

Subject Description Form

Subject Code	FSN5025
Subject Title	Nutrition Education and Counselling
Credit Value	3
Level	5
Pre-requisite	Nil
Objectives	To equip students with advanced knowledge and practical skills in nutrition education and counselling, enabling them to facilitate behaviour change and design evidence-based nutrition programmes and interventions.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> Understand the principles of nutrition education and counselling; Demonstrate problem-solving skills as well as appropriate interviewing, and counselling skills; Develop ways to effectively engage learners in nutrition education and counselling across different age groups especially for older adults; Apply appropriate education theories and motivation techniques during individual counselling and group education to promote behavioral change.
Subject Synopsis/ Indicative Syllabus	<p><u>Introduction</u> Role and importance of nutrition education/counselling and of food and nutrition literacy at an individual and population level, professional practice and competence of nutritionists in nutrition education and counselling, Afn standards of Ethics, Conduct and Performance, factors affecting diet and nutrition needs and practice, including the importance of religious and cultural beliefs, socio-economic, geographical, and environmental factors</p> <p><u>Theories of behaviour change</u> Health Belief Model, Theories of reasoned action and planned behaviour, Transtheoretical Model/Stages of Change, Social Cognitive Theory, application of theories to the design, implementation and evaluation of a nutritional intervention and public health messages</p> <p><u>Motivational Interviewing</u> Spirit, skills and process/steps of motivational interviewing, ambivalence, change talk, client-centered counselling, readiness-to-change assessment, GATHER approach to counselling</p> <p><u>Communication essentials</u> Interpersonal communication model, verbal and nonverbal communication, cultural influence on communication, listening skills, counselling responses</p>

	<p><u>Nutrition care plans</u> Objective and process of nutrition care plan, nutrition diagnosis, goal setting and action plan, strategies for behavioural change</p> <p>Counselling on physical activity <u>Exercise prescription and benefits, high intensity interval training, exercise snack</u></p> <p><u>Nutrition programme planning and evaluation</u> Stages and cycles of health promotion planning, health promotion planning frameworks and tools</p> <p><u>Special topics related to nutrition education and counselling</u> Technology-assisted nutrition education and counselling, Technology-assisted health monitoring, culinary medicine, sports nutrition</p>																																		
Teaching/Learning Methodology	<p>Lecture: The principles of nutrition education and counselling will be explained. Examples and applications will be used to illustrate the concepts and ideas in the lecture. Students are provided with opportunity to enhance their knowledge through interactive discussions.</p> <p>Seminar: Guest speakers will be invited to update students with latest knowledge and technology related to nutrition education and counselling.</p> <p>Tutorial: In-class individual and group activities will help students to consolidate, apply and integrate knowledge.</p>																																		
Assessment Methods in Alignment with Intended Learning Outcomes	<table><tr><th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="4">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th></tr><tr><th>a</th><th>b</th><th>c</th><th>d</th></tr><tr><td>1. Individual Assignments</td><td>20%</td><td>✓</td><td></td><td></td><td>✓</td></tr><tr><td>2. Group Project</td><td>15%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td></tr><tr><td>3. Quiz</td><td>15%</td><td>✓</td><td></td><td>✓</td><td>✓</td></tr><tr><td>3. Final Examination</td><td>50%</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td></tr></table> <p>Individual Assignment: Students will prepare a proposal on a nutrition promotion programme.</p> <p>Group Project: The students will form groups to prepare video clips on motivational interviewing.</p> <p>Quiz: A short quiz using MCQ format in the middle of the semester will be used to assess knowledge taught in the first half of the subject.</p>	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)				a	b	c	d	1. Individual Assignments	20%	✓			✓	2. Group Project	15%	✓	✓	✓	✓	3. Quiz	15%	✓		✓	✓	3. Final Examination	50%	✓	✓	✓	✓
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1. Individual Assignments	20%	✓			✓																														
2. Group Project	15%	✓	✓	✓	✓																														
3. Quiz	15%	✓		✓	✓																														
3. Final Examination	50%	✓	✓	✓	✓																														

	Final Examination: It is used to assess the students' understanding of the principles of nutrition education and counselling, and their application in various settings.	
Student Study Effort Expected	Class contact:	
	▪ Lectures	30 hours
	▪ Seminar	3 hours
	▪ Tutorial	6 hours
	▪ Other student study effort:	
	▪ Individual assignments	25 hours
	▪ Group project preparation	15 hours
	▪ Self-study	40 hours
	Total student study effort	119 hours
Reading List and References	<p>Kathleen D. Bauer, Carol Sokolik, Basic nutrition counseling skill development: a guideline for lifestyle management, Belmont, CA: Wadsworth/Thomson Learning, 2002.</p> <p>Kathleen D. Bauer, Doreen Liou, Nutrition Counseling and Education Skill Development, 3rd edition, Cengage Learning, 2016.</p> <p>Kathleen D. Bauer, Doreen Liou, Nutrition Counseling and Education Skill Development, 4th edition, Cengage Learning, 2021.</p> <p>Linda G. Snetselaar, Nutrition Counseling Skills for the Nutrition Care Process, 4th edition, Sudbury, Mass.: Jones and Bartlett Publishers, 2009.</p> <p>Marie A. Boyle, Community nutrition in action : an entrepreneurial approach, 7th edition, Boston, MA: Cengage Learning, 2017.</p> <p>Nweze Eunice Nnakwe, Community nutrition : planning health promotion and disease prevention, 3rd edition, Burlington, MA: Jones & Bartlett Learning, 2018.</p> <p>Orlowski, Marietta. Introduction to health behaviors: a guide for managers, practitioners & educators, Boston, MA: Cengage Learning, 2016.</p>	