Syllabus: Nutrition Counseling and Education 140502351
First Semester 2026/2027

COURSE INFORMATION	
Course Name: Nutrition Counseling and Education Semester: First Semester Department: Department of Clinical Nutrition Faculty: Applied Medical Sciences	Course Code: 140502351 Section: 1 Core Curriculum: Obligatory
Day(s) and Time(s): Sunday 9:30-10:30 Tuesday 9:30-10:30 Thursday 9:30-10:30 Classroom: M 303, Microsoft teams	Credit Hours: 3 Prerequisites: 140502211 or 1905021212

COURSE DESCRIPTION

This course covers how to conduct patient interviews to obtain the necessary nutritional information, in addition to introducing students to the methods used to modify patients' nutritional behavior. Modern technologies can be used in nutrition counseling through AI applications to prepare interview scenarios and educational messages, together with Canva to design educational materials suitable for target groups.

DELIVERY METHODS

The course will be delivered through a combination of active learning strategies. These will include:

- Power Point lectures and active classroom-based discussion
- Online lectures using Microsoft Teams
- Collaborative learning through small groups acting in an interdisciplinary context.

FACULTY INFORMATION

Name	Nada Abdallah Saleh
Academic Title:	Assistant Tutor
Office Location:	Applied Medical Sciences- 1st floor- office no. 2161
Telephone Number:	Extension 5540
Email Address:	Nadaa_mo@hu.edu.jo
Office Hours:	Sunday 11:30-12:30 and 1:30-2:30 Tuesday 10:30-11:30 Wednesday 11:30-1:30

	Please send an e-mail (nadaa_mo@hu.edu.jo) to meet at any other time.	

REFERENCES AND LEARNING RESOURCES
Required Textbook Holli, B & Beto, J (2018) Nutrition Counseling and Education Skills 7th ed . Australia. Wadsworth Cengage**.**

STUDENT LEARNING OUTCOMES MATRIX*

Core Curriculum Learning Outcomes	Program Learning Outcomes	Course Objectives	Course Student Learning Outcomes	Assessment Method
To provide students with the optimum educational standard in the field of clinical nutrition and general knowledge in food technology	**KP1:** Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of food and discover the links between diet and disease and health	Utilize learning theory, behavior change theory counseling theory, and theories of human development in nutrition education plans Demonstrate the ability to interview clients/patients	To use learning theory, behavior change theory counseling theory, and theories of human development in nutrition education plans.	Exams
To provide optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	**KP2:** demonstrate an understanding of food chemistry, technology, preparation, safety and correlates nutrition with food technology and future challenges**.**	providing optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	To understand counseling skills, educational methods, interviewing techniques, verbal, nonverbal communication and multimedia presentations.	Exams Educational Poster
To participate in community services for health promotion and disease prevention programs	**KP3:** Explain the principles of cellular metabolic processes, the structure and function of the various physiological systems, and the principles of biochemistry	participation in community services for health promotion and disease prevention programs Describe the components of effective communication in the practice of dietetics	Recognize the primary role of nutrition educator and characteristics of effective nutrition counsellors.	Exams Educational Poster
To encourage creativity and	**KP4:** Providing students with			

innovation in solving problems of emerging cases in the field of clinical nutrition	high levels of educational quality based on training on specific pathological conditions in therapeutic nutrition.			
	SP1: Evaluate critically scientific research from a variety of sources in relation to nutrition and health through working with others, communication, self-management, and problem-solving and reflect on the various components	Demonstrate effective counseling skills for individuals and groups	To describe the components of nutrition education process.	Exams Educational Poster
To sustain the concept of collaboration to promote an appropriate diet solution in cases of health and disease	**SP2:** Communicate effectively with groups and individuals to promote the benefits of a balanced diet throughout the lifespan and demonstrate the ability to use scientific laboratory skills.	Develop effective nutrition education sessions, including appropriate materials	To Prepare appropriate nutrition education aids and evaluating of client progress.	Exams Educational Poster
	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups			

	CP1: Demonstrate consistent professional behaviour in accordance with the legal and ethical boundaries of the dietetic profession			
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.	Evaluate effectiveness of counselling approach in developing patients	To participate in community services for health promotion and disease prevention programs.	Exams Educational Poster
	CP3: Utilize the methods of data analysis using computer software and apply these methods to analyse data obtained from a wide variety of sources and situations, and apply critical thinking, testing hypotheses, formulating suggestions in diet and health	Evaluate effectiveness of education process in developing clients	Judge the appropriateness of communication skill and education approach for labelling the client concerned and feelings.	Exams Educational Poster

ACADEMIC SUPPORT

It is The Hashemite University policy to provide educational opportunities that ensure fair, appropriate and reasonable accommodation to students who have disabilities that may affect their ability to participate in course activities or meet course requirements. Students with disabilities are encouraged to contact their Instructor to ensure that their individual needs are

met. The University through its Special Need section will exert all efforts to accommodate for individual's needs.

