



Course Descriptor
FSHNN472 Dietetic Counseling for Chronic Disease

Proposed Academic Year	2021-2022	Last Reviewed Academic Year	2020-2021
Course Code	FSHNN472	Course Title	Dietetic Counseling for Chronic Disease
Credit hours	3	Level of study	Bachelors
College / Centre	College of Applied and Health Sciences	Department	Food Science and Human Nutrition
Co-requisites		Pre-requisites	FSHN N362 Nutrition in the Lifecycle

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. This class is designed to expose you to principles in nutrition counseling.

2. AIMS

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. 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. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
<p>Upon successful completion of this course, students will be able to:</p> <p>1. Demonstrate counseling techniques to facilitate behavior change. Develop interventions to affect change and enhance wellness in diverse individuals and groups. Develop interventions to affect change and enhance wellness in diverse individuals and groups</p>	Lectures and seminars	in-class tests, quizzes



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2. Develop an educational session or program/educational strategy for a target population. Demonstrate effective and professional oral and written communication and documentation.	Group work, presentations, lab work	in-class tests, quizzes
3. Develop clinical knowledge to intervene in some chronic diseases such as CVD, Diabetes, Obesity	Group work, presentations, lab work	Class Presentation, Written Examination
4. Develop clinical knowledge about some nutrients	presentations	Case Study report

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Midterm	20
Assignment	10
Project and presentation	25
Final exam	40
Attendance	5
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)

1. Introduction and definition of dietetic counselling
Nutrition Education and Counseling: An Overview
Total Diet Approach to Healthy eating
Distribution and discussion of case studies
NCP and its use in intervention
Interview process, Client Question Prep, Client-centered Counseling, More on Motivational Interviewing
Framework for Counseling Session, Work on case study
Counseling strategies
Interviewing
Person centered counseling, Work on case study



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Stages of behavior change, Case study	
Group nutrition education and counseling techniques, Case study	
Counseling for behavior modification, case study	
Counseling and intervention in chronic disorders. Specific case studies such as eating disorder, CVD, Diabetes, weight management	
Case study presentation	
TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	15
TOTAL COURSE HOURS	60

7. RECOMMENDED REFERENCES

Core text/s:

< Nutrition Counseling and Education Skills for Dietetics Professionals Sixth Edition
by Betsy Holli, Judith A Beto

Library + online resources:

Nutrition Counseling and Education Skill Development 3rd Edition by Kathleen D. Bauer
(Author), Doreen Liou (Author), Carol A. Sokolik (Author)

Open Educational Resources: