

Advanced Nutrition Counseling

Skill Area: Coursework

Competencies:

HD 2, HD 3, DI 2.2, DI 2.4, DI 3.2, DI 3.5, DI 4.11



Description:

Advanced counseling techniques including learning and behavioral theories and principles of goal setting, design, delivery and evaluation of nutrition counseling, development and evaluation of nutrition education materials; role-playing and case study assigned.

Learning Outcomes:

- Ability to explain the process of nutrition counseling and education
- Identify the process for conducting a needs assessment for nutrition counseling and education
- Develop measurable nutrition education and counseling goals
- Plan the content for nutrition education and counseling sessions
- Develop nutrition education materials for use in nutrition counseling and education
- Evaluate nutrition education materials for use in nutrition counseling and education
- Provide nutrition counseling and education sessions on selected topics
- Develop appropriate documentation for a nutrition counseling and education session
- Adapt nutrition counseling for various cultures related to food habits