INFORMATION FOR RESTRICTED ELECTIVES
FOR STUDENTS IN THE DIETETICS MAJOR

Students admitted to the UBC Dietetics Major must fulfill a minimum of 12 credits of restricted electives. Restricted electives are to be chosen from the list of approved electives below, or by consultation with a Program Advisor.

To request approval of an elective that is not on the list below, please complete and submit the following Request for Electives Approval Form. To be approved, electives must include course content that does not overlap substantively with content of required prerequisite or program courses.

To see which term the course is offered, see the UBC course schedule.

NOTE: As of July 1, 2015, the IHHS courses have been distributed among the following units: School of Social Work and School of Population and Public Health.

ADHE: ADULT AND HIGHER EDUCATION

ADHE 327 (3) TEACHING ADULTS
Planning, conducting and evaluating instruction for adults. Consideration is given to different beliefs and ways of thinking about teaching. Online course.
Equivalent: ADED 327.

ADHE 329 (3) DEVELOPING SHORT COURSES, WORKSHOPS, & SEMINARS
Organization and administration of adult education events such as short courses, seminars, workshops, conferences and institutes. Online course.
Equivalent: ADED 329.

ADHE 412 (3) AN OVERVIEW OF ADULT EDUCATION
Survey of adult education theory and practice in Canada and the world. The focus is on the purpose and participation in, adult education, characteristics of learners, and the training of adult educators. Online course.
Equivalent: ADED 412.

ANTH: ANTHROPOLOGY

ANTH 227 (3) INTRODUCTION TO MEDICAL ANTHROPOLOGY
This is an introductory course in medical anthropology, which includes the study of health, illness and healing from a cross-cultural perspective.
CLST: CLASSICAL STUDIES

CLST 301 (3) THE TECHNICAL TERMS OF MEDICINE AND BIOLOGICAL SCIENCE
Acquaints the student with the Greek and Latin elements from which most specialized terms of modern medicine are constructed.
Intended primarily for students planning to enter the medical, pharmaceutical, or biological sciences.

CNPS: COUNSELLING PSYCHOLOGY

CNPS 362 (3) BASIC INTERVIEWING SKILLS
Development of basic interviewing skills for counselling and guidance.
Dietitians require counselling skills for many areas of practice.
Note: For the Summer and Winter sessions, registration is restricted to students in the faculty of education for the first 3 weeks of registration.

CNPS 365 (3) INTRODUCTION TO THEORIES OF COUNSELLING
An overview of selected theories of counselling.

COMM: COMMERCE

COMM 329 (3) PRINCIPLES IN ORGANIZATIONAL BEHAVIOUR
An introductory examination of work organizations and the behaviour of individuals within them. Phenomena to be studied include organizational structure, environments, group processes, motivation and leadership

COMM 280 (3) ENTREPRENEURSHIP
Entrepreneurial essentials from creating viable opportunities through building a founding team, strategic planning, going to market, fleshing out an organization and planning the future of the business.

ENGL: ENGLISH

ENGL 301 (3) TECHNICAL WRITING
Study of the principles of written communication in general business and professional activities, and practice in the preparation of abstracts, proposals, reports, and correspondence.
Writing skills are essential to your performance as a dietitian.

FNH: FOOD, NUTRITION, AND HEALTH

FNH 342 (3) CRITICAL PERSPECTIVES ON CONSUMER FOOD PRACTICES
Personal, collective, and policy factors affecting food choices, including perceptions of healthy eating, gender, identity, family structures, and economic, sociocultural, and political forces.
Prerequisite: At least third year standing required.

**FNH 355 (3) INTERNATIONAL NUTRITION**
Conceptualization and scientific analyses of global problems in food and nutrition; complexities of food habits and malnutrition in various cultures around the world.

**FNH 402 (3) FUNCTIONAL FOODS AND NEUTRACEUTICALS**
Functional food and nutraceutical concepts related to ingredient safety and quality; examples of nutrient-disease relationships, requirements for standards of efficacy for health claims; market determinants of functional food and nutraceutical industries.
Prerequisite: third-year standing

**FNH 455 (3) APPLIED INTERNATIONAL NUTRITION**
Applying nutrition concepts and principles in addressing problems of malnutrition and food insecurity in international settings. Basics of developing culturally acceptable, sustainable nutrition intervention programs.
Prerequisite: FNH 355.

**FNH 474 (3) SPORT NUTRITION**
Nutritional needs of athletes, including energy, carbohydrate and protein; hydration; pre- and post-event nutrition, weight management and body composition issues; ergogenic aids; sports-specific guidelines; and special athlete populations.
Prerequisite: All of FNH 350, FNH 351.

**FNH 477 (3) NUTRITION AND DISEASE PREVENTION**
Evidence-based examination of the role of nutrition in the prevention of chronic disease. Restricted to students in majors in the FNH program.
Prerequisite: FNH 398.

**FNH 490 (3) TOPICS IN FOOD, NUTRITION, AND HEALTH**
Analysis and interpretation of current issues in food, nutrition and health.
Note: Topic varies depending on the section. See the "Section Comments" to see the topic.
Prerequisite: FNH 350 and fourth-year standing AND see "Section Comments" for any additional prerequisites.

