



## Course syllabus

Faculty of Humanities and Social Sciences

Department of Media and Journalism

1MK166 Nutritionsrådgivning med kommunikationsvetenskap, 6 högskolepoäng

Nutrition Counseling with Communication Skills, 6 credits

### **Main field of study**

Media and Communication

### **Subject Group**

Media and Communication Studies

### **Level of classification**

First Level

### **Progression**

G1N

### **Date of Ratification**

Approved 2009-06-22

Revised 2017-10-27 by Faculty of Arts and Humanities. Revision of literature.

The course syllabus is valid from spring semester 2018

### **Prerequisites**

General entry requirements for university studies.

## Objectives

After completing the course, the students should be able to:

- identify and account for basic concepts and/or terminology in the communication process,
- account for established knowledge of interpersonal communication and conversation in counselling and independently exemplify how that knowledge can be applied in nutritionists' work,
- account for and apply knowledge of central parts of strategic communication and rhetoric,
- identify and summarise scientific studies on problems related to communication and independently argue for their relevance in relation to nutritionists' work.

## Content

The course includes communication, focusing on interpersonal communication, strategic communication and presentation techniques.

## Type of Instruction

Teaching is delivered in the form of lectures, exercises and seminars.

Written information about the course will be offered on the online learning platform, where students will also have the opportunity to communicate in writing with each other

and the teacher. The course has highly set demands on independent work, for example when it comes to reading compulsory literature and searching for relevant literature and information.

### Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

In order to receive the grade of Pass, the intended objectives must be achieved. The course is examined through written assignments.

### Course Evaluation

At the end of the course, a course evaluation is conducted. Results and analysis of the course evaluation are communicated to the students who have taken the course and the students who are taking the course when it is offered the next time. The evaluation is anonymous. The course evaluation is filed according to departmental regulations.

### Required Reading and Additional Study Material

Gripsrud, J. (the latest edition). Retorik: språkbruk, situation, avsikt. In Gripsrud, J. *Mediekultur Mediesamhälle*. Daidalos. (pp. 193–233)

Holm Ivarsson, B. (the latest edition) *MI motiverande samtal – praktisk handbok för hälso- och sjukvården*. Gothia Förlag. (63 p.)

Jensen, M. (the latest edition) *Interpersonell kommunikation*. Studentlitteratur. (324 p.)

Larsson, L. (the latest edition) *Tillämpad kommunikationsvetenskap*. Studentlitteratur. (374 p.)

*Additional articles and other material which the student is expected to retrieve, read and account for using online resources available at the university library, ca 150–200 pages.*

*Changes to the course literature might occur.*