

Course Title		Nutrition		
Term	Spring Semester			
Inholland Faculty	Faculty of Health, Sports & Social Work			
Language of instruction	English			
Cycle	First cycle			
Inholland Location	Haarlem			
Code Subjects	Code	Subject Title	ECTS	
	2121NUT02Z	Nutrition Intervention Plan	7	
	2121NUT01Z	Nutrition Individual Consultation	8	
	2121NUT04Z	Motivational Interviewing	4	
	2121NUT03Z	Health Psychology	3	
	2121NUT05Z	Nutrition	3	
	2121NUT06Z	Nutrition Electives	5	
Number of ECTS	30			
Content subjects				
Lecturer(s)	Kris Zwemmer – kristiaan.zwemmer@inholland.nl			
Learning outcomes	<p>During the course of intervention plan students will learn how to develop, execute and evaluate a nutrition intervention plan for a specific target group. Skills with regard to physical activity, nutrition and assessment, personal coaching, health counseling, motivational interviewing, and research will be offered in a practical and theoretical way.</p> <p>During Individual Consultation students will learn how to coach an individual client on nutrition, physical activity and healthy lifestyle in general. Skills like performing an intake, testing and counseling will be practiced in a practical and theoretical way. Students will be offered basic knowledge of concepts related to sports and nutrition, diets and nutritional assessment, evidence based practice. This course is closely related to Nutrition, Health Psychology and Motivational Interviewing.</p> <p>Electives will contribute to the development of competences that are useful for completing the program, for example cultural and language competences</p>			
Mode of delivery,	Physical and online classes (Blended Learning) Project classes			

<p>planned activities and teaching methods</p>	<p>Theoretical and practical lessons Seminars Practical workshops Independent study Skill training Presentations</p>
<p>Prerequisites and co-requisites (if applicable)</p>	<p>The course will be available in second semester from February 2022 till July 2023. Target groups for participation in the Lifestyle and Nutrition semester are: - Students from universities participating in the PAL network (Lithuania, Portugal, Norway, Czeck Republic and The Netherlands); - Students from other sports and health related bachelor programs from Universities in The Netherlands and abroad;</p>
<p>Recommended or required reading and/or other learning resources/tools</p>	<p>Depends on the course. There will be up to date articles presented.</p>
<p>Assessment methods and criteria</p>	<p>Here are several assessment methods: Case study Report Presentation Practical assessment Multiple choice assessment Reflection assignments</p>