



Jordan University of Science and Technology
Faculty of Agriculture
Nutrition & Food Technology Department

NF484 Nutrition Education And Counseling - JNQF Level: 7

First Semester 2023-2024

Course Catalog

3 Credit Hours. This course provides an overview of theories and skills necessary to design and implement effective nutrition education and counseling. This course focuses on the importance of behavior change, communication skills, counseling interviews, nutrition care plan development, and self-management tools and strategies in providing effective nutrition education and counseling sessions to promote the health status of clients.

Teaching Method: Blended

Text Book

Title	Nutrition Counseling & Education Skill Development
Author(s)	Bauer K and Liou D
Edition	4th Edition
Short Name	Ref#1
Other Information	2021, Cengage Learning: Boston

Instructor

Name	Mr. Naseem Alshwaiyat
Office Location	C4L3
Office Hours	Mon : 09:30 - 11:30 Tue : 13:30 - 14:30 Wed : 09:30 - 11:30 Thu : 13:30 - 14:30
Email	nmalshwaiyat@just.edu.jo

Class Schedule & Room

Section 1:
 Lecture Time: Sun : 08:30 - 10:00
 Room: LAB

Tentative List of Topics Covered

Weeks	Topic	References
Weeks 1, 2, 3	Preparing to Meet Your Clients	From Ref#1
Weeks 4, 5	Frameworks for Understanding and Attaining Behavior Change	From Ref#1
Weeks 6, 7, 8	Communication Essentials	From Ref#1
Weeks 9, 10, 11	Meeting Your Client: The Counseling Interview	From Ref#1
Weeks 12, 13	Developing a Nutrition Care Plan: Putting It All Together	From Ref#1
Weeks 14, 15	Promoting Change to Facilitate Self-Management	From Ref#1

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Students will be able to describe theories and skills necessary to design and implement effective nutrition education and counseling. [20SLO1] [20L7K1]	20%	
Students will be able to apply behavior change theories to determine client readiness for the nutrition care plan. [10SLO4, 10SLO5] [10L7K1, 10L7S1]	20%	
Students will be able to implement communication skills to provide effective nutrition education and counseling. [10SLO4, 10SLO5] [10L7S1, 10L7S2]	20%	
Students will be able to organize counseling interview stages to provide effective nutrition education and counseling. [10SLO4, 10SLO5] [10L7S2, 10L7S3]	20%	
Students will be able to use self-management tools and strategies to develop a nutrition care plan. [10SLO4, 10SLO5] [10L7C1, 10L7C2]	20%	

Relationship to Program Student Outcomes (Out of 100%)

SLO1	SLO2	SLO3	SLO4	SLO5
20			40	40

Relationship to NQF Outcomes (Out of 100%)

L7K1	L7S1	L7S2	L7S3	L7C1	L7C2
30	20	20	10	10	10

Evaluation

Assessment Tool	Weight
Midterm Exam	40%
Project	10%
Participation	10%
Final Exam	40%

Policy	
Exams	Students who arrive late for an exam will not be given extra time. If a student arrives at an exam after another student has left the room, the late student will not be allowed to take the exam.
Cheating	Cheating is prohibited. If caught, the student will fail the class.
Attendance	Students are expected to attend and participate in class.
Participation	Students are encouraged to participate in class discussions.
Withdraw	Students can withdraw from the class based on the university deadline.

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