Memorandum

#21-030

TO: WIC Regional Directors
    WIC Local Agency Directors

FROM: Amanda Hovis, Director
      Nutrition Education/Clinic Services Unit
      Nutrition Services Section

DATE: April 15, 2021

SUBJECT: Register for Santa Fe Community College Summer and Fall 2021 Nutrition Courses

Are you interested in learning more about nutrition? If so, consider expanding your knowledge by taking online nutrition courses available through Santa Fe Community College (SFCC).

Who is eligible?

Staff who have approval from their WIC Director are eligible to enroll. A high school diploma is recommended but not required.

How does it work?

The local agency may bill under either Administration or Nutrition Education for payment of the courses. Reimbursement from the state agency is contingent upon successful completion of all courses by the WIC staff member with a letter grade of a ‘C’ or better. If the student does not successfully pass the course with a letter grade of a ‘C’ or better, it is the local agency’s decision to determine if the staff member is responsible for reimbursement. Time off requests for continuing education is subject to approval. For more information, staff should refer to their local agency policy. The WIC staff member is responsible for purchasing textbooks. Please note that WIC does not endorse Santa Fe Community College or those employed with the facility.
Registration for Summer/Fall 2021 Semester at SFCC

Summer and Fall courses are various weeks in length depending on the course reference number (CRN) chosen. Santa Fe Community College is offering multiple online nutrition courses this Summer and Fall 2021:

- **Human Nutrition (NUTR 2110)**
- **Nutrition in the Life Cycle (NUTR 2130)**
- **Dietary Guidelines (NUTR 1120)**
- **Weight Management and Exercise (HLED 1225)**
- **Stress Management (HLED 1160)**
- **Culinary Nutrition (NUTR 2160)**
- **Diabetes Management (NUTR 2170)**
- **IM Lifestyle Change (EXSC 2130)**
- **Nutrition for Fitness and Sport (EXSC 2140)**

Please see the table at the end of the memo for a complete list of SFCC nutrition courses with their course numbers.

When registering for courses, please remember that although classes may appear to be full, seats are always set aside for WIC students.

Textbooks may be ordered and shipped through the SFCC online bookstore using a credit card OR through most major online booksellers. Important: Students should have their textbook available the first day of class.

Nutrition courses offered this summer and fall are:

**NUTR 2110 Human Nutrition**

- CRN 10025 (June 7- July 31) Online
- CRN 10026 (June 7- July 31) Online
- CRN 10148 (June 7- July 31) Online
- CRN 20064 (Aug. 23- Oct. 16) Online
- CRN 20065 (Oct. 18- Dec. 11) Online
- CRN 20207 (Sept. 6- Dec. 11) Online
- CRN 20208 (Oct. 6- Dec. 11) Online
- CRN 20209 (Oct. 6- Dec. 11) Online

**NUTR 2130 Nutrition in the Life Cycle**
- CRN 10131 (June 7- July 31) Online
- CRN 20210 (Sept. 6- Dec. 11) Online

Required Textbook: Life Cycle Nutrition (Edelstein)
ISBN 9781284005349

**NUTR 1120 Dietary Guidelines**
- CRN 10353 (Oct. 18- Dec. 11) Online

No textbook is required.

**HLED 1160 Stress Management**
- CRN 10046 (June 7- July 31) Online
- CRN 20233 (Aug. 23- Oct. 16) Online

Required Textbook: Stress Management (Tummers)
ISBN 9781284005349

**HLED 1225 Weight Management and Exercise**
- CRN 10132 (June 7- July 31) Online
- CRN 20063 (Oct. 18- Dec. 11) Online

No textbook is required.

**EXSC 2130 IM Lifestyle Change**
- CRN 20060 (Oct. 18- Dec. 11) Online

Required textbook: EXSC 202 Instruction in Lifestyle Change
ISBN 9781323873854

**NUTR 2160 Culinary Nutrition**
- CRN 20217 (Oct. 18- Dec. 11) Online

ISBN 9780470635438

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**NUTR 2140 Diabetes Management**

- CRN 20066 (Oct. 18- Dec. 11) Online


**Instructions for WIC staff Registration:**

1. All new SFCC students must first complete an online application as a credit student before registering for any courses. Go to [www.sfcc.edu](http://www.sfcc.edu) and select future students.

2. To register for nutrition classes email Patty Willms at [Mary.Willms@sfcc.edu](mailto:Mary.Willms@sfcc.edu) with the following information:
   a. Name and A# (SFCC student ID # which is obtained immediately after completing online application)
   b. CRN # of nutrition course(s) you would like to register for (see course list above)

3. Individual students enrolling and paying their own tuition may call the Cashier's Office at 505-428-1211 to make a payment over the phone with a Visa, Master Card or Discover credit card. Students can also set up a payment plan or pay online through their MYSFCC account: under the Registration Tab click on Pay Online and follow the prompts; contact the Cashier’s Office 505-428-1211 for assistance.

