**Course Description**

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| **Course Title** | Nutritional Education and Counseling | **Course Code** | **BND363** |
| **Program** | Therapeutic Nutrition and Dietetic | **Level** | 3rd level |
| **Credit Hours** | 3 | **Pre-requisites**  | **BND234 / BUST07** |
| **Course Description:** |
| The course describes the application of nutrition education and counseling with individuals and groups in clinical and community settings. To increase the effectiveness of diet therapy education in food choices, and enable students to utilize appropriate behavioral and evidence-based strategies. It includes discussion and experience in interviewing, counseling, dietary assessment methodology, learning activities, evaluation and documentation. The teaching strategies will include lectures, self-learning and assignment. The students will be evaluated through report, written exam and practical exam. Principles of human nutrition and Communications skills are prerequisite courses. |
| **Topics Covered:** |
|  | Overview course content |
| Overview of nutrition education and counseling |
|  | Types of Communication and counseling skills |
|  | Communication and counseling skills |
|  | Nutrition Counseling Strategy Directive and guided Counseling |
|  | Mid-term exam |
|  | Nutrition counseling stages of behavior change |
|  | Nutrition counselling protocol/key principle in Behavior Change Communication (BCC) |
|  | Process of Nutrition Counseling and Nutrition counseling in community-based nutrition |
|  | Planning, Implementing and evaluation of learning |
|  | Importance of nutrition education and counseling in nutritional care process |
|  | Final exam |
| **Course Learning Outcomes:**  |
| After completing this course, students would be able to: |
|  | Recognize the importance of embedding specific nutrition advice in a total diet context. |
|  | Describe effective communications and usefulness of dietary patterns as nutrition education tools. |
|  | Formulate effective communications and usefulness of dietary patterns as nutrition education tools into practice sitting. |
|  | Design effective nutrition education and counseling skills to facilitate behavior change. |
|  | Offer nutrition counselor's ability to use client-centered counseling techniques to motivate clients' dietary changes. |
|  | Apply effective education and counseling skills to facilitate behavior change. |
|  | Demonstrate effective communications and usefulness of dietary patterns as nutrition education tools. |
|  | Use the sources of biomedical information to remain current with the advances in knowledge & practice. |
| **Textbooks:** |
|  | Betsy B. Holli and Judith A. Beto, (2014), Nutrition Counseling and Education Skills for Dietetics Professionals, 6th Edition, LWW China |
|  | Kathleen D. Bauer Doreen Liou Carol A. Sokolik, (2012), Nutrition Counseling and Education Skill Development, 2nd Edition, International edition, Brooks Cole USA. |
| **Course Assessment:** |
| **No.** | **Assessment Tasks** | **Mark** |
|  | Assignments and reports | 10 |
|  | Quiz | 5 |
|  | Midterm Exam | 20 |
|  | Practical Exam | 15 |
|  | Final Exam | 50 |
| **Total** | **100** |