Minnesota State College Southeast

NUHA 1210: Principles of Nutrition Teaching and Coaching

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 2
Lab Hours/Week: *.*
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Principles of Nutrition Teaching and Coaching introduces the student to the challenges of changing behaviors through sharing of information. Adult learning theory, situational learning, Maslow’s Hierarchy of Needs and more will be reviewed and focus on teaching nutrition to individuals and families. Students will role play teaching situations and consider technique based on client readiness to learn, level of content understanding and expected compliance while teaching from simple to more complex content.
(Prerequisite: SOCS1205 or PYSC1115) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 05/22/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted