



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

NF485 Nutrition Education And Counseling

Second Semester 2023-2024

Course Catalog

2 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	
Email	nmalshwaiyat@just.edu.jo

Class Schedule & Room

Section 1:
Lecture Time: Tue : 10:30 - 11:30
Room: قاعة الغزالي

Prerequisites		
Line Number	Course Name	Prerequisite Type
633813	NF381 Diet Therapy 1	Prerequisite / Study
633823	NF382 Diet Therapy 2	Prerequisite / Study

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	Course Outcome Weight (Out of 100%)	Assessment method
Understand the skills of preparing and meeting the clients [1SLO4]	25%	
Identify body language and communication skills [1SLO4, 1SLO5]	30%	
Identify behavior change theories and when to implement each theory while increasing the motivation of the clients [1SLO1]	20%	
implement and evaluate behavior change and goals/objectives achievement [1SLO4, 1SLO5]	25%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
20			52.5	27.5

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.

Date Printed: 2024-02-23