



# Empowering Nutrition: Coaching Students Towards Mindful Eating Habits

## Course Syllabus

### Course Description

Empowering Nutrition equips coaches and educators with evidence-based strategies to foster mindful eating habits in students and athletes. Through guided inquiry, behavior-change theory, and practical tools, participants will learn to integrate nutrition science into active learning environments. This course blends logical frameworks with instructor/coach guided reflection to promote lasting, positive change.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in nutrition science, mindful eating practices, and behavior-change strategies.

### Course Objectives

At the end of this course you should be able to:

1. Define the core macronutrient and micronutrient building blocks and explain their roles in energy balance and performance.
2. Differentiate between mindless and mindful eating behaviors and apply at least two inquiry-based techniques to cultivate present-moment awareness around food choices.
3. Design guided-inquiry activities that engage students in self-assessment of hunger/fullness cues and personal nutrition goals.
4. Implement coach-led strategies grounded in behavior-change theory (e.g., motivational interviewing principles) to support sustainable eating habits.
5. Evaluate existing school-nutrition programs and propose policy or programmatic adjustments that enhance stakeholder buy-in and promote whole-food access.
6. Construct and utilize formative assessments aligned with the objectives of nutrition based lessons.

### Modules

- Module 1: Understanding the Building Blocks of Teaching Healthy Nutrition Habits, Quiz 1
- Module 2: Nutritional Requirements During Adolescents, Quiz 2
- Module 3: Introduction to Mindful Eating, Quiz 3
- Module 4: Food through a biopsychosocial lens, Quiz 4
- Module 5: Teaching/Coaching to Promote Behavior Change, Quiz 5
- Module 6: School Nutrition Programs, Quiz 6

### Grading



Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.