

Nutritional Counselling**(Ernährungsberatung)**

Model type:	Compulsory elective module
Module Number:	107201200
ECT credits:	5
Hours per week:	2 hrs.
Semester:	6 th semester
Frequency:	Begins every Spring semester
Length:	1 semester
Attendance time:	30 hrs.
Self-Study:	120 hrs.
Total Workload:	150 hrs.
Qualification goal:	<p>The students acquire counselling qualifications in a professional capacity in the field of nutrition, in the sense of prevention and health promotion. They are able to apply well-founded knowledge of nutrition survey methods, methods for recording nutritional status as well as practical competences and methods of professional nutrition counselling to concrete fields of action and situations.</p> <p>and methods of professional nutrition counselling to concrete fields of action and situations.</p> <p>transfer.</p>
Professional Competence:	Concepts and strategies of health-oriented nutrition counselling.
Methods Expertise:	Ability to analyse counselling causes and problem situations, learn counselling strategies, develop practical skills. Ability to critically reflect on different approaches to counselling.
Social and Self Competence:	Shaping of counselling relationships, skills for nutrition-related counselling, communicative competences of self-reflection and reflection on others. The students develop the competence to deal adequately with heterogeneous learning groups.
Learning Methods:	Group work, case work, exercises and supervision of counselling practice.

Module Coordinator:	Dr. Inga Asbeck
Prerequisite for participation:	In the partial study programmes GuE and EHW: modules 1 (107200100) to 8 respectively (107200800)
Module Category:	B.A. Educational Sciences: GuE, EHW
Notes:	none
Specialisation options:	M.Ed. Vocational Education for the teaching profession at vocational schools (EHW): compulsory Subject-specific Master's programme: Compulsory

Module Components

Module Component 1- Nutritional Counselling

Module number:	107201201	Learning method:	Seminar/ tutorial
Hours per week	2 hrs	Attendance time:	30 hrs
Type of module:	Mandatory	Self-study:	60 hrs
Planned Group Size:	20	Total workload:	90 hrs

Module Component 2- Exam

Module number:	107201205	Notes	none
Type of examination:	Oral exam	Exam preparation:	60 hrs
Graded examination:	yes	Exam Length:	10 mins