



Memorandum

#11-148

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: November 10, 2011

SUBJECT: Register Now for the Spring 2012 Semester at SFCC!

Santa Fe Community College will offer online nutrition courses this spring. These 12-week courses begin on February 20, 2012 and end on May 19, 2012. Online nutrition courses are already starting to fill up so register early to avoid disappointment. In addition, classes will be available for staff sitting for the IBCLC exam. The IBCLC courses will be offered during January 23 through May 19. Prerequisites must be completed before registering for some of the IBCLC courses. These prerequisites are listed with the course below. A high school diploma or GED is not required to apply and register for courses.

Although most of the nutrition courses may appear full, a few seats for WIC students have been reserved. Please see the following page for detailed instructions to enroll as you will be unable to register online.

Nutrition Courses Available to All Staff This Fall

- **NUTR 121 Dietary Guidelines CRN 31092**
Presents and explains in detail “The Dietary Guidelines for Americans” developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.
No text required for this course
- **NUTR 200 Nutrition** (2 sections-register for one only) **CRN 31093 or 31094**
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.
Required Text: *Nutrition: Real People, Real Choices*, 2nd edition, ISBN 9780757579035
- **NUTR 205 Nutrition in the Life Cycle CRN 31095**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.
Required Text: *Nutrition through the Life Cycle*, 4th edition, ISBN 0538733411
- **NUTR 206 Community Nutrition CRN 31096**
Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area.
Required Text: *Community Nutrition in Action* 5th edition, ISBN 10:0-495-55901-6

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- **NUTR 215 Culinary Nutrition CRN 31097**
This course combines the science of nutrition and current dietary recommendations with the culinary arts. Strategies and techniques used to prepare healthful and appetizing food are explored and demonstrated.
Required Texts: *NRAEF ManageFirst Nutrition Competency Guide* ISBN 0132283867, and *Techniques of Healthy Cooking* ISBN 9780470052327
- **NUTR 221 Diabetes Management CRN 31098**
Prevention and management of diabetes including blood glucose control, insulin and medication, nutrition and exercise recommendations, and the prevention of complications.
Required Texts: *Complete Guide to Diabetes*, 5th edition, ISBN 9781580403306, and *Guide to Eating Right When You Have Diabetes* ISBN 1580401619
- **NUTR 230 Nutrition for Fitness and Sport CRN 31099**
Principles of nutrition in maintaining optimum health in the exercising adult. Effects of exercise on nutritional requirements and guidelines for their use are emphasized.
Required Text: *Nutrition for Health, Fitness, & Sport*, 9th edition, ISBN 9780073375557

Additional Health Related Courses that May Be of Interest

- **EXSC 202 Instruction in Lifestyle Change CRN 31181**
Health risk appraisals and their application to lifestyle change. Topics include weight control, stress management programs and the principles of exercise adherence. Emphasis is on techniques in behavior modification, motivation, teaching, counseling and behavior change.
Required Text: *Health*, 3rd edition, ISBN 0-558-52874-0 and 987-0-558-52874-4
- **HPER 164 Weight Management and Exercise CRN 31165**
Personal nutrition, behavior modification and exercise for weight management.
Required Text: *The Step Diet Book* ISBN 0761133240

Courses Available to Staff Sitting for the IBCLC Exam That Are Offered This Fall

- **ECED 111 Child Growth Development and Learning CRN 30343, January 23 – May 19**
This basic course provides the foundation for becoming competent early childhood professionals. Major theories of child development are integrated with all aspects of development, including biological-physical, social, cultural, emotional, cognition and language domains.
Prerequisite: ENGL 109.
Required Text: *Child Development*, 8th edition, ISBN 9780205615599

- **ENGL 119 Professional Communication CRN 30243, January 23 – May 19**
The course includes practice in preparation of letters, memoranda, progress and other reports, minutes, basic graphics, instructions, interviews, small- group communications and oral presentations. Word-processing skills are required.
Prerequisite: ENGL 109.
Required Text: *Little, Brown Compact HDBK W/EXER*, 7th edition, ISBN 9780205651702
- **HLCR 113 Medical Terminology CRN 30161, January 23 – May 19**
A study of the terminology used in anatomy, physiology, pathology, surgery and pharmacology.
Required Text: *Medical Terminology*, 4th edition, ISBN 9780131589988
- **PSYC 111 Psychology I (3 sections - register for one only) CRN 30359 or 30466 January 23 – March 17, or CRN 30302 March 26 – May 19**
This course introduces the concepts, theories, significant research findings, methodology and terminology in the evolving field of psychology. Students will explore how human beings live, think, feel, and act in order to gain a better understanding of themselves, others, and the world around them.
Prerequisite: ENGL 109.
Required Text: *Psychology In Everyday Life*, 2nd edition, ISBN 9781429294034
- **SOCI 111 Introduction to Sociology CRN 30570, March 26 – May 19**
This course includes the study of the components of culture, the socialization process, key elements of other cultures, social structure and class, groups and organization, deviance and crime, social inequality, social institutions, strengths and weaknesses of bureaucracies, and marginalized populations.
Prerequisite: ENGL 109.
Required Texts: *Society: Basics Books*, 11th edition, ISBN 9780205005130
- **SPCH 225 Small-Group Communication CRN 30090, January 23 – May 19**
The course deals with aspects of communication in small groups. Attention is given to leadership, group roles and norms, group decision - making and problem solving, conflict resolution, the dynamics of listening, verbal and nonverbal means of communication, and group public presentation formats.
Prerequisite: ENGL 109.
Required Text: *Fund of Small Group Communication* ISBN 9781412959391

The textbooks required above may be ordered and shipped through the SFCC bookstore, (505).428-1218, using a credit card OR through most major online booksellers. **Important:** Students should have their text available the first day of class.

Instructions for Registration

1. All *new* SFCC students must first complete an online application before registering for any courses.
2. To register for specific courses please email Gretchen Scott at gretchen.scott@sfcc.edu with the following information:
 - a. Name and A # (A# is the SFCC student ID #)
 - b. Nutrition course(s) you would like to register for (see course list above)

3. You will be notified by email if you have been registered for class(es).
4. Make payment or payment arrangements immediately to avoid being disenrolled.
 - Individual students enrolling and paying their own tuition may call the Cashier's Office at 505 428-1211 to make payment or make arrangements for payment. Payment can also be made online by credit card by following the link.
 - Third party payers must email the following information to Maria Eleas at maria.eleas@sfcc.edu
 - Purchase order # or letter of intent to pay
 - Student name(s)
 - Student A#
 - Student phone number
 - Course(s) each student is enrolling in

Students can access their courses the first day of class by following the BLACKBOARD link on the SFCC homepage/public website.

See the public site for Santa Fe Community College, www.sfcc.edu, for more detailed information about the college (tuition, fees, enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

For specific information or questions, contact the following individuals:

- Technical problems with registration or online courses - Help Desk, (505) 428-1222
- Tuition/registration payment (505) 428-1211
- Bookstore (505) 428-1218
- Nutrition course content information - Gretchen Scott, gretchen.scott@sfcc.edu, (505) 428-1311

If you have any questions or concerns, or require additional information, please contact Erin Thornberry, Nutrition Education Consultant, Nutrition Education/Clinic Services Unit, at (512) 341-4580 or erin.thornberry@dshs.state.tx.us.