

# NTR 407 : Nutrition Counseling Across Life Span

This course examines nutrition across the lifespan from both a biological and psychosocial perspective. The impact of nutrition on preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging will be studied. For every phase of life, normal growth and development, nutrient needs, nutrition assessment, and counseling techniques will be discussed. The course provides students with the basics of interviewing and counseling methods and techniques. Intensive experience in applying nutrition counseling techniques will be incorporated.

**Credits** 3

**Prerequisites**

NTR-201, PSY-101