

## Planning and Quality Assurance Affairs

Form (A)

### Course Specifications

#### General Information

<b>Course name</b>	Nutrition
<b>Course number</b>	NURS3221
<b>Faculty</b>	
<b>Department</b>	
<b>Course type</b>	Major Needs
<b>Course level</b>	3
<b>Credit hours (theoretical)</b>	2
<b>Credit hours (practical)</b>	0
<b>Course Prerequisites</b>	

#### Course Objectives

- 1 - • To identify and describe nutrients and their functions, recommendations, guidelines, and how are they are metabolized.
- 2 - • To understand how, why, and what nutrients affect energy balance, disease prevention, ealth promotion, life cyhcles, and weight management.
- 3 - • To critique nutrition information, and pursue reliable sources of information for credible evaluation, and recommendations.
- 4 - • To assess, monitor, and evaluate (using national guidelines) an individual's nutritional status, and make general recommendations designed to implement optimal nutritional habits for the promotion and maintenance of health.
- 5 - • To understand principles of food safety.

## Intended Learning Outcomes

<b>Knowledge and Understanding</b>	<ul style="list-style-type: none"><li>* • Concepts of Food as source of nutrients, functions of food, definition of nutrition, nutrients &amp; energy, adequate, optimum &amp; good nutrition, malnutrition.</li><li>* • Concepts of food digestion and metabolism.</li><li>* • Understand CHO Functions, classification, food sources, storage in body.</li><li>* • Understand fats composition, classification, food sources, functions.</li><li>* • Understand proteins composition, classification, food sources, functions</li><li>* • Understand water as a nutrient, function, sources, requirement, water balance &amp; effect of deficiency.</li><li>* • Understand macro &amp; micronutrients. - functions, sources. Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium &amp; Potassium.</li><li>* • Know functional food functions, benefits and sources</li><li>* • Know food required during life span..</li></ul>
<b>Intellectual Skills</b>	<ul style="list-style-type: none"><li>* • Use methods of assess body index, and measure calories in food.</li></ul>
<b>Professional Skills</b>	<ul style="list-style-type: none"><li>* • Nutritional research skills.</li><li>* • Nutritional assessment skills.</li></ul>
<b>General Skill</b>	<ul style="list-style-type: none"><li>* • Communication Skills.</li><li>* • Team work skills.</li></ul>

## Course Contents

1 - 1. Introduction to nutrition.
2 - 2. Nutrition - Fitness, Athletics & Sports.
3 - 3. Food guide.
4 - 4. Interrelationship between nutrition & health.
5 - 5. Use of food in body - Digestion, Absorption, transport & utilization.
6 - 6. Carbohydrates.
7 - 7. Fats & oils.
8 - 8. Proteins .
9 - 9. Water.
10 - 10. Minerals.
11 - 11. Vitamins.
12 - 12. Functional Food.
13 - 13. Nutrition Through the Life Cycle 1.
14 - 14. Nutrition Through the Life Cycle 2.
15 - 15. Food sanitation in hygiene.

## Teaching and Learning Methods

1 - • Group discussions & Interactive lectures
2 - Quizzes.
3 - Demonstrations and Return Demonstrations.
4 - • Simulations.
5 - Hands-on Skills Practice and Performance.
6 - Computer Assisted Instruction.
7 - Critical Thinking Exercises.
8 - Multimedia activities.
9 - • Interactive educational activities.
10 - Audio visuals.

## Teaching and Learning Methods for the Disabled Students

1 - • Computer Assisted Instruction.

### Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
First mid-term exam	4th week	20%
Second mid-term exam	8th week	20%
Attendance and discussion		5%
Homework and project reports		5%
Final Written Exams	16th week	50%

### Books and References

Course note	Available at the University's library.
	<ul style="list-style-type: none"><li>Gibney, M. J., &amp; Nutrition Society (Great Britain). (2009). Introduction to human nutrition. Chichester, West Sussex, U.K: Wiley-Blackwell</li></ul>
Essential books	<ul style="list-style-type: none"><li>Dudek, S. G. (2014). Nutrition essentials for nursing practice. Philadelphia: Wolters Kluwer Health/Lippincott Williams &amp; Wilkins.</li><li>Whitney, E. N., &amp; Rolfes, S. R. (2013). Understanding nutrition. Australia: Wadsworth, Cengage Learning.</li></ul>
Recommended books	<ul style="list-style-type: none"><li>Mahan, L. K., Escott-Stump, S., Raymond, J. L., &amp; Krause, M. V. (2012). Krauses food &amp; the nutrition care process. St. Louis, Mo: Elsevier/Saunders.</li></ul>
Other References (Periodical, web sites, .... etc.)	<ul style="list-style-type: none"><li>Nutrition.gov: <a href="http://www.nutrition.gov">www.nutrition.gov</a>.</li></ul>