

Sponsored Independent Learning Contract

Learner Name: _____

CDR Credential: **RD** **DTR**

Registration # _____

Sponsor Name: _____ **Title:** _____

Institution: _____ **Phone #** _____

Learning Need:

List the Learning Needs addressed by this Sponsored Independent Learning Contract. For a list of Learning Needs, see attached list.

Learning Outcome:

What do you intend to learn? Describe the learning outcomes (skills, knowledge, or behaviors) you will be able to demonstrate, following completion of this learning contract. The outcomes must be measurable or observable, clearly stated, and focus on what you will be able to demonstrate.

As a result of my learning, I will... _____

Learning Resources and Activities:

How will you accomplish each learning outcome? Describe the resources (material and/or human) you plan to use to achieve the learning outcome and the activities (techniques and/or tools) you will employ.

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Target Number of Hours Needed to Accomplish Learning Outcomes:

How much time will you devote to achieving each learning outcome through the activities described? List the hours you anticipate spending on each activity. *You must keep track of these hours in order to receive CPEUs for the activities.*

Target Completion Date:

When will your learning outcomes be met? List your target completion date. _____

Evidence of Learning Outcome Achievement

How will you know if you have achieved the learning outcomes? List the evidence you will use to measure achievement of your learning outcomes. Examples of evidence include a peer audit, chart review, completion of a project, publication, self-assessment, question-and-answer session.

Sponsor and Learner Agreement:

We have discussed the Independent Learning Contract and agree to implement the activities outlined in this plan.

Signature of Learner: _____ Date: _____

Signature of Sponsor: _____ Date: _____

Complete this section after the Learning Outcomes have been demonstrated.

I verify that the learner has devoted number of hours towards achieving the learning outcomes and produced evidence of such achievement.

Describe the evidence and attach documentation, if applicable.

Signature of Sponsor: _____ Date: _____

For those not yet involved with the Professional Development Portfolio, please disregard the numbers that precede the topics.

For those involved with the Professional Development Portfolio, the codes that precede the topics are the same codes from your Step 2 Learning Needs Assessment. You must use the Learning Need Codes from this worksheet when completing your Learning Plan and your Learning Activity Log.

DIETETIC-RELATED TOPICS/ LEARNING NEED CODES

PROFESSIONAL SKILLS

- 1000 Professional skills
- 1010 Career planning, job search, goal setting
- 1020 Computer, electronic technology
- 1030 CPR
- 1040 Cultural sensitivity
- 1050 Ethics
- 1060 Foreign language, cultures
- 1070 Leadership, critical and strategic thinking
- 1080 Legislation, public policy
- 1090 Media skills
- 1100 Photography, video and graphic production
- 1110 Risk taking
- 1120 Time and stress management, life balance
- 1130 Verbal communication skills, presentations
- 1140 Written communication skills, publishing

SCIENCE OF FOOD AND NUTRITION

- 2000 Science of food and nutrition
- 2010 Botanicals, phytochemicals
- 2020 Composition of foods, nutrient analysis
- 2030 Food preservation, additives, irradiation
- 2040 Food science, genetically modified food
- 2050 Genetics
- 2060 Immunology
- 2070 Macronutrients: carbohydrate, fat, protein, fiber, water
- 2080 Microbiology, food toxicology
- 2090 Micronutrients: vitamins, minerals
- 2100 Nutritional biochemistry
- 2110 Physiology, exercise physiology

NUTRITION ASSESSMENT

- 3000 Nutrition assessment
- 3010 Assessment methodology
- 3020 Assessment of target groups, populations
- 3030 Anthropometrics, body composition
- 3040 Food consumption, fluid balance
- 3050 Feeding, swallowing, dentition
- 3060 Laboratory tests
- 3070 Pharmacological, drug/nutrient, herbal interaction
- 3080 Physical: blood pressure, pulse, bowel sounds

