



### **Course Description**

#### **HUN1012 | Nutritional Counseling | 3.00 credits**

Basic principles of nutrition of an optimum diet for building and maintaining sound teeth and body tissues. Emphasis is placed on nutritional counseling.

### **Course Competencies:**

**Competency 1:** The student will demonstrate knowledge of the basics of nutrition counseling techniques and how to communicate effectively about nutrition by:

1. Identify and describe the main nutrition counseling techniques: assessment, intervention, monitoring, and evaluation
2. Demonstrating practical communication skills, such as active listening, empathy, rapport building, and feedback
3. Applying appropriate counseling and communication strategies to different scenarios and clients

**Competency 2:** The student will demonstrate an understanding of client-centered counseling models and practice a variety of essential skills: nonverbal, active listening, goal assessment, motivational interviewing, and group counseling by

1. Identifying the concept and benefits of client-centered counseling models, such as the transtheoretical, health belief, and social cognitive theory
2. Practicing essential skills for client-centered counseling, such as nonverbal communication, active listening, goal assessment, motivational interviewing, and group counseling
3. Evaluating the effectiveness and suitability of client-centered counseling models and skills for different situations and clients

**Competency 3:** The student will demonstrate knowledge of nutrient metabolism, medical nutrition therapy, and changing nutritional needs throughout the life cycle by:

1. Describing the functions and metabolism of macronutrients and micronutrients in the human body
2. Identifying and explaining the nutritional interventions and recommendations for various medical conditions and diseases
3. Recognizing and addressing the changing nutritional needs and challenges throughout the life cycle stages

**Competency 4:** The student will demonstrate the ability to effectively communicate nutrition information, develop and implement current research, utilize nutrition literature and resources, and integrate nutrition knowledge from a variety of sources by:

1. Communicating nutrition information accurately and persuasively to different audiences and purposes
2. Developing and implementing current research methods and findings in nutrition science and practice
3. Utilizing reliable and relevant nutrition literature and resources to support evidence-based practice
4. Integrating nutrition knowledge from various sources, such as biochemistry, physiology, psychology, sociology, and culture

**Competency 5:** The student will demonstrate an understanding of how to use skillful counseling techniques to promote positive client behavior change by:

1. Comprehending the stages of behavior change and the factors that influence behavior change
2. Using skillful counseling techniques to assess client readiness, motivation, barriers, and facilitators for behavior change
3. Using skillful counseling techniques to help clients set realistic and specific goals, develop action plans, monitor progress, provide feedback, and reinforce success

**Competency 6:** The student will demonstrate development of skills in communication, counseling, evidence-based practice, and program planning by:

1. Demonstrating practical oral and written communication skills in various settings and formats

2. Demonstrating competent counseling skills in individual and group settings with diverse clients
3. Demonstrating evidence-based practice skills in critically appraising, applying, and disseminating nutrition research
4. Demonstrating program planning skills in designing, implementing, evaluating, and improving nutrition programs

**Competency 7:** The student will demonstrate an understanding of cultural/ethnic/religious and diverse populations while showing competence/ sensitivity to diverse groups by:

1. Demonstrating empathy to cultural/religious/ ethnic/diverse population differences while conveying nutritional information
2. Demonstrating knowledge of different cultures when sharing nutritional information via counseling
3. Showing appreciation for differences by acknowledging their value in counseling
4. Incorporating cultural, religious, and ethnic foods in creating nutritional plans and diets for patients/clients

**Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Demonstrate knowledge of ethical thinking and its application to issues in society
- Demonstrate knowledge of diverse cultures, including global and historical perspectives