

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

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

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

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

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