



Course Syllabus of Nutrition Education and Counseling

Faculty : Medicine and Health sciences

Department: Health Sciences

Program : Bachelor in Clinical Nutrition and Dietetic

I. General information about the course instructor :							
Name	Dr. Mansour Mohammed Abdullah Ghaleb	Office Hours(3 Hours Weekly)					
Location & phone number	00967770072719	Sat	Sun	Mon	Tue	Wed	Thu
Email	mansourghalib@yahoo.co.in		√				

II. General information about the course :						
13.	Course Title:	Nutrition Education and Counseling				
14.	Course Code and Number :	BND363				
15.	Credit Hours	Lecture	Seminar/Tutorial	Practical	Training	Total
		2		1		3
16.	Study Level and Semester:	3rd year / 2 nd semester				
17.	Pre-requisites :	BND234 / BUST07				
18.	Co-requisites :	None				
19.	Program in which the course is offered	Bachelor in Clinical Nutrition and Dietetic				
20.	Teaching Language:	English				
21.	Instruction location:	University of Science and Technology, Sana'a, Yemen				

III. 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 student 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.

عميد الكلية:
د. عبدالله المخلافي

رئيس القسم:
د. عبد الحبيب ردمان

16/10/2016



المراجع:
د. معاهد نصار

الموصف:
د. منصور غالب

IV. Course Aims: This course is aimed to:

1. Provide the students the importance of embedding specific nutrition advice in a total diet context.
2. Enable the students to demonstrate effective communications and usefulness of dietary patterns as nutrition education tools.
3. Create awareness of the multiple factors by which clients and consumers assimilate nutrition information.
4. Value the nutrition counselor's ability to use client-centered counseling techniques to motivate clients' dietary changes.
5. Learn the students how the Nutrition Care Process can be aligned with the practice setting.
6. **Improve the skills of effective education and counseling to facilitate behavior change.**

V. Course Intended Learning Outcomes (CILOs) :

1. Recognize the importance of embedding specific nutrition advice in a total diet context.
2. Describe effective communications and usefulness of dietary patterns as nutrition education tools.
3. Formulate effective communications and usefulness of dietary patterns as nutrition education tools into practice sitting.
4. Design effective nutrition education and counseling skills to facilitate behavior change.
5. Offer nutrition counselor's ability to use client-centered counseling techniques to motivate clients' dietary changes.
6. Apply effective education and counseling skills to facilitate behavior change.
7. Demonstrate effective communications and usefulness of dietary patterns as nutrition education tools.
8. Use the sources of biomedical information to remain current with the advances in knowledge & practice.

VI. Course Contents

Theoretical Aspect:

No.	Course Topics/Units	Sub-topics	No. of Weeks	Contact Hours
1	Overview course of content	-Definition and purpose of nutrition education and counseling.	1 st	2
	Overview of nutrition education and counseling	-Needs of Nutrition Counseling. -Characteristics of Nutritional counseling. -Communication and counseling skills. -Definition of Communication -Effective communication: -Components of the communication model.		
2	Types of Communication and counseling skills	-Listening and Learning skills ❖ Use helpful non-verbal communication(body language). ❖ Ask open questions (Verbal communication- negotiation or conversation). ❖ Use responses and gestures which show interest	2 nd , 3 rd	4

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الموصف :
د. منصور غالب

		<ul style="list-style-type: none"> ❖ Reflect back what the client and caregiver says ❖ Empathize-show that you understand how a client feels ❖ Avoid words which sound judging 		
3	Communication and counseling skills:	<p>-Building Confidence and Giving Support skills:</p> <ul style="list-style-type: none"> ❖ Accept what a client or caregiver thinks and feels ❖ Recognize and praise what a client or caregiver are doing right ❖ Give practical help ❖ Give little relevant information and check understanding ❖ Use simple language ❖ Make one or two suggestions, not commands 	4 th ,5 th	4
4	Nutrition Counseling Strategy Directive and guided Counseling	<p>-Nutrition counseling strategy:</p> <ul style="list-style-type: none"> ❖ Open-Ended Questions ❖ Affirm Feelings ❖ Educate ❖ Give information in small amounts and keep it simple ❖ Provide follow-up as necessary <p>- Differentiate between directive and guided counseling supported with example.</p>	6 th	2
5		Mid Term Exam	7 th	2
6	Nutrition counseling stages of behavior change	<p>Nutrition counseling Stages of behavior change</p> <ul style="list-style-type: none"> ❖ Pre-contemplation. ❖ Contemplation. ❖ Preparation. ❖ Action. ❖ Maintenance. 	8 th	2
7	Nutrition counselling protocol/key principle in Behavior Change Communication(BCC)	<p>- The 5A's protocol/key principle in BCC:</p> <ul style="list-style-type: none"> ❖ Assess. ❖ Advice. ❖ Agree. ❖ Assist. ❖ Arrange. 	9 th	2
8	Process of Nutrition Counseling And Nutrition counseling In community	<p>-Process of nutrition counseling</p> <ul style="list-style-type: none"> ❖ Assessing dietary habits ❖ Identifying changes needed ❖ Setting goals ❖ Making dietary change ❖ Identifying barriers to change ❖ Finding support 	10 th	2

	based nutrition	-Culture and Counseling in community based nutrition supported with example		
9	Planning Implementing and evaluation of learning	Planning, implementing and evaluation of learning <ul style="list-style-type: none"> ❖ Environment of teaching and learning ❖ Steps of effective educations ❖ Conducting a need assessment ❖ Developing performance objectives ❖ Domains of learning ❖ Determining the content of learning plan ❖ Organizing learning group ❖ Selecting techniques and methods for different domains of learning ❖ Evaluation of the result and types of evaluation and outcomes. 	11 th ,12 ^t h,13 th	6
10	Importance of nutrition education and counseling in nutritional care process	- Importance of nutrition education and counseling in nutritional care process <ul style="list-style-type: none"> ❖ Nutrition Assessment ❖ Nutrition Diagnosis ❖ Nutrition Intervention ❖ Nutrition Monitoring and Evaluation 	14 th ,15 ^t h	4
11		Final Exam	16 th	2
Total number of weeks and hours			16	32

Second: Practical/Tutorial/Clinical Aspects			
No.	Practical/Tutorial/Clinical topics	No. of Weeks	Contact Hours
1	Case study presentation	2 nd ,3 rd ,4 th ,5 th ,6 th ,7 th	12
2	Work's report	8 th ,9 th ,10 th ,11 th ,12 th ,13 th	12
3	Practical Exam	14 th	2
Total number of weeks and hours		13	26



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