace program offers a dual credit class and exam aligned with AERO 1010 Introduction to Aerospace.

What to Expect from MTSU's Dual Enrollment Online Nutrition Class

NFS 2220 Nutrition for the Health Sciences has been offered as a dual enrollment class each fall semester since 2017. The class is designed for Nutrition and Food Science (NFS) majors and students with stronger science backgrounds. Riverdale High School in Murfreesboro and Independence High School in Thompson's Station have offered the class each fall since 2017. The class, designed to be taken concurrently with your Nutrition Science and Diet Therapy class, works best when a "facilitated online dual enrollment" approach is followed. Stark Education Partnership⁵ describes the approach as one in which the classroom teacher serves as the facilitator while the students work collaboratively on the online assignments in the classroom. Our approach uses a modified facilitative approach that includes the classroom teacher aligning the content of her class to coincide with the topics of the online class. That means when the online class is covering carbohydrates or protein, you plan your schedule to cover those topics in your class. Riverdale chooses to keep all of its dual enrollment students in one section, which makes the class run more smoothly, although this is not required.

As the facilitating teacher, you will be given "high school teacher" access to D2L (Desire to Learn), which is MTSU's learning management system. Students will access D2L just like any other MTSU student. The class follows a 15-week college semester schedule, which typically begins in late August with the final exam given the first week of December. Each summer, we provide a professional development workshop to train teachers to use D2L and become familiar with the course content, which aligns pretty well with the Tennessee Course Standards for the class. One difference is that the college class goes into more detail with vitamins and minerals than is reflected in the high school Course Standards.

Although NFS 2220 may be taken by any dual enrollment student in the online format, our data suggests that those who take it concurrently with the high school class perform better. Therefore, you, as the facilitating teacher, have an important role in your student's success.

Other Dual Enrollment Classes Offered at MTSU

Dual enrollment students may take any class in which the prerequisites are met. However, to utilize the dual enrollment grant funding, students must take 1000- or 2000-level courses. The standard in-state tuition rate for dual enrollment classes is \$166 per credit hour (\$498 for a 3-credit hour course). This is much less than regular tuition rates.

For more information see MTSU's Dual Enrollment Student Handbook at mtsu.edu/dualenrollment/docs/MTSU-Dual-Enrollment-Student-Handbook-7-24.pdf.

Process to Take the Dual Credit Challenge Exam

Students and Teachers

Students interested in receiving 3 credit hours of college credit after completing Nutrition Across the Lifespan should complete a Request for Permission for Dual Credit form and give to their classroom teacher. By April 15, teachers should mail the forms and the records fee (\$60) to the MTSU Business Office, SSAC 210, 1301 E. Main St., Murfreesboro, TN 37132. Information includes:

- Student identification information is needed to place the student in the Banner information system (MTSU's business transaction system).
- The records fee of \$60 is payable before sitting for the exam. (This fee is nonrefundable even if the student does not pass the competency test.) If the student misses the test date due to illness or an emergency, the test must be made up within two weeks of the original test date. (If a student is unsuccessful on the competency test, he/she **is not allowed** to retake the test.)
- The form and records fee should be received in the Business Office no later than 14 days before the competency test date.

The classroom teacher should email Janet Colson (janet.colson@mtsu.edu) a list of students' names with emails who have registered and paid to take the exam. She will contact MTSU's D2L office to have their names added to the D2L exam class. A list of students with a D2L password will be sent to the teachers, who will serve as proctors for the closed-book exam between May 1–15. Students will be emailed their exam results within two weeks.

MTSU's Procedures

After the Business Office receives the Request to Seek Dual Credit form and deposits the fee, the form will be stamped and forwarded to MTSU's Admissions Office.

