



Course Descriptor AHND 380 Principles of Dietetics

Proposed Academic Year	2020-2021	Last Reviewed Academic Year	
Course Code	AHND 380	Course Title	Principles of Dietetics
Credit hours	3 (3+0)	Level of study	Bachelor
College / Centre	CAHS	Department	FSHN
Co-requisites		Pre-requisites	AHND 101

1. COURSE OUTLINE

This course introduces the student to the profession of dietetics. It provides an overview of the many career directions and opportunities open to dietitians both clinically and in the community.

2. AIMS

[This course aims to

1. Introducing the student to the profession of dietetics and the role it plays in both clinical and community setting.
2. Developing leadership skills and create a professional development portfolio
3. Serve in a professional organization (Academy of Nutrition and Dietetics)

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. Understand dietetics as a profession and its history	Lectures and tutorials	Written examination, assignment
2. Identify the members of a health care team and how they work together.	Lectures and tutorials	Written examination, quizzes
3. Recognize the important role of Academy of Nutrition and Dietetics and why one should be a member.	Lectures and tutorials	Written examination, quizzes
4. Recognize the roles and responsibilities of dietitians in various specializations.	Lectures and tutorials	Written examination, assignment
5. Identify the educational and career routes for	Lectures and tutorials	Written examination, Quizzes



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dietetic and nutrition professionals.		
6. Apply self-assessment tools such as SWOT analysis to define short and long term professional goals.	Lectures and tutorials	Written examination, term project, presentation

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Quizzes	10%
Term project / Presentation	10%
Mid-Term Exam 1	20%
Mid-Term Exam 2	20%
Final Exam	40%
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments**] and achieving a **minimum overall score of xx%**

NB *Ensure that ALL learning outcomes are taken into account

6. COURSE CONTENT (Indicative)

Introductory overview: Understanding the role in the dietetics profession.
The Code of Ethics for the profession.
The concept of professionalism as it relates to their career.
Articulate the educational and certification requirements of nutrition professionals.
Career options within the nutrition field.
The process and purpose of the Professional Development Portfolio.
The general history of the nutrition profession.
The continuing education process and requirements for nutrition professionals.
Compare general roles and educational requirements of other health care professionals.
The diverse roles of dietitians working in different practice domains and relating these roles to key knowledge and skills needed.
Professional skill development.
The concept of professional organization and resources.
The relationship between food and health, and adequate dietary choices.
Development of the key knowledge, attributes and skills used in dietetic practice, use of evidence based approach and their application in a range of practice environments.



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SWOT analysis as a beneficial tool to facilitate the development of targeted health promotion strategies for general population.

TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	15
TOTAL COURSE HOURS	60

7. RECOMMENDED REFERENCES

Core text/s:

1. Winterfeldt, E. et. Al. (2017). Nutrition and Dietetics: practice and future trends. (5th ed.). Jones and Bartlett Learning.

Library + online resources:

www.eatright.org
www.cdrnet.org/
www.bda.uk.com/

Open Educational Resources:



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