



COURSE OUTLINE

NUT361 Counselling and Communication Skills for Dietetics

Course Coordinator: Amy Thompson (athomps2@usc.edu.au) **School:** School of Health and Behavioural Sciences

2021 | Semester 2

USC Sunshine Coast

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course is designed to develop your ability to effectively manage individual clients in a nutrition and dietetics setting through providing you with a broad array of skills and knowledge related to health-related behaviour change, counselling and communication techniques and skills. Emphasis will be placed on integrating theory into practice, and provide you with opportunities to develop your communication and counselling skills as part of the provision of nutrition therapy to an individual.

1.2. How will this course be delivered?

| ACTIVITY | HOURS | BEGINNING WEEK | FREQUENCY |
|-----------------------------------|-------|--|-----------|
| BLENDED LEARNING | | | |
| Tutorial/Workshop 1 | 2hrs | Throughout teaching period (refer to Format) | 4 times |
| Online | 2hrs | Throughout teaching period (refer to Format) | 10 times |
| Independent Study/Research | 4hrs | Refer to Format | 2 times |
| Scheduled Online Activity | 2hrs | Refer to Format | 3 times |

1.3. Course Topics

- Adult learning and behaviour modification
- Patient-centred nutrition education
- Development of effective communication and counselling skills
- The dietetic interview

2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

| COURSE LEARNING OUTCOMES | GRADUATE QUALITIES |
|---|--|
| On successful completion of this course, you should be able to... | Completing these tasks successfully will contribute to you becoming... |
| 1 Demonstrate client-centred communication and counselling skills. | Empowered |
| 2 Analyse and apply the principles of adult learning theory and behaviour modification theory when providing nutrition care to facilitate change. | Empowered Sustainability-focussed |
| 3 Apply a critical thinking approach to evaluate, prioritise and implement nutrition care. | Creative and critical thinker Engaged |
| 4 Demonstrate ability to provide appropriate evidence-based nutrition education. | Empowered |

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

NUT351 and enrolled in Program SC353 or SC302

5.2. Co-requisites

NUT302

5.3. Anti-requisites

PPM302

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Early feedback on your progress will be provided in Week 4 through in-class peer feedback to your counselling and communication skills in preparation for Assessment Task 2. In class activities in weeks 2 and 5 will provide guidance and feedback to implement in your behaviour modification plan.

6.3. Assessment tasks

| DELIVERY MODE | TASK NO. | ASSESSMENT PRODUCT | INDIVIDUAL OR GROUP | WEIGHTING % | WHAT IS THE DURATION / LENGTH? | WHEN SHOULD I SUBMIT? | WHERE SHOULD I SUBMIT IT? |
|---------------|----------|------------------------|---------------------|-------------|------------------------------------|-----------------------|--|
| All | 1 | Oral and Written Piece | Individual | 50% | 15-minute Narrated Powerpoint. | Week 6 | Online Assignment Submission with plagiarism check |
| All | 2a | Activity Participation | Individual | 0% | 15 minute oral task. | Week 4 | In Class |
| All | 2b | Activity Participation | Individual | 50% | 30 minute Oral dietetic interview. | Exam Period | In Class |

All - Assessment Task 1: Nutrition behaviour modification plan

| | | | |
|------------------|--|--|----------------------------------|
| GOAL: | To apply the theories and principles of adult learning and behaviour modification theory to a case study. | | |
| PRODUCT: | Oral and Written Piece | | |
| FORMAT: | You will apply learnings from course content to a volunteer patient or peer by analysing the individual's nutrition information, needs and beliefs and develop an individualised behaviour modification plan using best evidence and theory. | | |
| CRITERIA: | No. | | Learning Outcome assessed |
| | 1 | Formulate a nutrition behaviour modification plan that appropriately applies the principles of adult learning and behaviour modification theory. | 2 |
| | 2 | Use an evidence-based approach to formulate a patient-centred nutrition behaviour modification plan. | 3 |
| | 3 | Professionally communicate thoughts clearly and fluently in both written and spoken form. | 1 |

All - Assessment Task 2a: Counselling skills

| | | | |
|------------------|---|---|----------------------------------|
| GOAL: | To demonstrate your counselling and communication skills to facilitate behaviour change. | | |
| PRODUCT: | Activity Participation | | |
| FORMAT: | You will demonstrate your communication and counselling skills in a class activity. During this activity you will be required to display active listening skills including paraphrasing and empathy. You will also have to demonstrate your ability to identify enablers and barriers to a nutrition-related behaviour. | | |
| CRITERIA: | No. | | Learning Outcome assessed |
| | 1 | You will need to demonstrate effective and appropriate interview and counselling skills through establishing rapport, demonstrate active listening and paraphrasing skills, and works in partnership with a client/patient. | 1 |

All - Assessment Task 2b: Dietetic Interview

| | | | |
|-----------------|--|--|--|
| GOAL: | To demonstrate your ability to provide nutrition education and nutrition care using appropriate client-centred communication and counselling skills in a timely manner. | | |
| PRODUCT: | Activity Participation | | |
| FORMAT: | You will conduct a simulated dietetic interview and demonstrate your nutrition education, goal setting, counselling and communication skills to provide appropriate client-centred nutrition care. | | |

CRITERIA:

| No. | | Learning Outcome assessed |
|-----|--|---------------------------|
| 1 | You will be assessed on your ability to display critical judgement in the application of knowledge of nutrition science, health and disease, food and food preparation methods. | 2 |
| 2 | You will be assessed on your ability to identify and prioritise key nutrition issues based on all available information and negotiate an intervention plan in collaboration with a client. | 1 |
| 3 | You will be assessed on your ability to adapt your communication to enhance a client's understanding of the nutrition education provided whilst maintaining professional language. | 4 |
| 4 | You will be assessed on your ability to demonstrate effective and appropriate interview and counselling skills to support behaviour change. | 1 |

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

| REQUIRED? | AUTHOR | YEAR | TITLE | PUBLISHER |
|-----------|-------------------------|------|---|-------------------------------|
| Required | Holli, B. & Beto, J. A. | 2017 | Nutrition counselling and educational skills: A guide for professionals | Lippincott Williams & Wilkins |

8.2. Specific requirements

Nil

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct.

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, , injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au