

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Nutrition
Course number	BIOL4205
Faculty	
Department	
Course type	Major Needs
Course level	4
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

Course Objectives

1 - discusses the basic principles of nutrition and food requirement at all stage of life

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> * Know the basic types of food such as carbohydrates, fats, proteins vitamins, and minerals * Know Digestion and absorption of nutrients, diet and daily energy value * Know the health problems and disease associated with nutrients like malnutrition, obesity, diabetes, ulcerative colitis, anorexia nervosa and other diseases
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Course Contents

1 - Introduction & The Science of Nutrition: Bio-molecules and the cell
2 - Digestion & Absorption, Enteral and Parenteral Nutrition
3 - Eating Disorders, and Disorders of Upper and Lower GI
4 - Carbohydrates: Nutrition & Metabolism, the Glycemic Index, & Hypoglycemia
5 - Type I and II Diabetes Mellitus
6 - Proteins, Nutrition & Severe Stress, Disorders of the Kidney
7 - Lipids & Cardiovascular Disease
8 - Fiber, Nutrition & Disorders of Blood Vessels, Heart, and Lung
9 - Vitamins, Antioxidants, and Disorders of the Liver
10 - Minerals, Hypertension, Osteoporosis
11 - Energy & Body Weight, Food Safety
12 - Calculation of TEE
13 - Medicinal & Anti-medicinal foods, Nutrition & Cancer
14 - Nutrition and Development and the Later Years, the Nutrition Care Process & Review

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Assessments		30
Midterm Exam		30
Final Exam		40