

教員紹介(教育業績書)

氏名	ひらがな	職位	所属(学科等)
西田 江里	にしだ えり	准教授	地域共生学科食物栄養コース
教育理念(学生へのメッセージ)			
<p>「人」の健康を守ることを担う栄養士はとても魅力ある職業です。保育園・幼稚園・学校・病院・高齢者施設・食品会社等々、いろんな場所で栄養士は活躍しています。社会で活躍できる栄養士になるために、自分に何ができるのか、何をすべきなのかを考えてもらえる授業をしていきたいと考えています。</p> <p>また、就業支援に関連した資格(国家資格キャリアコンサルタント・産業カウンセラー)を有しており、学生のキャリア形成へつながる支援を行っています。</p>			
教育の責務			
担当教科	栄養指導論Ⅰ・Ⅱ、栄養指導論実習Ⅰ・Ⅱ、公衆栄養学、学外実習Ⅰ・Ⅱ、学外実習事前・事後指導、栄養士論、総合演習A・B、地域と人々		
教育活動	食物栄養コース長として、これまでのクラスアドバイザーとしての経験を活かし、学生一人一人の支援を実施する。また、クラスアドバイザーを担当する教員の支援を通じて、様々な困難を抱える学生の状況を改善するための支援を行う。必要に応じて保護者とも連携を取り、コースに所属するすべての学生が卒業という目標を達成できるための継続したサポートを行う。		
3 ポリシーと教育活動	ディプロマポリシーにおけるⅡ「確かな専門的知識や技能」に関して、「栄養指導論Ⅰ・Ⅱ」や「公衆栄養学」等専門知識に関する科目を担当している。Ⅲ「コミュニケーション能力」では「栄養士論(プレゼンテーション)」「栄養指導論実習Ⅰ・Ⅱ」等の科目を担当している。Ⅳ「課題解決能力」およびⅤ「主体的に学ぶ力」に関しては「学外実習Ⅰ・Ⅱ」、「総合演習A・B」等の総合的な科目を担当している。		
教育方法			
<p>授業は事前に予習するためのプリントを配布し、教科書に沿って実施している。授業終了後にも授業内容に合わせた課題を課し、復習の機会を設けることで、学生自ら不明な点を見つけ、授業で解決し、復習する過程で定着させる一連の流れを作る。</p> <p>試験前にも全体を復習する機会を設け、栄養士として身につけるべきポイントが身につくことを目標としている。</p>			
他者評価			
<p>学生からの授業評価としては概ね満足という意見がみられ、ほとんどの授業で8割以上の学生より良好な評価を得た。ピアレビューにおいても肯定的意見を得た。一方、学生に対して教員がどの程度まで指導するかについては、様々な意見があり、今後の教育活動で模索していきたい。</p>			
学生の学修成果			
<p>栄養士に必要な食育に関する活動として、地域に対する食育講座の企画実施を行っている。例年、学生主体の講座を3～4回実施し、地域に対して学修成果を披露する場になった。栄養士養成に必須である学外実習を全2年生が受講し、各施設において良好な成績を修めた。</p>			
今後の目標(短期・長期)			

<p>短期:栄養士として身につけるべき知識、技術が身についた学生を社会に送り出したい。 長期:授業だけでなく様々な地域活動を通して栄養士に必要な経験を積むことで、地域のニーズに対応できる栄養士を養成し続けたい。</p>		
<p>専門分野（学問分野／専攻） 栄養教育・食育・健康心理学</p> <p>研究テーマ（研究領域） 乳幼児施設における継続的な食育推進のための方策の検討 地域における食育、食育活動による社会人基礎力の向上、摂食障害に関するリテラシー</p>		
<p>所属学会 日本栄養士会 日本栄養改善学会 日本食育学会 日本栄養学教育学会 日本産業カウンセラー協会</p>		
<p>学歴・学位・免許資格 平成13年3月 熊本県立大学生生活科学部食物栄養学科卒業 平成13年8月 管理栄養士登録(第101001号) 平成16年3月 九州大学大学院生物資源環境科学府博士前期課程生物機能学専攻修了 修士(農学) 平成23年3月 産業カウンセラー登録(登録番号 09009400) 令和元年9月 長崎大学大学院医歯薬学総合研究科医療科学専攻修了 博士(医学) 令和3年5月 国家資格キャリアコンサルタント登録(登録番号 21020810)</p>		
<p>職歴 平成16年4月 長崎国際大学健康管理学部健康栄養学科助手(平成28年3月まで) 平成28年4月 長崎短期大学食物科講師(令和2年3月まで) 令和2年4月 長崎短期大学地域共生学科准教授(現在に至る)</p>		
教育研究業績	著書、学術論文等の名称	発行所、発表雑誌等又は発表学会等
令和6年3月	東彼杵町長崎短期大学連携事業「作って食べよう 野菜たっぷり子どもごはん」における取り組み	長崎短期大学研究紀要,第36号 p59-63
令和4年12月	Questionnaire survey of infant and toddler facility staff on their interest in and understanding of nutrition education	the 22nd IUNS-ICN International Congress of Nutrition in Tokyo, Japan
令和3年3月	今中美栄, 上田由香理, 西田江里, 他4名. 栄養教育論第2版.	化学同人, 京都, 2021, p.75-103, 116-117.
令和2年3月	食育ボランティア活動の企画・実施が栄養士養成課程在学生の学習意欲や社会人基礎力に及ぼす影響	研究紀要(長崎短期大学) 第32号 p45-50
令和元年5月	Mental health literacy regarding eating disorders in female Japanese university students	Eating Disorders, Vol.27, 2019(online)
平成31年3月	地域食育活動の企画・実施が栄養士養成課程在学生の学習意欲および社会人基礎力におよぼす影響	研究紀要(長崎短期大学) 第31号 p59-64
平成30年3月	ビネット法を用いた女子短期大学生における摂食障害に関するリテラシー調査	研究紀要(長崎短期大学) 第30号 pp.15-22
平成26年12月	成人女性の就業状況の違いと食生活の差との関連	栄養学雑誌 第72巻6号 pp.311-317
平成25年3月	女性の年齢と食育の認識が食生活に及ぼす影響	長崎国際大学論叢 第13巻