**LFS: LAND AND FOOD SYSTEMS**

**LFS 400 (3) AUDIO STORYTELLING**
Adopts a journalistic framework to communicate powerful stories and present academic content in new ways through the use of audio technology.
LFS 450 (3) LAND, FOOD, AND COMMUNITY III: FOOD SYSTEM SUSTAINABILITY
Problem-based analysis of complex case studies aimed at increasing the sustainability of the UBC Vancouver campus food system. The main activities are integrated into the ongoing UBC Food System Project. Cases are specifically designed to require development of integrated disciplinary and inter-disciplinary analysis.

MICB: MICROBIOLOGY

MICB 202 (3) INTRODUCTORY MEDICAL MICROBIOLOGY AND IMMUNOLOGY
Introduction to cellular and humoral immune responses, the properties of viruses and the principles of bacterial pathogenesis.

PCTH: PHARMACOLOGY AND THERAPEUTICS

PCTH 325 (3) RATIONAL BASIS OF DRUG THERAPY
The principles and applications underlying the action and disposition of therapeutic agents (including alternative medicines) in the body. Use of drugs as tools in experimental research. [3-0]
Prerequisite: One of BIOL 201, BIOC 202, BIOC 203, BIOC 300.

PSYC: PSYCHOLOGY

PSYC 314 (3) HEALTH PSYCHOLOGY
Health-related behaviours such as smoking and drug use; effects of stressful events on health; methods for coping with stress; impact of chronic illness on the family; social support systems.
Prerequisite: Either (a) PSYC 100 or (b) all of PSYC 101, PSYC 102. Or (c) 6 credits of 200-level Psychology (but not 205 or 263).

SOWK: SCHOOL OF SOCIAL WORK

SOWK 451 (3) HEALTH CARE TEAM DEVELOPMENT
Covers the skills, knowledge, roles, and issues involved with working successfully in interprofessional health and human service teams. Intended for upper division students in any health and human service program. Previously offered as IHHS 400.

SOWK 452 (6) HIV/AIDS PREVENTION & CARE
Prepares senior students to respond effectively to the HIV epidemic and its consequences. The knowledge and skills required for interprofessional and discipline-specific work are explored. Intended for students in health and human service programs. Previously offered as IHHS 402.
Note: Only offered in summer session.
SOWK 453 (3) DISABILITY AND JUSTICE
Considers how health and human service professionals can effectively practice with people with disabilities from a social justice perspective. Social and personal context and practice responses are examined. Previously offered as IHHS 407.

SPPH: SCHOOL OF POPULATION AND PUBLIC HEALTH

SPPH 200 (3) UNDERSTANDING THE SOCIOCULTURAL DETERMINANTS OF THE HEALTH OF POPULATIONS
The idea of "population health," and the implementation and evaluation of programs or policies to improve health. Open to all students. Previously offered as IHHS 200.

SPPH 300 (3) WORKING IN INTERNATIONAL HEALTH
This is a course on planning/preparing for work in a developing country. Causes of ill health amongst populations living in poverty; analysis of available solutions. Health Science background not essential. Previously offered as IHHS 300.

SPPH 404 (3) FIRST NATIONS HEALTH: HISTORICAL AND CONTEMPORARY ISSUES
Covers an epistemological approach that considers the determinants of health and spiritual-environmental-cultural perspectives. Previously offered as IHHS 404.

SPPH 406 (3) AGING FROM AN INTERDISCIPLINARY PERSPECTIVE
Covers issues associated with aging in our society. For students registered in health and human services programs only. Previously offered as IHHS 406.

SPPH 408 (6) TOPICS IN ABORIGINAL HEALTH: COMMUNITY-BASED LEARNING EXPERIENCE
This 4-week elective offers students an opportunity to gain hands-on experience working with leaders in Aboriginal health, Aboriginal patients and community members while learning to work together with other health professional students. Permission required. Previously offered as IHHS 408. Note: Only offered in summer session.

SPPH 409 (3) INTERNATIONAL INDIGENOUS EXPERIENCES OF COLONIZATION
An online, interprofessional, cross-institutional course which provides students the opportunity for comparative inquiry of Indigenous experiences of colonization and the manifestations of that experience in the contemporary socio-cultural environment. Informed and guided by indigenous knowledge and drawing upon a range of disciplines such as public health, history, sociology and public policy. Previously offered as IHHS 409.
**SPPH 410 (3) IMPROVING PUBLIC HEALTH: AN INTERPROFESSIONAL APPROACH TO DESIGNING AND IMPLEMENTING EFFECTIVE INTERVENTIONS**

This course promotes collaborating interprofessionally; each student team will identify and research a critical public health issue, and develop a detailed practical and effective intervention. Intended for students in health and human service programs. Previously offered as IHHS 410.

**SPPH 411 (3) VIOLENCE ACROSS THE LIFESPAN**

Covers violence in families across the lifespan. Particular emphasis on intersections of race, class, and gender; the long-term impact of childhood exposure to violence; and prevention-focused initiatives. Previously offered as IHHS 411.