

## Planning and Quality Assurance Affairs

Form (A)

### Course Specifications

#### General Information

Course name	Nutrition
Course number	BIOL3316
Faculty	
Department	
Course type	College Needs
Course level	3
Credit hours (theoretical)	3
Credit hours (practical)	0
Course Prerequisites	

#### Course Objectives

- 1 - To discuss the basic principles of nutrition and food requirement at all stage of life
- 2 - To deal with the basic types of food such as carbohydrates, fats, proteins vitamins, and minerals
- 3 - To learn digestion and absorption of nutrients, diet and daily energy value
- 4 - To address the health problems and disease associated with nutrients like malnutrition, obesity, diabetes, ulcerative colitis, anorexia nervosa and other diseases

#### Course Contents

- 1 - the basic principles of nutrition and food requirement at all stage of life
- 2 - the basic types of food such as carbohydrates, fats, proteins vitamins, and minerals
- 3 - Digestion and absorption of nutrients, diet and daily energy value
- 4 - The course also addressed the health problems and disease associated with nutrients like malnutrition, obesity, diabetes, ulcerative colitis, anorexia nervosa and other diseases

#### Teaching and Learning Methods

- 1 - Lectures
- 2 - Discussion
- 3 - Revision and Discussion sections

#### Teaching and Learning Methods for the Disabled Students

- 1 - Will be treated and addressed individually according to the type of disability.

---

**Students Assessment**

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
first hour exam	60 min	20
second hour exam	60minutes	20
Attendance, participation and quizzes		10
final exam	120minutes	50

---

**Books and References**

Essential books	Whitney, Eleanor Noss, Corinne Balog Cataldo, and Sharon Rady Rolfes. Understanding normal and clinical nutrition. No. Edition 5. Wadsworth Publishing Company, Inc., 1998.
-----------------	---