The NFS faculty member grading the dual credit exam will provide Admissions with a master list of students who took the exam. This list will include each student's full legal name, date of birth, mailing address, email address, and name of high school. The list will be used by Admissions for recruiting purposes. After grading the exam, the NFS faculty member will update the master list, noting which students passed. This information will be sent to Admissions in order to post credit into Banner and to the classroom teacher. The NFS faculty member will notify the student results of the exam including:

- If the student successfully completed the competency exam, information regarding how and when his/her credit will be posted at MTSU
- That credit will be posted as a P grade on the MTSU transcript (which a student can access once he/she is admitted)
- How to request the credit to be transferred to another college or university, if desired
- That if a student doesn't see the credit once admitted to MTSU, he/she should contact the Admissions Office, which will verify whether or not the master list shows that the student has passed the exam (verification of the testing outcome will remain on the D2L site for future verification of exam outcome)

Tips to Success in Offering Dual Credit/Enrollment Options

1. Communicate, promote, and advertise:

- Talk with parents, guidance counselors, and students about the two options.
- A selling point for the dual credit exam for students enrolled in Nutrition Across the Lifespan is to remind them where else can you get 3 hours college credit for \$60?
- A selling point for dual enrollment for juniors or seniors enrolled in Nutrition Science and Diet Therapy is that students can experience a real college-level class while in high school.

2. Equipment and supplies needed:

- Taking the dual credit exam in May will require a computer for students seeking NFS 1240 credit after completing Nutrition Across the Lifespan.
- Students enrolled in the online dual enrollment NFS 2220 Nutrition for the Health Sciences will need access to computers for weekly assignments and exams. Students may complete the weekly assignments at home, but teachers may facilitate the process at school.
- Although not required, integrating occasional cooking demonstrations or labs will make the class more engaging for high school students.

3. Coordinate visits with MTSU:

- For students enrolled in Nutrition Science and Diet Therapy, contact MTSU's Dual Enrollment Office during the summer to plan a visit to with your students for assistance about the application process to apply for dual enrollment admissions to MTSU.
- For Nutrition Across the Lifespan classes, contact NFS faculty for a visit to your class as a classroom speaker about the Dual Credit Challenge Exam.

4. Motivate the kids to do WELL:

- Coach them into a college-course mode.

5. Encourage students:

- Make sure they complete the MTSU Request for Permission to Seek Dual Credit form.

6. Collect and mail applications:

- Send in forms with fees by April 15 so students can take the exam between May 1 and May 15. (Contact NFS faculty if you have a problem with these dates.)

7. Teach and assist students:

- Help students with completing all class assignments.

8. Follow the testing procedures for the Dual Credit Challenge Exam:

- Exams will be given through MTSU's D2L. This online testing method is 100% secure.
- Testing will take place every May.
- Testing applications must be postmarked by April 15 for May testing.
- The final grade of P will be determined **ONLY** by the final exam. The student must earn a score of 70% or above to receive credit in the specified course.



1. TDOE. Statewide Dual Enrollment.
tn.gov/education/early-postsecondary/dual-credit.html
Accessed May 13, 2020
2. Office of Postsecondary Coordination & Alignment, TDOE. Statewide Dual Credit Implementation Guide, October 2017.
tn.gov/content/dam/tn/education/ccte/SDC_Implementation_Guide_Oct._2017.pdf
Accessed May 13, 2020
3. MTSU Dual Enrollment
mtsu.edu/dualenrollment/grants.php
Accessed May 14, 2020
4. TDOE. Tennessee Dual Enrollment Grant
tn.gov/collegepays/money-for-college/tn-education-lottery-programs/dual-enrollment-grant.html
Accessed May 14, 2020
5. Stark Education Partnership. Do Facilitated Online Dual Credit Courses Result in Deep Learning? Stark Education Partnership. 2015



**Request for Permission to Seek Dual Credit
(High School Dual Credit Program)**
Murfreesboro, Tennessee

Student's Name _____
Last First Middle

Address _____ Birthdate ____ / ____ / ____
Month Day Year

City _____ State ____ Zip Code _____ Social Security ____ - ____ - _____

Permission is requested to take an examination for credit in the course listed below:

Dept.	Course No.	Course Title	Sem. Hr. Cr.
_____	_____	_____	_____

Certification of Eligibility

The student is eligible for an examination in the course listed above.

Signature (teacher of dual credit class) _____

High School _____

Results of Examination

The results will be posted to the student's MTSU transcript as a P (pass) grade.
Once admitted to MTSU, students gain access to their student records.

Fee Payment

Cost \$20 per semester hour. This fee is nonrefundable.

