Course Specifications

General Information

Course name	Nutrition (0602208(
Course number	MEDI2231
Faculty	
Department	
Course type	College Needs
Course level	2
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

Course Objectives

1 - This course focuses on the relationship between nutrition and diseases, and it is designed to develop skills in the use of clinical nutrition in the prevention and management of diet-related health problems. It includes an introduction to basic nutrition.

Intended Learning Outcomes

Knowledge and Understanding	* Daily requirements of nutrients for healthy adults * Daily requirements of vulnerable groups (infants, children, pregnant, lactating mothers and elderly) * Basics of nutrition assessment and nutrition research * Clinical nutrition recommendation associated with common diet-related diseases such as diabetes, cardiovascular diseases, obesity, osteoporosis
Intellectual Skills	* How to calculate body mass index (BMI). * How to estimate the total energy required per day * How to develop nutrition plan * How to perform nutrition assessment through interpretation of the available data
Professional Skills	* Critically evaluate the available clinical nutrition information mainly at websites on the internet
General Skill	* Develop skills in the use of clinical nutrition in the prevention and management of diet-related health problems * How to take anthropometric measurements

Course Contents

1 - Introduction to basic nutrition : Macronutrients
2 - Introduction to basic nutrition : Micronutrients
3 - Nutrition Needs Over Life Cycle
4 - Energy Balance
5 - Dietary Reference Values and Nutrition Research
6 - Nutrition Assessment
7 - Weight Management and Obesity
8 - Nutrition and Aging
9 - Nutrition and Cardiovascular Diseases
10 - Nutrition and Diabetes
11 - Nutrition and Bone Diseases
12 - Nutrition and Renal Diseases
13 - Nutrition and Gastro-Intestinal Diseases
14 - Nutrition and Cancer / Nutrition and Immunity

Teaching and Learning Methods

1 - Lectures Discussions Assignments (including how to develop nutrition plan) Journal club

Students Assessment

Assessment Method	TIME	MARKS
Midterm Exam	1 hr	40
Final Exam	2 hr	50
Assignments & Presentation		10

Books and References

Essential books	Barasi, M.E. (2003). Human Nutrition: A Health Perspective. Arnold, London
	Kraus. (2004). Food, Nutrition, and Diet Therapy, 11th Edition
	Leonard. (2003). Quick and Easy Medical Terminology, 4rd Edition
	Pagana. (2005). Mosbys Diagnostic and Laboratory Test Reference
Recommended books	Pronsky. Food-Medication Interactions
	Kumar and Clark. (2015). Clinical Medicine, 9th Edition
Other References (Periodical, web sites, ... etc.)	Medical Journals