



Memorandum

#11-111

TO: WIC Regional Directors
WIC Local Agency Directors

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

DATE: August 24, 2011

SUBJECT: Register Now for the Fall 2011 Semester at SFCC!

Santa Fe Community College will offer online nutrition courses this fall. In addition, classes will be available for staff sitting for the IBCLC exam. These 12-week courses begin on September 19, 2011 and end on December 10, 2011 with the exception of two IBCLC courses. 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 200 Nutrition** (2 sections-register for one only) **CRN 21079** or **21080**
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 21081**
Nutritional needs and recommendations for pregnancy, infancy, childhood, adolescence, adulthood and the elderly.
Required Text: *Nutrition through the Life Cycle*, 4th edition. ISBN 9780538733410
- **NUTR 209 Nutrition in Chronic Disease** **CRN 21082**
Review of the relationship between nutrition and obesity, diabetes, hypertension, heart disease and cancer.
Required Text: none
- **NUTR 215 Culinary Nutrition** **CRN 21083**
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: *Nutrition Competency Guide* ISBN 9780135072127, and *Techniques of Healthy Cooking* ISBN 9780470052327

- **NUTR 221 Diabetes Management CRN 21084**
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 edition, ISBN 9781580402378, and *Guide to Eating Right When You Have Diabetes* ISBN 9780471442226
- **NUTR 230 Nutrition for Fitness and Sport CRN 21085**
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 21088**
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 9780558528768
- **HPER 164 Weight Management and Exercise CRN 21099**
Personal nutrition, behavior modification and exercise for weight management.
Required Text: *The Step Diet Book* ISBN 9780761133247
- **HPER 200 Lifetime Fitness and Wellness CRN 21100**
This course is designed to help students adopt and maintain the behaviors associated with an active and healthy lifestyle and learn the importance of maintaining wellness through a physically active lifestyle.
Required Text: none

Courses Offered This Fall to Staff Sitting for the IBCLC Exam

- **BIOL 130 Anatomy and Physiology I: Health Sciences CRN 20232**
A study of human structure and functions of the skeletal and nervous systems.
Prerequisite: ENGL 109 & MATH 101.
Required Text: *Anatomy & Physiology*, 4th edition, ISBN 9780321798275
- **ECED 111 Child Growth Development and Learning CRN 20324**
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 20060**
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

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HLCR 113 Medical Terminology CRN 20170

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 20350 or 20451 August 22 – October 15th, or CRN 20287 October 17th – December 10th**

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

- **PSYC 265 Cognitive Psychology CRN 20522**

A survey of the scientific study of the thinking mind. This course includes the study of pattern recognition, attention, memory, representation of knowledge, language, problem-solving, creativity, and decision-making.

Required Text: *Cognitive Psychology In & Out of Laboratory*, 4th edition, ISBN 9780495099635

- **SOCI 111 Introduction to Sociology CRN 200088, October 17th – December 10th**

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 20216**

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:
 - Name and A # (A# is the SFCC student ID #)
 - 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).

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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.