

COURSE LAYOUT

1. GENERAL

SCHOOL	School of Food and Nutritional Sciences		
DEPARTMENT	Department of Food Science & Human Nutrition		
STUDY LEVEL	Undergraduate		
COURSE CODE	291	SEMESTER	9th
COURSE TITLE	Nutritional counselling		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	ECTS
Course: Theory (3 hours)		3	3
COURSE TYPE (Foundation course, General knowledge, Scientific area, Developing skills)	Foundation course		
PREREQUISITES	No		
LANGUAGE	Greek		
IS THE COURSE OFFERED for ERASMUS STUDENTS?	YES		
COURSE WEB PAGE			

2. LEARNING OUTCOMES

Learning Outcomes
<p>This is a basic introductory course in Nutritional counselling and dietary behavior change.</p> <ul style="list-style-type: none"> The course aims to enable comprehension of basic concepts of Nutritional Counselling, as well as acquisition of skills related to efficient communication of the dietician with the patient, patient mobilization, and design of counselling sessions for dietary behavior modification and health improvement. <p>After completion of the course the student will:</p> <ul style="list-style-type: none"> Have skills of efficient communication. Have knowledge of interview techniques and skills for efficient data collection from the patient. Have skills for assessing changes made by the patients and for enhancing their compliance. Be familiar with many case studies of patients from different age groups, with different individual characteristics and health related problems, as well as with problems that the student might face in every day practice related to difficulties in communication, low patient mobilization or low compliance to dietary behavior changes <p>The knowledge and skills acquired by the student in this course could be useful in his/her future courses, like Clinical Nutrition and clinical placement.</p>
General Competences
Adapting new situations Decision making

Individual work
 Teamwork
 Multidisciplinary work
 Respect to diversity and multicultural differences
 Social, professional, and moral responsibility and sensitivity in sex issues
 Exercise criticism and self-criticism
 Promotion of creative and inductive thinking

3. COURSE CONTENT

THEORY

1. Nutritional counselling and interview. Definitions and their role in dietary behavior changes.
2. Cultural, religious, social, and other influences that determine dietary behavior.
3. Interview techniques
4. Existent theories for dietary behavior changes
5. Stages of dietary behavior changes
6. Communication skills of the dietician (written, oral, verbal, non-verbal) according to sex, age, and individual characteristics of the patient.
7. Counselling skills of the dietician according to the individual characteristics of the patient.
8. Design of counselling sessions for a single person.
9. Program design with multiple counselling sessions for population groups (community).
10. Assessment of compliance in dietary behavior changes

4. TEACHING and LEARNING METHODS - Evaluation

TEACHING METHOD	Face to face	
USE OF INFORMATICS and COMMUNICATION TECHNOLOGIES	Power point presentations in lectures Use of <i>e-class</i> platform	
TEACHING ORGANISATION (Lectures, individual or group assignments, field trips, individual study et.c.)	Activities	Workload per semester
	Lectures	50
	Individual assignment	25
	Total contact hours and training	75
STUDENTS EVALUATION	Written exams (90%) (including questions with multiple choice answers or questions with short answers) On site exercises (10%)	

5. LITERATURE

Books:

Bauer K, Liou D. (2020) Nutrition Counseling and Education Skill Development. 4 th Edition. USA: Cengage.