



Memorandum

#12-126

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: November 26, 2012

SUBJECT: Register Now for the Spring 2013 Semester at Santa Fe Community College!

Santa Fe Community College (SFCC) will continue to offer online nutrition courses this spring. These 12-week nutrition courses begin on February 18, 2013 and end on May 18, 2013.

Although most of the nutrition courses may appear full, a few seats have been set aside for WIC students. Please register early, as seating is limited. In addition, classes will be available for staff sitting for the IBCLC exam. Prerequisites must be completed before registering for some of the IBCLC courses. All non-nutrition courses have various start dates. Please refer to individual courses below for specific course dates. A high school diploma or GED is not required to apply and register for any courses.

Reimbursement from the State Agency is contingent upon successful completion of all courses by the WIC staff members with a letter grade of "C" or better. The local agency may bill under either Administration or Nutrition Education for payment of the courses. If the student does not successfully pass the course with a letter grade of "C" or better, it is the local agency's responsibility to determine if the staff member is responsible for reimbursement. The WIC staff member is responsible for purchasing textbooks.

The following nutrition courses are being offered this spring:

- **NUTR 121 Dietary Guidelines CRN 31142**
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 31143 or 31144**
Basic principles of nutrition, including functions, interactions and human requirements of nutrients in maintaining optimum health. Required Text: Nutrition & You, 2nd ed. (ISBN 9780321814937)

- **NUTR 205 Nutrition in the Life Cycle CRN 31145**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly. Required Text: Nutrition through the Life Cycle, 4th ed. (ISBN 0538733411)
- **NUTR 206 Community Nutrition CRN 31146**
Food and nutrition issues and public health programs related to individuals, families and groups living in a defined area. No text required for this course.
- **NUTR 215 Culinary Nutrition CRN 31147**
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 31148**
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 ed. (ISBN 9781580403306), Guide to Eating Right When You Have Diabetes (ISBN 1580401619)
- **NUTR 230 Nutrition for Fitness and Sport CRN 31149**
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: Practical Applications in Sports Nutrition, 3rd ed. (ISBN 978-1449646431)

The following additional health related courses may be of interest:

- **EXSC 202 Instruction in Lifestyle Change CRN 31193**
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 ed. (ISBN 0-558-52874-0 and 987-0-558-52874-4)
- **HLCR 164 Weight Management and Exercise CRN 31141**
Personal nutrition, behavior modification and exercise for weight management. No text required for this class. Note: Students must to supply their own pedometer or step counter at the beginning of class.

The textbooks required above may be ordered and shipped through the SFCC bookstore at 505-428-1218 by 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. First, all **new** SFCC students must complete an online application before registering for any courses.
2. Email Gretchen Scott at gretchen.scott@sfcc.edu with the following information:
 - Name and student A# (A# is the SFCC student ID#)
 - Nutrition course(s) you would like to register for (see course list above)
3. Make payment or payment arrangements immediately to avoid being removed from the class. (You will be notified by email when you have been registered.)
 - 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 may also be made online using a 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 may access their courses the first day of class by following the blackboard link on the SFCC homepage/public website.

Please go to the public site for SFCC www.sfcc.edu for more detailed information about the college (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 require additional information, please contact Matt Harrington, Nutrition Education Coordinator, at 512-341-4515 or by email at matt.harrington@dshs.state.tx.us.