社会における活動等（学会・研究会等の委員・役員／講演会／社会貢献／表彰／他）

- 平成 19 年 4 月 九州文化学園調理師専修学校 食品学 非常勤講師(平成 28 年 3 月まで)
- 平成 23 年 5 月 佐世保市食肉衛生検査所食育事業「お肉ができるまで」開催補助(平成 27 年まで)
- 平成 24 年 4 月 長崎県栄養士会佐世保支部運営委員(平成 26 年まで)
- 平成 27 年 4 月 平成 27 年度科学研究費補助金交付(平成 30 年まで)
- 平成 28 年 5 月 西九州大学短期大学部との包括連携協定の委員(現在に至る)
- 平成 29 年 4 月 させぼわんぱくひろば 実行委員及びボランティア協力(現在に至る)
- 平成 29 年 12 月 東彼杵町立東彼杵中学校 食育講話 講師「中学生の今 食生活で気を付けたいこと」
- 平成 29 年 12 月 東彼杵町立千綿中学校 食育講話 講師「食事と心身の健康」
- 平成 29 年 12 月 佐世保市立相浦中学校 食育講話 講師「成長期の食生活について」
- 平成 30 年 9 月 佐世保まちなか大学 講師「食べられないときこそしっかり食べよう！」
- 令和 2 年 4 月 令和 2 年度科学研究費補助金交付(現在に至る)
- 令和 5 年 4 月 日本高等教育評価機構 短期大学機関別認証評価 評価員(令和 8 年 3 月まで(予定))

Faculty introduction(Educational achievements)

<p>Name</p> <p>Nishida Eri</p>	<p>Position</p> <p>Associate professor</p>	<p>Affiliation(Department, etc.)</p> <p>Department of Regional Collaboration / Nutrition and Food Science course</p>
<p>Education philosophy (Message to students)</p> <p>A dietitian who is responsible for protecting the health of people is a very attractive profession. Dietitians are active in various places such as nursery schools, kindergartens, schools, hospitals, facilities for the elderly, and food companies. In order for students to become a dietitian who can play an active role in society, I would like to give lessons that teach students to think about what they can do and what they should do. In addition, I hold qualifications for employment support (Employment counsellor (national qualification)) and provide support that leads to the career development of students.</p>		
<p>Educational responsibilities</p> <p>Subjects Nutrition Education I / II, Nutrition Education Practice I / II, Public Nutrition, Practical Training I / II, Practical Training Before / After Guidance, Dietitian theory, General Practice A / B, Region and people, Food Science I / II (confectionery) Course)</p> <p>Educational activities As the head of the Nutrition and Food Science course, I will support each student by making use of my experience as a class advisor. I also help improve the situation of students by supporting the teachers who are assigned as class advisors.</p> <p>I also work with parents to provide ongoing support for all students in the course to achieve their graduation goals.</p> <p>3 policies and Educational activities Regarding II "Reliable specialized knowledge and skills" in the Diploma Policy, I am in charge of subjects related to specialized knowledge such as "Nutrition Guidance Theory (Presentation)" and "Public Nutrition". In III "Communicative Competence", I am also in charge of practical training subjects such as "Nutrition Counseling Practice I / II". Regarding IV "problem solving ability" and V "ability to learn independently", and I am in charge of comprehensive subjects such as "off-campus training I / II" and "General exercises B / C".</p>		
<p>Education method</p> <p>Handouts are distributed in advance to prepare for class, and the lessons are conducted according to the textbook. By providing opportunities for review even after class, we create a series of steps to find out what students do not understand, solve it in class, and establish it in the process of review..</p> <p>The goal is to provide an opportunity to review the whole thing before the exam and to acquire the points that should be acquired as a dietitian.</p>		
<p>Evaluation by others</p> <p>In lesson evaluations from the students, they were generally satisfied, and the majority of my classes were evaluated as 80% or better by the students.</p> <p>I also received positive feedback in peer reviews. On the other hand, there are various opinions about the extent to which teachers should guide students, and I would like to explore these methods in future educational activities.</p>		
<p>Student achievements</p>		

