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:**


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%