2-hr. course = \$40

3-hr. course = \$60

4-hr. course = \$80

Make payable to MTSU Business Office.

Mail this completed form and required fee to: MTSU Business Office

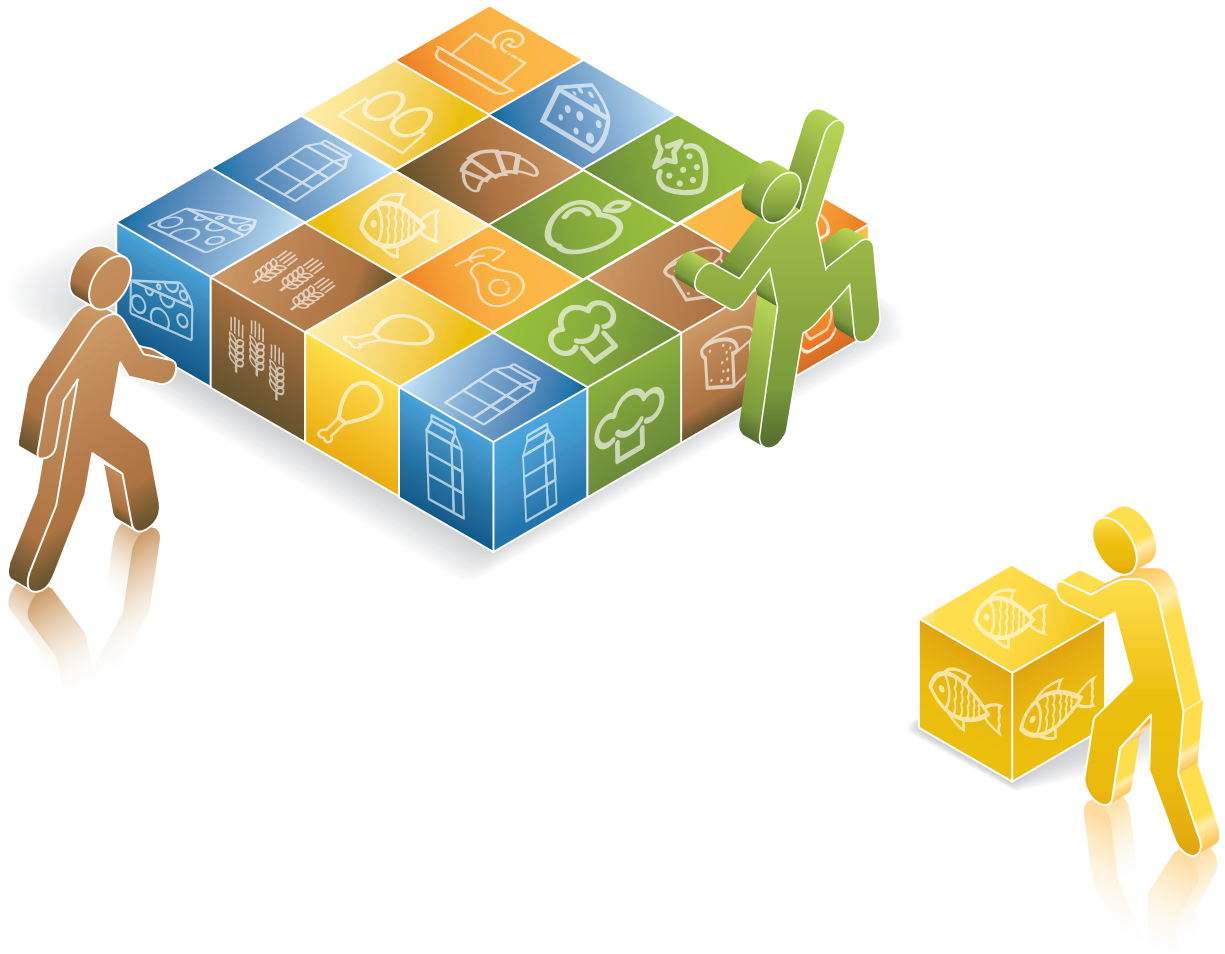
SSAC 210

1301 East Main Street

Murfreesboro, TN 37132

Official Use Only

Amount Paid _____ Cashier's Stamp _____



I AM *true* **BLUE**™