<p>As an activity related to dietary education necessary for dietitians, we are planning and implementing dietary education courses for the community. Every year, student-centered courses are held three to four times, providing a place to showcase the learning outcomes to the community. All second-year students took the off-campus training, which is essential for training dietitians, and achieved good results at each facility.</p>																											
<p>Future goals (short term and long term)</p> <p>Short term: I want to send students who have acquired the knowledge and skills that they should acquire as a dietitian into society.</p> <p>Long-term: I would like to continue to train dietitians who can meet the needs of the region by gaining the necessary experience for dietitians through various community activities as well as classes.</p>																											
<p>Specialized field (academic field / major)</p> <p>Nutrition education, dietary education, health psychology</p> <p>Research theme (research area)</p> <p>Examination of methods for continuous dietary education promotion in infant facilities, Food education in the community, improvement of basic skills of working adults through food education activities, literacy on eating disorders</p>																											
<p>Academic societies</p> <table border="0"> <tr> <td>The Japan Dietetic Association</td> <td>THE JAPANESE SOCIETY OF NUTRITION AND DIETETICS</td> <td>Japanese Society of Shokuiku</td> <td></td> </tr> <tr> <td>Japanese Association of Nutritional Science Education</td> <td>Japan Industrial Counselors Association</td> <td></td> <td></td> </tr> </table>				The Japan Dietetic Association	THE JAPANESE SOCIETY OF NUTRITION AND DIETETICS	Japanese Society of Shokuiku		Japanese Association of Nutritional Science Education	Japan Industrial Counselors Association																		
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March 2021	Nutrition Education Theory 2nd Edition	Nutrition in Tokyo, Japan Kagakudojin, kyouto 2021, p.75-103, 116-117.
March 2020	Impact of planning and implementation of dietary education volunteer activities on the learning motivation and basic skills of working adults in the dietitian training course	Bulletin of Research (Nagasaki Junior College) No. 32, p45-50
May2019	Mental health literacy regarding eating disorders in female Japanese university students	Eating Disorders, Vol.27, 2019(online)
March 2019	Impact of planning and implementation of community dietary education activities on the learning motivation and basic skills of working adults in the dietitian training course	Bulletin of Research (Nagasaki Junior College) No. 31 p59-64
March 2018	A literacy study on eating disorders among female junior college students using the vignette method	Bulletin of Research (Nagasaki Junior College) No.30pp.15-22
December 2014	Relationship between differences in employment status and dietary habits among adult women	Nutrition Journal Vol.72 No.6 pp.311-317
March 2013	Effects of women's age and dietary education on dietary habits	Nagasaki International University Review Vol. 13, pp.105-114
March 2012	Recognition and practice of food education in Sasebo citizens	Nagasaki International University Review Vol. 12, pp. 113-122
Activities in Society		
April 2007	Part-time lecturer at Kyushu Bunka Gakuen Cooking School, Food Science (until March 2016)	
May 2011	Sasebo City Meat Hygiene Inspection Center food education business "until the meat is ready" to be held (until 2015)	
April 2012	Nagasaki Prefecture Nutritionist Association Sasebo Branch Steering Committee (until 2014)	
April 2015	2015 Grant-in-Aid for Scientific Research Funds (until 2018)	
May 2016	Member of the comprehensive cooperation agreement with Nishikyushu University Junior College Department (to date)	
April 2017	Sasebo Paku Hiroba Executive Committee and Volunteer Cooperation (to date)	
December 2017	Higashisonogi Town Higashisonogi Junior High School Food Education Lecture Lecturer "What I want to be aware of in my dietary life for middle school students"	
December 2017	Higashisonogi-cho Sencotta Junior High School food education lecture lecturer "meal and mental and physical health"	
December 2017	Sasebo City Ainoura Junior High School Food Education Lecture Lecturer "Growth habits"	
September 2018	Sasebo Machinaka University Lecturer "Let's eat well when you can't eat!"	
April 2020	Grant-in-Aid for Scientific Research in Reiwa 2 (to the present)	
April 2023	Evaluation Committee Member, Institutional Accreditation of Junior Colleges, Japan Institution for Higher Education Evaluation (JIHEE) (March 2026)	