

Spokane Falls Community College
COURSE LEARNING OUTCOMES AND OUTLINE

Prefix and Course Number: FLM 325
Course Title: HOLISTIC NUTRITION

Version Date: 11/15/18

Course Learning Outcomes

1. Discuss the various aspects of eating behavior
2. Determine the effect of sustained dieting
3. Identify the strategies for fat loss
4. Create a nutritional coaching plan

Course Outline:

A Ethical and Professional Criteria

- A1 Demonstrates an Understanding of, and follows all ethical guidelines
- A2 Distinguish between coaching, consulting, psychotherapy and other support professions
- A3 Refer client when needed

B Nutritional Assessment

- B1 Develop instruments to evaluate individual eating behaviors and nutritional factors
- B2 Contain perceived behavioral control, intention, and ability to plan

C Eating Behavior

- C1 Establish the role of core life issues, thoughts, and beliefs on eating behavior
- C2 Define aspects principal nourishment (purpose, relationships, spirituality, movement)
- C3 Create eating strategies based on inter-individuality (metabolic typing)
- C4 Describe the value of situational awareness

D Strategies for Fat Loss

- D1 Establish the nutritional and metabolic factors influencing fat loss
- D2 Determine the influence of physiological stress and relaxation on metabolism
- D3 Ascertain the role of sleep and metabolism
- D4 Identify the social influences that affect nutritional behavior
- D5 Describe the significance of macro/micro-nutrient balance
- D6 Discuss the role of mindfulness and eating behavior

E Effect of Sustained Dieting

- E1 Describe the effects of chronic dieting on overall health
- E2 Discuss how chronic dieting impairs metabolism
- E3 Defines the connection between chronic dieting and disordered eating
- E4 Differentiate between the faulty science of dieting and effective fat loss strategies
- E5 Explore the impact of negative body image

F Digestive Health

- F1 Ascertain the impact of stress on digestion
- F2 Explores the impact of food sensitivities on digestion
- F3 Describe the brain/gut connection

G Nutritional Coaching Plan Design

G1 Define actions that will enable the client to achieve their stated goals

G2 Systematically explore specific interventions and tools central to achieving goals

G3 Includes elements of self-discovery

G4 Explore alternative ideas and solutions, to evaluate options, and make healthy decisions

G5 Program encourages client to leave their comfort zone but maintains a comfortable pace