3090 Screening parameters, methodology, and surveillance

3100 Supplemental nutrients, botanicals

WELLNESS AND PUBLIC HEALTH

4000 Wellness and public health

4010 Community intervention, monitoring, and evaluation

4020 Community program development

4030 Dietary guidelines, DRIs, Food Guide Pyramid, food labeling

4040 Disease prevention

4050 Epidemiology

4060 Exercise, fitness, and sports nutrition

4070 Food security and hunger

4080 Government-funded Food & Nutrition Programs

4090 Health behaviors: smoking cessation, stress management

4100 Social Marketing

4110 Vegetarianism

Stages of Life Cycle

4120 Life Cycle

4130 Pregnancy

4140 Lactation

4150 Infancy & Childhood

4160 Adolescence

4170 Men's health

4180 Women's health

4190 Elderly nutrition

MEDICAL NUTRITION THERAPY

5000 Medical Nutrition Therapy

Care Sites

5010 Acute

5020 Ambulatory

5030 Home care

5040 Long-term, intermediate, assisted living

5050 Rehabilitation

Client Population

5060 Neonates

5070 Pediatrics

5080 Adolescents

5090 Adults

5100 Elderly

Disease/Disorder

5110 Allergies, sensitivities

5120 Autoimmune diseases, arthritis, lupus

5130 Bone diseases, osteoporosis

5140 Burns

5150 Cancer

5160 Cardiovascular disease
5170 Critical care, trauma
5180 Developmental disorders
5190 Diabetes mellitus
5200 Disordered eating
5210 Dysphagia
5220 Gastrointestinal disorders
5230 Hematological disorders, anemia
5240 Hepatic disorders
5250 HIV/AIDS
5260 Hypertension
5270 Infectious diseases
5280 Nutrient deficiencies, Failure to thrive
5290 Metabolic disorders, Inborn errors
5300 Neurological: stroke, Alzheimer's, dementia, Parkinson's spinal cord injuries
5310 Pregnancy complication
5320 Psychiatric disorders, anxiety
5330 Pulmonary diseases
5340 Renal diseases
5350 Substance abuse, alcoholism
5360 Transplantation
5370 Weight management, obesity
5480 Wound care

Nutritional Care

5390 Care planning, documentation, and evaluation
5400 Case management
5410 Client protocols, clinical guidelines
5420 Complimentary care, alternative therapies
5430 End of life care
5440 Enteral and parenteral nutrition support
5450 Feeding equipment, tube placement, adaptive utensils
5460 Self-care management

EDUCATION, TRAINING, AND COUNSELING

6000 Education, Training, and Counseling
6010 Behavior change theories, techniques
6020 Counseling, therapy, and facilitation skills
6030 Education theories and techniques for adults
6040 Education theories and techniques for children and adolescents
6050 Instructional materials development
6060 Learning needs assessment, learning plan development, and evaluation
6070 Interviewing and listening skills
6080 Training, coaching, and mentoring

BUSINESS AND MANAGEMENT

7000 Business and Management
7010 Business plan development
7020 Conflict management
7030 Contract management
7040 Consultation
7050 Customer focus
7060 Emergency and disaster management
7070 Entrepreneurship, private practice
7080 Financial management
7090 Human resources management, labor relations
7100 Institution/regulatory policies and procedures, HCFA, OBRA, JCAHO, NCQA, OSHA, USDA
7110 Legal issues, malpractice
7120 Marketing

7130 Managed care
7140 Materials management
7150 Negotiation
7160 Quality management
7170 Reimbursement, coverage
7180 Strategic planning
7190 Supervision, crisis management
7200 Team building
7210 Sales, merchandising

FOOD SERVICE SYSTEMS AND CULINARY ARTS

8000 Food Service Systems and Culinary Arts
8010 Child and Adult Care Food Program
8020 Equipment management
8030 Facilities layout, planning
8040 Food safety, HACCP, and sanitation
8050 Food distribution and service
8060 Food presentation
8070 Food production, purchasing
8080 Food styling
8090 Menu planning, nutrient analysis
8100 Recipe and food development
8110 School foodservice
8120 Sales, merchandising

RESEARCH AND GRANTS

9000 Research and Grants
9010 Data analysis, statistics
9020 Evaluation and application of research
9030 Outcomes research, cost-benefit analysis
9040 Proposal development, grant applications
9050 Publication, communications of research outcomes
9060 Research development and design
9070 Research instruments and techniques