

Jordan University of Science and Technology
Faculty of Agriculture
Department of Nutrition and Food Science
Spring Semester 2007

Course Information	
Course Title	Nutritional counseling and Education
Course Number	NF 484
Prerequisites	NF 383
Course Website	Not Available
Instructor	Hiba Bawadi, Ph.D.
Office Location	C4L3
Office Phone	22263
Office Hours	S and T 9:15-10:15
E-mail	hbawadi@just.edu.jo
Teaching Assistant	None
Course Description	

Text Book	
Title	<i>Basic Nutrition Counseling Skill Development</i>
Author(s)	Bauer and Sokolik
Publisher	Wadsworth
Year	2001
Edition	1 st
Book Website	www.wadsworth.com

Assessment Policy		
Assessment Type	Expected Due Date	Weight
First Exam	14/3/2007	30%
Second Exam	25/4/2007	30%
Final Exam	TBA	40%
Assignments	Home works given through out the semesters	Bonus

Course Objectives	Weights
1. Identify major tents of selected theoretical approaches to counseling	20%
2. Identify basic counseling responses	15%
3. Depict parts of a counseling interview	15%
4. Evaluate dietary status utilizing standard assessment tools	10%
5. Utilize common food management tools	10%
6. describe basic components of relapse prevention counseling	10%
7. Demonstrate physical activity counseling approaches	10%
8. Describe issues related to professionalism	10%

Teaching & Learning Methods

Students are engaged in hypothetical practice situations and respond to questions. Students receive a feedback identifying strengths and learning

Learning Outcomes: Upon successful completion of this course, students will be able to

Related Objective(s)		Reference(s)
1-4	Communicate effectively with others in one-on-one, small group, and large group situations	Chapter 1-4
3-6	Counsel individuals on nutrition	Chapter 3-6
1-6	Promote healthy pleasurable eating	Chapter 1-6
7-8	Promote Healthy and active life style	Chapter 7-8

Useful Resources

Rollnick S, Mason P, Butler C. *Health Behavior Change*, Philadelphia, PA: Churchill Livingstone. 2000

Dr. Phill Show, TV-Ch MBC4 at 6:00 P.M.

Handouts and class notes available at JUST shop off-campus

Course Content

Week	Topics	Chapter in Text (handouts)
1	Adding and dropping week, go through the syllabus, course introduction	Course syllabus
2	Behavioral change models	1
3	Theoretical approaches for life style awareness and management	1
4, 5	Building a relationship: basic counseling responses	2
5, 6	The counseling interview	3
7,8	Developing nutritional care plan, first hour exam	4
8, 9	Promoting change to facilitate self-management	5
10	Making behavior change last	6
11	Physical Activity, second hour exam	7
12	Professionalism and final issues	8
13	Guided counseling experience	9
14	Discussing Dr. Phill episodes as a model of professional counseling	
15	Review sessions	Class notes, text book

Additional Notes

Assignments	Late assignments will not be accepted
Exams	No make up exams unless you have an emergency with documented and accepted excuse
Cheating	Cheating is prohibited. If caught, student will be fail the class
Attendance	Is obligatory