4. Third party payers must email the following information to [linda.pena@sfcc.edu](mailto:linda.pena@sfcc.edu)
   a. Purchase order # or letter of intent to pay
   b. Student name(s)
   c. Student A#
   d. Student phone number(s)
   e. Course(s) each student is enrolling in

Payment, intent to pay, and/or payment arrangements must be made immediately to avoid being dropped from classes due to non-payment.

Students can access their courses the first day of class by following the CANVAS link on their MYSFCC homepage or public website [www.sfcc.edu](http://www.sfcc.edu).

Please go to the public site for Santa Fe Community College [www.sfcc.edu](http://www.sfcc.edu) for more detailed information about the college (enrollment of new students, college catalog, student handbook, phone numbers, online course access, etc.)

*This institution is an equal opportunity provider.*
For specific information contact the following individuals:

- Technical problems with registration or online courses contact Help Desk: 505-428-1222
- Tuition, fees, and/or payment: 505-428-1211
- Bookstore: 505-428-1218 [https://www.sfcc.edu/offices/bookstore/](https://www.sfcc.edu/offices/bookstore/)
- Nutrition course content information: Patty Willms at [Mary.Willms@sfcc.edu](mailto:Mary.Willms@sfcc.edu)

If you have questions or require additional information, please contact Katie Oliver, Training Coordinator, at 512-341-4596 or [Katie.Oliver@hhs.texas.gov](mailto:Katie.Oliver@hhs.texas.gov).

This institution is an equal opportunity provider.
Online Nutrition Courses
Register Now
Summer 2021

**Human Nutrition** (NUTR 2110 – 3 credits)
CRN 10025 — June 7–July 31
CRN 10026 — June 7–July 31
CRN 10148 — June 7–July 31

**Stress Management** (HLED 1160 – 3 credits)
CRN 10024 — June 7–July 31
*Required textbook: Stress Management (Tummers)*
ISBN 9781450431668

**Nutrition in the Life Cycle** (NUTR 2130 – 3 credits)
CRN 10131 — June 7–July 31
*Required textbook: Life Cycle Nutrition (Edelstein)*
ISBN 9781284005349

**Weight Management and Exercise** (HLED 1225 – 3 credits)
CRN 10132 — June 7–July 31
*No textbook required.*

Textbooks may be ordered and shipped through the SFCC online bookstore after hours using a credit card OR through most major online booksellers.

**Important:** Students should have their textbooks by the first day of class.
# ONLINE NUTRITION COURSES — REGISTER NOW — FALL 2021

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<tr>
<th>Course</th>
<th>CRNs</th>
<th>Textbooks</th>
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<tbody>
<tr>
<td></td>
<td>CRN 20065 — Oct. 18–Dec. 11</td>
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<td>CRN 20207 — Sept. 6–Dec. 11</td>
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<td>CRN 20208 — Sept. 6–Dec. 11</td>
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<td>CRN 20209 — Sept. 6–Dec. 11</td>
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<tr>
<td><strong>Stress Management (HLED 1160 – 3 credits)</strong></td>
<td>CRN 20062 — Aug. 23–Oct. 16</td>
<td>Stress Management (Tummers) ISBN 9781450431668</td>
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<tr>
<td><strong>Dietary Guidelines (NUTR 1120 – 1 credit)</strong></td>
<td>CRN 20206 — Oct. 18–Dec. 11</td>
<td>No textbook required</td>
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<tr>
<td><strong>Weight Management and Exercise (HLED 1225 – 3 credits)</strong></td>
<td>CRN 20063 — Oct. 18–Dec. 11</td>
<td>No textbook required</td>
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Registration Instructions

1. New SFCC students must complete an online application as a credit student before registering for any courses. Select Future Students from www.sfcc.edu.

2. To register for nutrition classes, email Patty Willms at mary.willms@sfcc.edu with the following information:
   a) Student name
   b) Student A# (SFCC student ID# emailed to you after completing online application.)
   c) CRN of SFCC course(s)

3. Individual students enrolling and paying their own tuition may call the Cashier’s Office at 505-428-1211 to make a payment over the phone with a Visa, Mastercard or Discover credit card. Students can also set up a payment plan or pay online through their MySFCC account: under the Registration Tab click on Pay Online and follow the prompts.

4. Third party payers must email the following information to linda.pena@sfcc.edu
   a) Purchase order number or letter of intent to pay
   b) Student name(s)
   c) Student A#
   d) Student phone number
   e) Course(s) each student is enrolling in

Payment, intent to pay, and/or payment arrangements must be made immediately to avoid being dropped from classes due to nonpayment.

Students can access their courses the first day of class by following the CANVAS link on their MySFCC homepage or www.sfcc.edu.

