



Memorandum

#09-166

TO: Regional Medical Directors for
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11
WIC Local Agency Directors

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

DATE: December 4, 2009

SUBJECT: Spring 2010 Semester at SFCC!

Santa Fe Community College will continue to offer online nutrition courses this spring. These 12-week nutrition courses begin on **February 20, 2010** and end on May 21, 2010. Nutrition courses offered this spring are:

- **NUTR 121 Dietary Guidelines CRN 30888**
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 30889 or 30890**
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health.
Required Text: *Nutrition: Real People, Real Choices*, ISBN 9780130612243
- **NUTR 205 Nutrition in the Life Cycle CRN 30891**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.
Required Text: *Nutrition through the Life Cycle*, 3rd ed. ISBN 10:0-495116378
- **NUTR 206 Community Nutrition CRN 30892**
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 ed. ISBN 10:0-495-55901-6
- **NUTR 215 Culinary Nutrition CRN 30893**
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
Techniques of Healthy Cooking ISBN 9780470052327

- **NUTR 221 Diabetes Management CRN 30894**
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* 4th ed, ISBN 1580402372
Guide to Eating Right When You Have Diabetes ISBN 1580401619
- **NUTR 230 Nutrition for Fitness and Sport CRN 30895**
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 ed, ISBN 9780073375557

Additional health related courses that may be of interest:

- **EXSC 202 Instruction in Life Style Change CRN 30880**
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: *Access to Health* ISBN 0536298165
- **HPER 164 Weight Management and Exercise CRN 30885**
Personal nutrition, behavior modification and exercise for weight management.
Required Text: *The Step Diet Book* ISBN 0761133240

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.*

We will be using the same process for registration and enrollment of your students. Again, all information students need to apply, register and access courses can be found on links on the SFCC home page www.sfccnm.edu. For more detailed information, please refer to the online catalog and schedule (which can be accessed from the home page).

- All new SFCC students must first complete an online application before registering for any courses (follow REGISTER FOR CLASSES link)
- To register for online course courses follow the REGISTER FOR CLASSES link
- **Registration dates and payment deadlines for the spring 2010 semester are as follows:**
 - Early bird (discounted) registration is from now until January 6-payment deadline is 4:30 pm MST January 6
 - Regular Registration January 7-19 deadline is 4:30 pm MST the Monday **of or** following your registration.
 - Please make payment by deadlines 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. *Note: the campus will be closed between Dec 19 and Jan 3 and payment can be made only online during that time.*
 - Third party payers must email the following information to Jeanne Archuleta Jeanne@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

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- Students can access their courses the first day of class by following the ONLINE CLASSES link
Please have staff familiarize themselves with the “Blackboard Learning” online class system and purchase textbooks at least a week in advance of their first class

For specific information or questions contact the following individuals:

Registration helpline (505) 428-1270

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

After completing the course(s):

WIC employees should give their final transcript to their local agency director. She/he can bill the State Agency at that time by submitting a separate purchase voucher with other WIC billing to wicvouchers@dshs.state.tx.us. Directors should keep a copy of the transcript showing successful course completion on file at the local agency.

If you have any questions or require additional information, please contact Lauren Christian, Nutrition Education Trainer, Nutrition Education/Clinic Services Unit, at (512) 341-4590, or Lauren.Christian@dshs.state.tx.us.