Special Needs Section:
Tel: +962 5 3903333
Location: Building of Medical Schools
Email:

COURSE REGULATIONS

Participation

Class participation and attendance are important elements of every student's learning experience at The Hashemite University, and the student is expected to attend all classes. A student should not miss more than 15% of the classes during a semester. *Those exceeding this limit of 15% will receive a failing grade regardless of their performance*. It is a student's responsibility to monitor the frequency of their own absences. **Attendance record begins on the first day of class irrespective of the period allotted to drop/add and late registration. It is a student's responsibility to sign-in; failure to do so will result in a non-attendance being recorded.**

In exceptional cases, the student, with the instructor's prior permission, could be exempted from attending a class provided that the number of such occasions does not exceed the limit allowed by the University. The instructor will determine the acceptability of an absence for being absent. A student who misses more than 25% of classes and has a valid excuse for being absent will be allowed to withdraw from the course.

Plagiarism

Plagiarism is considered a serious academic offence and can result in your work losing marks or being failed. HU expects its students to adopt and abide by the highest standards of conduct in their interaction with their professors, peers, and the wider University community. As such, a student is expected not to engage in behaviours that compromise his/her own integrity as well as that of the Hashemite University.

Plagiarism includes the following examples and it applies to all student assignments or submitted work:

- **Use of the work, ideas, images or words of someone else without his/her permission or reference to them.**
- **Use of someone else's wording, name, phrase, sentence, paragraph or essay without using quotation marks.**

- **Misrepresentation of the sources that were used.**

The instructor has the right to fail the coursework or deduct marks where plagiarism is detected

Late or Missed Assignments

In all cases of assessment, students who fails to attend an exam, class project or deliver a presentation on the scheduled date without prior permission, and/or are unable to provide a medical note, will automatically receive a fail grade for this part of the assessment.

- Submitting a term paper on time is a key part of the assessment process. Students who fail to submit their work by the deadline specified will automatically receive a 10% penalty. Assignments handed in more than 24 hours late will receive a further 10% penalty. Each subsequent 24 hours will result in a further 10% penalty.
- In cases where a student misses an assessment on account of a medical reason or with prior permission; in line with University regulations an incomplete grade for the specific assessment will be awarded and an alternative assessment or extension can be arranged.

Student Complaints Policy

Students at The Hashemite University have the right to pursue complaints related to faculty, staff, and other students. The nature of the complaints may be either academic or non-academic. For more information about the policy and processes related to this policy, you may refer to the students' handbook.

COURSE ASSESSMENT

Course Calendar and Assessment

Students will be graded through the following means of assessment and their final grade will be calculated from the forms of assessment as listed below with their grade weighting taken into account. The criteria for grading are listed at the end of the syllabus

Assessment	Grade Weighting	Deadline Assessment
First Exam	25%	8/11/2026
Second Exam	25%	20/12/2026
Educational Material with AI	10%	To be announced
Final Exam	40%	To be announced

Description of Exams

Test questions will predominately come from material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. Exam will consist of a combination of multiple choice, short answer, match, true and false and/or descriptive questions.

Homework: Will be given for each chapter, while the chapter in progress you are supposed to work on them continuously and submit in next lecture when I finish the chapter.

You are also expected to work on in-chapter examples, self-tests and representative number of end of chapter problems. The answers of self-tests and end of chapter exercises are given at the end of the book.

Quizzes: Unannounced quizzes will be given during or/and at the end of each chapter based upon the previous lectures. It will enforce that you come prepared to the class.

No make-up exams, homework or quizzes will be given. Only documented absences will be considered as per HU guidelines.

Grades are not negotiable and are awarded according to the following criteria*:

Letter Grade	Description	Grade Points
A+	Excellent	4.00
A		3.75
A-		3.50
B+	Very Good	3.25
B		3.00
B-		2.75
C+	Good	2.50
C		2.25
C-		2.00
D+	Pass	1.75
D	Pass	1.50
F	Fail	0.00
I	Incomplete	-

WEEKLY LECTURE SCHEDULE AND CONTENT DISTRIBUTION

"Lecture hours and weeks are approximate and may change as needed"

An overview of nutrition counseling - Definition - Role of the dietitian in health care team - Importance of nutrition counseling	**Week 1**	**3 lecture hours**
Education skills - Principles and theories of learning - Planning learning - Implementing and Evaluating Learning - Delivering Oral Presentations - Using Instructional Media - Facilitating Group Learning	**Week 2 +3 +4**	**9 lecture hours**
Counseling approaches - The dietitian - The patient - Personality Types	**Week 4+5**	**6 lecture hours**
Communication skills	**Week 6+7**	**6 lecture hours**
Meeting your client: The counseling interview	**Week 8**	**3 lecture hours**
Counseling for change: - Stages of change - Facilitators of change	**Week 9+10**	**6 lecture hours**
Charting and documentation:	**Week 11+12**	**6 lecture hours**

Code of ethics:	**Week 13+14+15**	**9 lecture hours**
University Exams	**Week 16**	