For specific information:
Welcome and Advising Center 505-428-1270 — to register
OIT Service Desk 505-428-1222 — technical problems logging into MySFCC or Canvas
Cashier’s Office 505-428-1211 — tuition, fees and payments
Bookstore 505-428-1218 www.sfcc.edu/offices/bookstore
Nutrition course content information — Patty Willms mary.willms@sfcc.edu
Certificate in Nutrition
22 credits

This program is designed to broaden the knowledge base of individuals in nutrition or for those who work in food, nutrition or health-related areas such as WIC (Women, Infants and Children), public health, nursing, allied health, culinary arts, fitness, schools, farmers’ markets, etc.

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<tr>
<th>Program Requirements (16 credits)</th>
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<tbody>
<tr>
<td><strong>Human Nutrition</strong> (QM) (3 credits)</td>
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<tr>
<td>NUTR 2110</td>
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<tr>
<td>Presents basic principles of human nutrition including functions, requirements, and food sources of nutrients and their roles in maintaining optimal health throughout the life cycle. Nutrition tools and guides to plan a healthy and sustainable diet are examined.</td>
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<tr>
<td>Prerequisite: ENGL 109. Offered: summer, fall and spring.</td>
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<tr>
<td><strong>Nutrition in the Life Cycle</strong> (3 credits)</td>
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<td>NUTR 2130</td>
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<tr>
<td>A presentation and explanation of the specific nutritional needs and recommendations for all phases of the human life cycle: pregnancy, infancy, childhood, adolescence, adulthood, and the elderly.</td>
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<tr>
<td>Prerequisite: ENGL 109. Offered: fall and spring.</td>
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<tr>
<td><strong>Community Nutrition</strong> (3 credits)</td>
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<td>NUTR 2140</td>
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<td>An exploration of food and nutrition issues and programs related to individuals, families, and groups living in a defined area.</td>
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<tr>
<td>Prerequisite: ENGL 109. Offered fall and spring.</td>
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<tr>
<td><strong>Culinary Nutrition</strong> (3 credits)</td>
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<tr>
<td>NUTR 2160</td>
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<tr>
<td>A combination of 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. Information needed to meet the specialized dietary and health needs of individuals and groups is provided. Menu development, modification, and analysis are reviewed.</td>
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<tr>
<td>Prerequisite: ENGL 109. Offered: fall and spring.</td>
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<tr>
<td><strong>IM Lifestyle Change</strong> (3 credits)</td>
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<td>EXSC 2130</td>
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<td>Health-risk appraisals and their application to lifestyle change. Topics include weight control, stress management, smoking cessation and the principles of exercise adherence. Emphasis is on techniques in behavior modification, motivation, teaching and counseling, and behavior change as lifestyle change.</td>
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<tr>
<td>Offered: summer, fall and spring.</td>
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<tr>
<td><strong>Dietary Guidelines</strong> (1 credit)</td>
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<tr>
<td>NUTR 1120</td>
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<tr>
<td>A presentation and explanation in detail of the Dietary Guidelines for Americans developed by the U.S. Department of Agriculture (U.S.D.A.) and the U.S. Department of Health and Human Services.</td>
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<tr>
<td>Prerequisite: READ 101L. Offered: fall and spring.</td>
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Certificate in Nutrition
22 credits

Related Requirements (6 credits – choose from the following)

**Nutrition for Fitness and Sport** (3 credits)
An introduction to the basic principles of nutrition, including functions, interactions and human requirements of nutrients and their roles in maintaining optimum health in the exercising adult. The effects of exercise on nutritional requirements and guidelines for their use are emphasized. The efficacy and potential risks of various ergogenic aids are reviewed.

*Prerequisite: ENGL 109. Offered: fall or spring.*

**Stress Management** (3 credits)
Introduces students to the pathophysiology of stress. Emphasis will be placed on the detrimental effects of stress on the body, as well as on the impact of stress-eating on the body. A variety of stress management techniques will be explored to promote enhanced well-being.

*Offered: fall and spring.*

**Weight Management and Exercise** (3 credits)
A class designed to assist in body fat loss through adequate nutrition, physical activity, and behavior modification. Emphasis is placed on developing an exercise routine for weight management using a step counter/pedometer. Healthy ways to increase lean body mass will be explored.

*Offered: summer, fall and spring.*

**Nutrition in Chronic Disease** (3 credits)
A review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer. Dietary strategies for prevention and management of these chronic diseases are also examined.

*Offered: fall or spring.*

**Diabetes Management** (3 credits)
This course reviews the prevention and management of various types of diabetes. Included is information on blood glucose control, insulin and medications, nutrition and exercise recommendations, and the prevention of complications.

*Offered: fall or spring.*
Learn More.

For more information about course offerings and registration, contact Lynda Trujillo at lynda.trujillo@sfcc.edu or 505-428-1651.