

**Southeast MO State University
COURSE SYLLABUS**

Department of: Human Environmental Studies

Course No. FN525

Title of Course: Nutrition Counseling

Revision: _____

New: Spring 2002

I. Catalog Description and Credit Hours of Course: Principles of nutrition counseling theories, behavior change models, approaches for nutrition counseling, skill development and application in nutrition counseling setting. (3 credit hours)

II. Prerequisite(s): FN235 or FN255, FN355/605, FN370

III. Purposes or Objective of the Course:

The student will:

- A. Acquire a foundation of knowledge about nutrition counseling goals, models, and theories.
- B. Demonstrate an understanding of the basic principles of an effective counseling relationship.
- C. Demonstrate a greater understanding of personal traits and interpersonal skills that can impact the counseling relationship.
- D. Direct the counseling relationship through the use of a counseling model and a motivational algorithm.
- E. Plan and implement an effective counseling intervention.
- F. Demonstrate an understanding of various professional issues, such as ethics, standards, and client rights.
- G. Explain techniques useful to beginning nutrition counselors, including procedures for handling difficult client behaviors, group counseling, and referrals.
- H. Explain the use of various behavior change strategies and basic relapse prevention techniques.

IV. Expectations of Students:

Each student will:

- A. Successfully complete all written examinations
- B. Successfully complete all assignments
- C. Successfully complete counseling sessions with assigned client

V. Course Content or Outline (Indicate number of class hours per unit or section):

A. Foundations of the counseling process	8
1. Theoretical approaches for lifestyle awareness and management	
2. Overview of behavior change models and approaches	
3. Understanding an effective counseling relationship	
4. Sexual harassment awareness; legal climate	
B. Counseling skill development	6
1. Guidelines for enhancing counseling communication effectiveness	
2. Basic counseling strategies	
C. The counseling interview	7
1. Nutrition counseling models	
2. Assessing readiness for change	
3. Nutrition counseling protocols	
4. Intercultural counseling skills	
D. Developing the nutrition care plan	6
1. Goal setting	
2. Developing a plan of action	
3. Utilization of standard assessment and documentation procedures	
E. Promoting change to facilitate self-management	6
1. Strategies to promote change	
2. Components of effective interventions	
3. Supporting self-management	
4. Behavior change strategies	
F. Educational strategies for promoting lasting behavior change	6
1. Social support	
2. Cognitive restructuring	
3. Stress management	
4. Relapse prevention	
G. Professional issues in the counseling relationship	6
1. Ending the counseling relationship	
2. Evaluation	
3. Professionalism and ethics	
4. Group counseling	
Total Hours	45

VI. Textbook(s) and/or Other Required Materials or Equipment:

Bauer, K. and Sokolik, C. (2002) Basic Nutrition Counseling Skill Development. Belmont: CA: Wadsworth/Thomson Learning.

VII. Basis for Student Evaluation:

A. Examinations	40%
B. Counseling Project	40%
C. In class activities/assignments	20%

Graduate Evaluation:

A. Examinations	40%
B. Class Presentation-Prepare and deliver 2 class meetings using appropriate pedagogy	10%
C. Counseling Project	30%
D. In class activities/assignments	20%