

توصيف مساق

أولاً: معلومات عامة

اسم المساق	تغذية (0602208)
رقم المساق	MEDI2231
الكلية	
القسم	
نوع المتطلب	متطلب كلية
المستوى الدراسي	2
الساعات المعتمدة نظري	2
الساعات المعتمدة عملي	0
المتطلبات	

ثانياً : أهداف المساق

- 1 - Course Outline in Nutrition-2017 Objectives: 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: 1. 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,... 2. 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. 3. Professional skills: • Critically evaluate the available clinical nutrition information mainly at websites on the internet. 4. General skills: • Develop skills in the use of clinical nutrition in the prevention and management of diet-related health problems. • How to take anthropometric measurements.