



Course Descriptor
AHND 488 Nutrition Education and Diet Counseling

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| Proposed Academic Year | 2020-2021 | Last Reviewed Academic Year | |
| Course Code | AHND 488 | Course Title | Nutrition Education and Diet Counseling |
| Credit hours | 4 | Level of study | Bachelor |
| College / Centre | CAHS | Department | FSHN |
| Co-requisites | | Pre-requisites | AHND 485 |

1. COURSE OUTLINE

Application of counseling and learning theories with individuals and groups in clinical and community settings. Includes discussion and practice in interviewing, counseling, dietary assessment methodology, learning activities, evaluation and documentation. The students will learn about nutrition education definition, rationale, impact, role of health educator and nutrition services, and nutritional population problems. Specific educational needs of patients' population with specific health conditions will be emphasized. Also, it discusses nutrition education methods, approaches in nutrition counseling and nutrition education challenges.

2. AIMS

[This course aims to:

List, define and explain the appropriate uses of Scope of Dietetics Practice Framework, as well as behavior/cognitive change and learning theories, strategies, and methods associated with nutrition education and counseling.

2. Create multi-media approaches to nutrition counseling showcasing your ability to assess and diagnose a client's nutrition-related problem; develop an initial intervention and monitoring plan with that person.
3. Increase their ability to peer-review assignments and provide written commentary on the concrete strengths and specific areas for improvement of their sessions.
4. Increase their professional and technical writing skills in the area of nutrition counseling and education.
5. Increase their professional cultural competency to better serve diverse client and population groups.
6. Further develop their application of nutrition assessment, monitoring, evaluation, and diagnostic terminology.
7. Demonstrate counseling techniques to facilitate behavior change.
8. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

| Learning Outcomes (Definitive) | Teaching and Learning methods (Indicative) | Assessment (Indicative) |
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| Upon successful completion of this course, students will be able to: | | |
| 1. Discuss and explain the need, rationale and the concepts of Nutrition education. | Lectures | in-class tests, quizzes |
| 2. Identify the behavioral theories, and how it's important to build nutritional educational programs | Lectures and seminars | in-class tests, quizzes |
| 3. Design an educational program relevant to needs of a specific audience using the steps in the curriculum development process and present it to the target audience in a community setting. | Lectures and tutorials | Written examination, case study |
| 4. Demonstrate counseling techniques to facilitate behavior change. Develop interventions to affect change and enhance wellness in diverse individual and groups. | Lectures and tutorials | Written examination, case study |
| 5. Demonstrate and apply communication skills; identify personal habits and choices that promote well-being in clients. Make use of Motivational skills with clients | Lectures and tutorials | Written examination, case study |

4. ASSESSMENT WEIGHTING

| Assessment | Percentage of final mark (%) |
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| Quizes | 10 |
| Mid-term Examination | 30 |
| Case studies | 10 |
| Presentation | 10 |
| Final Examination | 40 |
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| TOTAL | 100% |
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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)

- Guides for nutrition and dietetics practice: origin
- Nutrition Care Process
- NCP implementation
- What is Learning? Interpersonal Communication
- Nutrition interviews and Interview questions
- Person centered counseling
- Stages of behavior change
- Counseling for behavior modification
- Counseling for cognitive change
- Counseling through lifespan
- Communication and cultural diversity
- Principles of theories and learning
- Group facilitation and dynamics
- Effective oral presentation
- Planning learning

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

7. RECOMMENDED REFERENCES

Core text/s:



Course Descriptor
AHND 488 Nutrition Education and Diet Counseling

Nutrition Counseling and Education Skills for Dietetics Professionals (2018). 7th Edition
by Betsy Holli, Judith A Beto

Library + online resources:

Open Educational Resources:



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