



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

|  |   |   |            |   |   |                                 |   |            |   |
|--|---|---|------------|---|---|---------------------------------|---|------------|---|
| Course Title                                     |   | Counselling Skills For Dietitians   |            |   |   |                                 |   |            |   |
| Course Code                                      |   | BDB406  |            | Course Level  |   | First Cycle (Bachelor's Degree) |   |            |   |
| ECTS Credit                                      | 2 | Workload  | 51 (Hours) | Theory  | 2 | Practice                        | 0 | Laboratory | 0 |
| Objectives of the Course                         |   | To teach the principles and types of colsulting services in nutrition and dietetics area. |            |   |   |                                 |   |            |   |
| Course Content                                   |   | Consulting services in the area of nutrition and dietetics.                               |            |   |   |                                 |   |            |   |
| Work Placement                                   |   | N/A   |            |   |   |                                 |   |            |   |
| Planned Learning Activities and Teaching Methods |   |   |            | Explanation (Presentation), Discussion, Individual Study, Problem Solving |   |                                 |   |            |   |
| Name of Lecturer(s)                              |   | Ins. Mahmut ÇERİ  |            |   |   |                                 |   |            |   |

### Prerequisites & Co-requisites

|                |     |
|----------------|-----|
| ECTS Requisite | 180 |
|----------------|-----|

### Assessment Methods and Criteria

| Method              | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1        | 40             |
| Final Examination   | 1        | 70             |

### Recommended or Required Reading

|   |   |
|---|---|
| 1 | Kathleen D. Bauer , Doreen Liou , Carol A. Sokolik, Nutrition Counseling and Education Skill Development, Wadsworth, USA, 2011. |
| 2 | Mahan, K L, Krause's Food, Nutrition and Diet Therapy, 2004.  |
| 3 | Recent scientific articles and books about consulting services.   |

| Week | Weekly Detailed Course Contents |   |
|------|---------------------------------|---|
| 1    | Theoretical                     | Consulting services for food industry                         |
| 2    | Theoretical                     | Consulting services for food industry                         |
| 3    | Theoretical                     | Consulting services in food service systems                   |
| 4    | Theoretical                     | Consulting services in food service systems                   |
| 5    | Theoretical                     | Communication in consulting services                          |
| 6    | Theoretical                     | Communication in consulting services                          |
| 7    | Theoretical                     | Consulting services in medical nutrition therapy for adults   |
| 8    | Intermediate Exam               | Midterm Exam  |
| 9    | Theoretical                     | Consulting services in medical nutrition therapy for adults   |
| 10   | Theoretical                     | Consulting services in medical nutrition therapy for children |
| 11   | Theoretical                     | Consulting services in medical nutrition therapy for children |
| 12   | Theoretical                     | Role of dietitian at home care services                       |
| 13   | Theoretical                     | Role of dietitian at home care services                       |
| 14   | Theoretical                     | General Repeatation   |
| 15   | Final Exam                      | Final Exam  |



**Workload Calculation**

| Activity                                     | Quantity | Preparation | Duration | Total Workload |
|--|----------|-------------|----------|----------------|
| Lecture - Theory                             | 13       | 1           | 2        | 39             |
| Midterm Examination                          | 1        | 5           | 1        | 6              |
| Final Examination                            | 1        | 5           | 1        | 6              |
| Total Workload (Hours)                       |          |             |          | 51             |
| [Total Workload (Hours) / 25*] = <b>ECTS</b> |          |             |          | 2              |

\*25 hour workload is accepted as 1 ECTS

**Learning Outcomes**

|   |  |
|---|--|
| 1 | Learns the definition and basic terms of consulting services in nutrition                        |
| 2 | Knows the stakeholders in nutrition and dietetics  |
| 3 | Learns the types of consulting services and basic principles in healthy individuals or patients. |
| 4 | Understand the importance of communication in consulting services                                |
| 5 | Learns the types and principles of counseling services in the field of nutrition and dietetics.  |

**Programme Outcomes (Nutrition and Dietetics)**

|    |  |
|----|--|
| 1  | Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.  |
| 2  | Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements  |
| 3  | Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.   |
| 4  | Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.   |
| 5  | Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.   |
| 6  | Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.   |
| 7  | Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.  |
| 8  | Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.  |
| 9  | Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.   |
| 10 | Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.  |
| 11 | Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.   |
| 12 | Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.   |
| 13 | Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods |
| 14 | Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.   |

**Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High**

|    | L1 | L2 | L3 | L4 |
|----|----|----|----|----|
| P1 | 2  | 3  | 4  | 3  |
| P2 | 3  | 3  | 4  | 3  |
| P3 | 3  | 2  | 2  | 2  |
| P4 | 2  | 4  | 3  | 4  |
| P5 | 3  | 2  | 3  | 4  |
| P6 | 3  | 3  | 3  | 2  |



|     |   |   |   |   |
|-----|---|---|---|---|
| P7  | 4 | 3 | 2 | 3 |
| P8  | 2 | 2 | 4 | 2 |
| P9  | 3 | 4 | 2 | 4 |
| P10 | 3 | 2 | 3 | 2 |
| P11 | 2 | 3 | 2 | 3 |
| P12 | 4 | 2 | 1 | 2 |
| P13 | 2 | 4 | 2 | 3 |
| P14 | 3 | 2 | 3 | 4 |

